

Exhibition Park has always been a popular location for events in the city. It was the location of the 1887 Royal Jubilee Exhibition which attracted over two million visitors and the 1929 North East Coast Exhibition also took place in the park. Today the park is host to a range of festivals and sporting events throughout the year. Always a popular location for events in the city, it was the location of the 1887 Royal Jubilee Exhibition which attracted over two million visitors and the 1929 North East Coast Exhibition also took place in the park. Today the park is host to a range of festivals and sporting events throughout the year.

The impressive art deco Palace of the Arts is the only remaining building of the 1929 North East Coast Exhibition and is now home to Wylam Brewery, with a micro-brewery on site and a vibrant events venue that can host up to 800 people. There are also two croquet lawns and a pavilion with an active club house and tennis courts that are free to play.

text taken from <https://urbangreennewcastle.org>
 Loc: Claremont Rd, Newcastle upon Tyne NE2 4PZ
 Lat 54.58'55n, Long 1.37'02W
 ///token.roofs.final (< 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.



Yes I donate
 ORGAN DONATION

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 108722

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

We have no paid employees.

Patron: George Maguire

President: Professor OFW James MA BM BCh FRCP FAMSci,

Chairman: JE Bedlington MBE MSc MIFE MLOL

Medical Advisory Committee:

Professor Quentin M Anstee BSc(Hons) MBBS PhD MRCP(UK) FRCP,

Professor David Jones OBE MA BM BCh PhD FRCP,

Professor Derek Manas FRCS BSc MBBCh Mmed (UCT) FRCSEd FCS (SA),

Dr Anand V Reddy MD, FRCP,

Professor Fiona Oakley PhD BSc,

Professor Helen Reeves BM BS BMedSci FRCP PhD,

Mr Colin Wilson MBBS FRCS PhD

NIHR non-commercial Partner

Research applications invited -
 download application form from website

NHS National Institute for Health Research

Postal address:



Find 'LIVERNORTH' on:



twitter



YouTube



issuu

Peoples Fundraising

This leaflet is for information only. Professional, medical or other advice should be obtained before acting on anything contained in this leaflet. LIVERNORTH can accept no responsibility as a result of action taken or not taken because of the contents.

W
4

WALK 4:
 EXHIBITION PARK
 FROM THE
 RVI



**Exhibition Park
 from the RVI
 Newcastle
 (1 - 2 miles)**

Liver
 NORTH
 LIVER PATIENT SUPPORT

information leaflet WALK4
 August 2023



Towards cafe if you are feeling fit!



The bandstand (take the third path on the left) or second for café!



Sharp right after the underpass



Under the motorway (A167)



Park Gates
Turn left from the RVI. Exhibition Park at the end of Queen Victoria Rd, over the roundabout.



Looking back along the length of the avenue, go right at the corner then cross the town moor & back to RVI



A lovely sculpture along the 'avenue'

< < Arrows and photos go anticlockwise



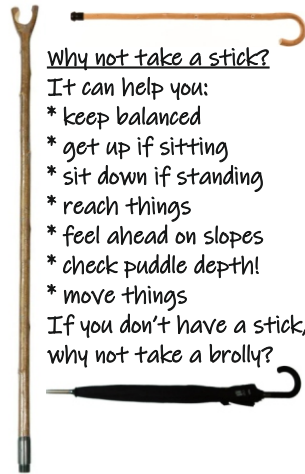
Urban Green Café



Second path



Third path



Why not take a stick?

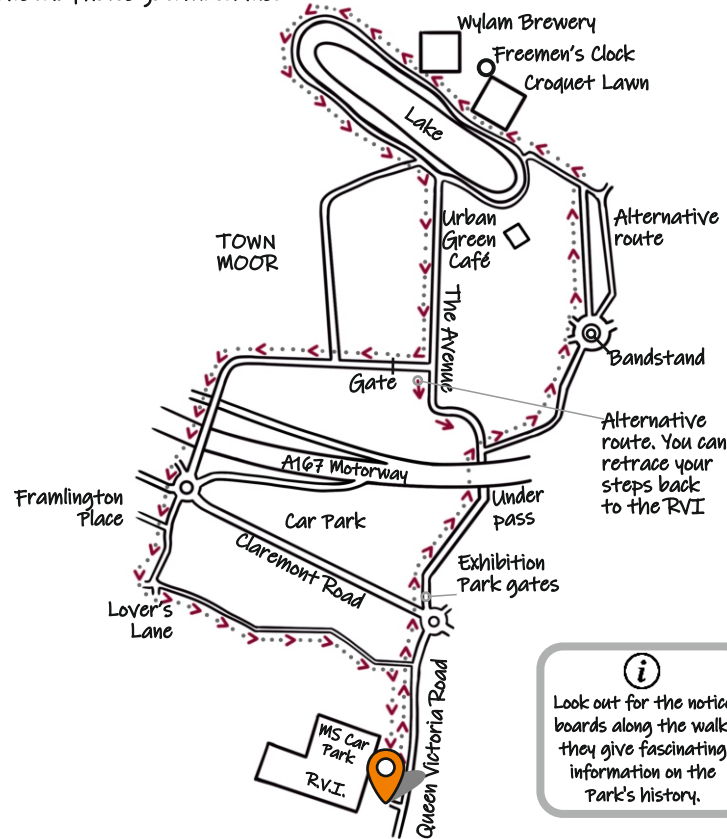
It can help you:

- * 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@livernorth.org.uk



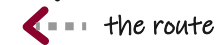
i
Look out for the notice boards along the walk, they give fascinating information on the Park's history.

WALK 4 Exhibition Park - RVI

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

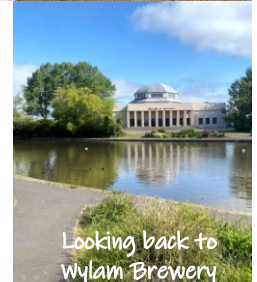


Start and finish



the route

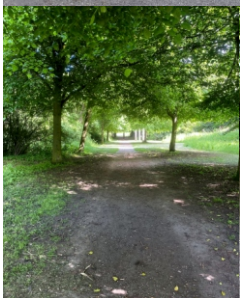
- The car park is on Claremont Road, Newcastle, NE2 4AA
- Start and finish from the hospital entrances/exits.
- Use footpaths and designated road crossings at all times.
- Take care when walking on the wooden walkways around part of the lake as they may be slippery after heavy rain.
- The park is dog friendly.
- Urban Green Café closed on Tuesdays. Open until 4.00 every other day including Sunday.



Looking back to Wylam Brewery



Stay left for the lake and right for parkland



The Seeing Stone



A hidden garden off to the left



The water race



The Celebration Clock tower



Around the lake

