

Leazes Park is a traditional Victorian park in the centre of Newcastle. In the shadow of St James' Park and opposite the Royal Victoria Infirmary (RVI), this mature, well kept green space is a rare gem that's full of history and perfect for a stroll. Leazes Park officially opened in 1873 and has Grade II listed status. It has a lake (which was originally intended for ice-skating and boating). It's stocked and fished by Leazes Park Angling Association. With meandering tree-lined paths that change throughout the seasons, it's an all-round great place to relax. There are lots of benches to sit and read a book or enjoy some lunch and watch the world go by.

The ornate gateway to the park built in 1886 to commemorate Queen Victoria's Diamond Jubilee was refurbished in 2002.

text taken from

<https://urbangreennewcastle.org/our-green-spaces/parks/leazes-park>

Lat 54.58'47, Long -1.37'22

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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.

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Research applications invited -
download application form from website

NHS National Institute for Health Research

Postal address:



Find 'LIVERNORTH' on:



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WALK 3:
LEAZES PARK
FROM THE
RVI



**Leazes Park
from the RVI
Newcastle
(1.3 miles)**

**Liver
NORTH**
LIVER PATIENT SUPPORT

information leaflet WALK3
July 2023



Turn left at the kids play area and follow signs to Bandstand



Springbank pavilion



Keep right



Go up Richardson Rd from the RVI and enter park



The Leazes Wing entrance, RVI



Head back to the RVI from there choose the route to your starting point



Cross safely at the bottom of Richardson road



A lovely café if needed!



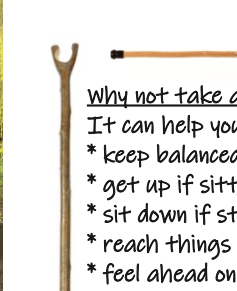
Exit the park at Leazes park road



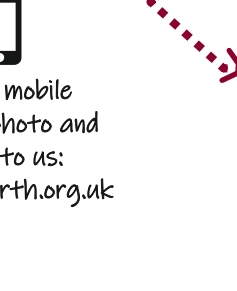
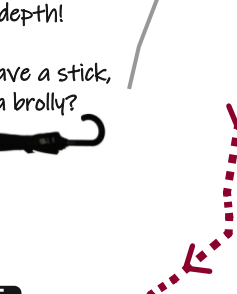
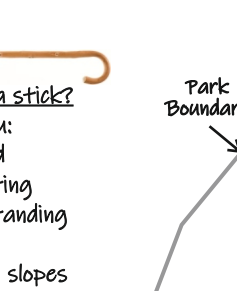
Splash artwork



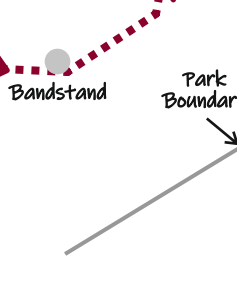
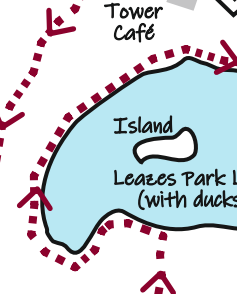
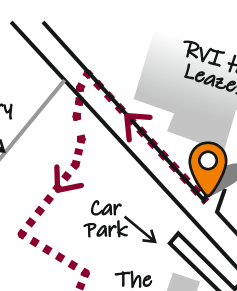
The bandstand with St James' park behind



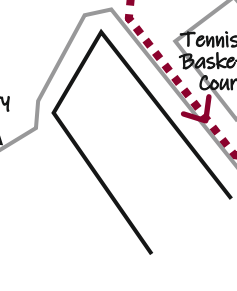
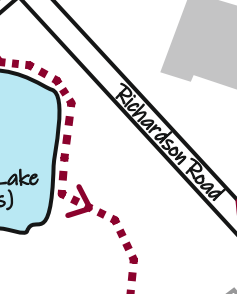
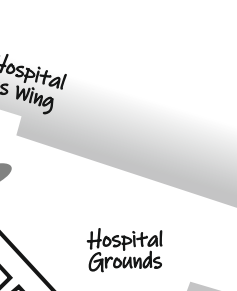
Go left towards the lake



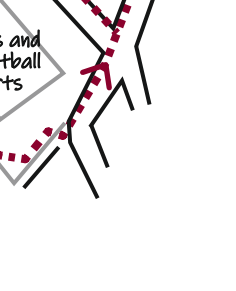
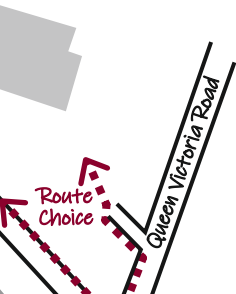
Urban green volunteers doing fantastic work!



