

Watergate Forest Park is located on the site of the former Watergate colliery. Following reclamation work in the 1990's the site has been transformed and now provides a haven for wildlife and a great recreational site for visitors. A series of trails and paths take you through woodland, around the lake and through wildflower meadows. The site opened in 2000.

With its wetlands, woodlands, wildflower meadows and recreational routes, including those for people with disabilities, this is one of Gateshead's Premier sites. The park also includes the Woodlands at Washingwell and Bucks Hill.

text taken from <https://www.gateshead.gov.uk>

Loc: Off Whickham Highway at Lobley Hill
Gateshead, NE11 9RQ

Lat 54.939285, Long -1.642913
[///fire.orbit.verge](https://fire.orbit.verge) (< what three words)

The benefits of walking must be considered along with the risks. Whether to undertake this walk or not is your decision. If you are in any doubt about your ability to walk safely, please discuss this with your healthcare professional prior to starting.

Walking has been linked with a number of health benefits:

1. Walking can strengthen your heart, bones and muscles and also help with weight loss.
2. Walking is easy on the joints.
3. Walking reduces anxiety and depression and can improve mood.
4. If you walk as part of a walking group, it can be a great way to socialise.
5. Best of all - it's free!

With thanks to Alan Curry (author), Dr Kate Hallsworth, Senior Research Physiotherapist, Newcastle University and LIVERNORTH contributors.



Take time to talk about organ donation

Many people don't realise that their family's support is needed for organ donation to go ahead.

Information Service provided by:

LIVERNORTH

Tel & Helpline: 0191 3702961

Info@livernorth.org.uk

www.livernorth.org.uk

Registered Charity Number 1087226

LIVERNORTH is a national liver patient support charity and has provided this leaflet free of charge

We have no paid employees.

Patron: George Maguire

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NIHR non-commercial Partner

Research applications invited -
download application form from website

NHS National Institute for Health Research

Postal address:



Find 'LIVERNORTH' on:



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W
2

WALK 2:
WATERGATE
FOREST
PARK



Watergate Forest Park Gateshead (1.5 miles)

Liver
NORTH
LIVER PATIENT SUPPORT



Take the right hand path



Lovely seats



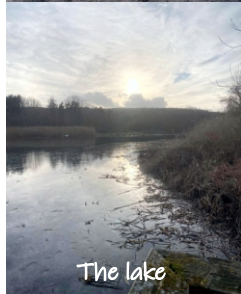
Take the right hand path



Take the Route up the incline past the spider and its web and return to the car park



Continue until paths converge here



The lake



Why not take a stick?

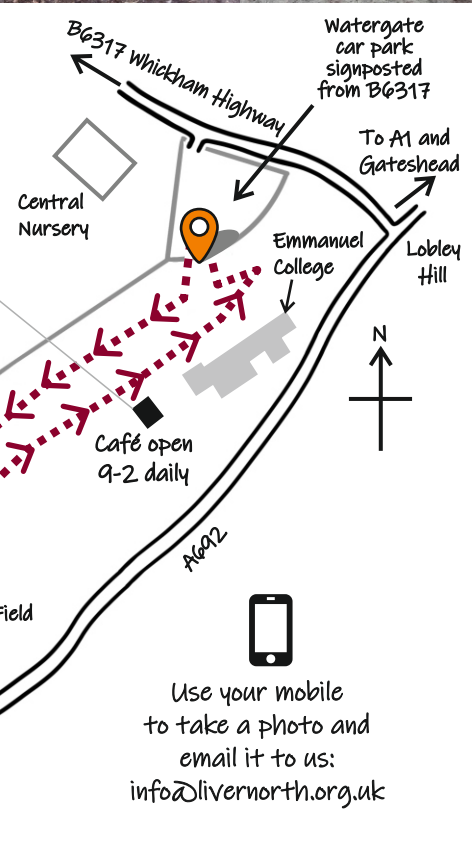
It can help you:

- * keep balanced
- * get up if sitting
- * sit down if standing
- * reach things
- * feel ahead on slopes
- * check puddle depth!
- * move things

If you don't have a stick, why not take a brolly?



the Café



Use your mobile to take a photo and email it to us:
info@livernorth.org.uk

Leaving the car park

WALK 2

Watergate Forest Park

Route and photographs by
Alan Curry, Jan 2023
Map by Alf Bennett

Start and finish
 the route

- The main car park is signposted from the B6317
- Noticeboards are provided around the site providing information on extended walks.
- Suggested walk takes you down to the lake, around it and back to the car park.
- The café is very dog friendly and has toilet facilities.



Bear left along beside the playing fields



Follow the path from the left of the waterfall if looking down the culvert



Keep left over bridge



Sculptures