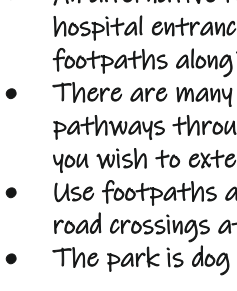
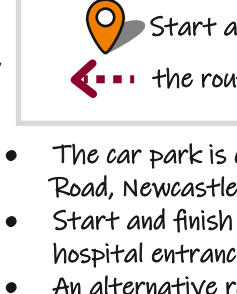
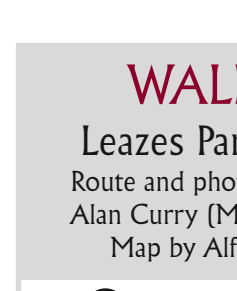
Follow the lakeshore to the left and keep an eye out for nature in and on the lake



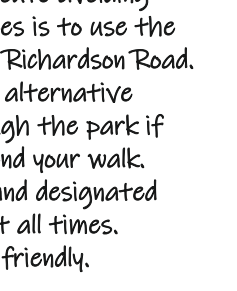
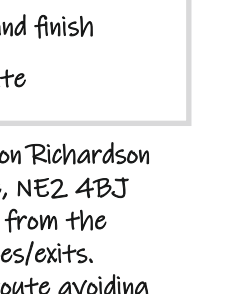
Pizzeria



Follow the lakeshore to the steps



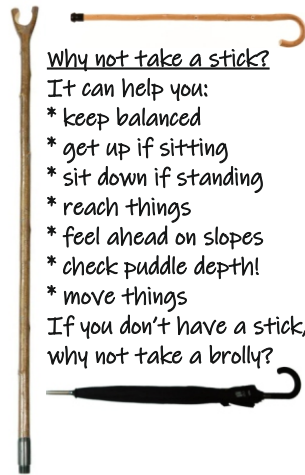
Cross the paths directly to Moffat pavilion



Walk around the tennis courts



Moffat pavilion



Why not take a stick?

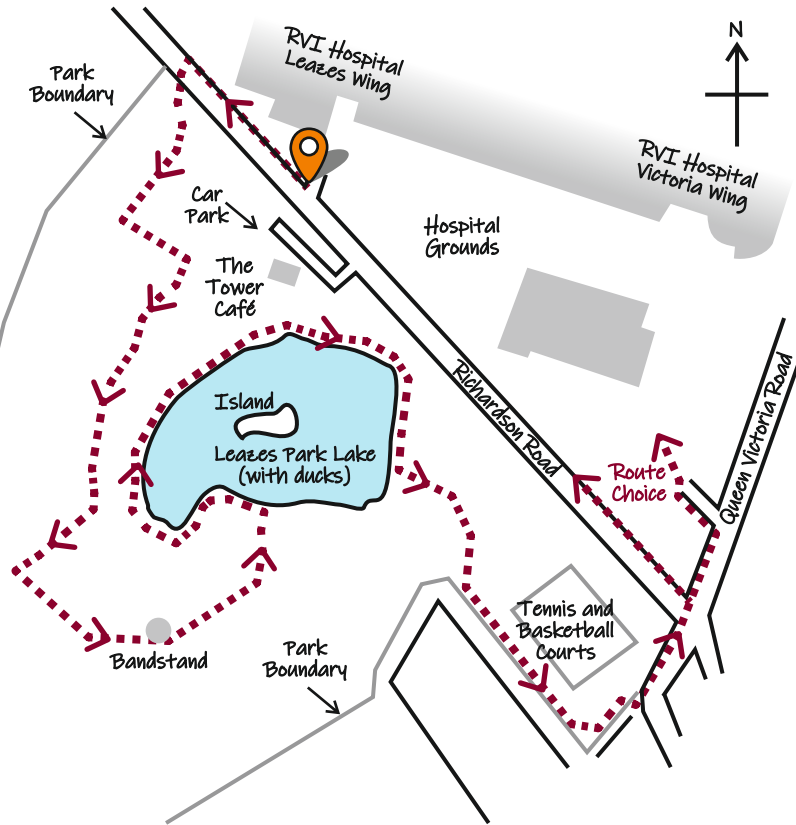
It can help you:

- * 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?



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



WALK 3

Leazes Park - RVI

Route and photographs by Alan Curry (March 2023)
Map by Alf Bennett

Start and finish

the route

- The car park is on Richardson Road, Newcastle, NE2 4BJ
- Start and finish from the hospital entrances/exits.
- An alternative route avoiding hospital entrances is to use the footpaths along Richardson Road.
- There are many alternative pathways through the park if you wish to extend your walk.
- Use footpaths and designated road crossings at all times.
- The park is dog friendly.

Stay in the park but admire the Leazes Terrace architecture