USEFUL INFO

The Bank in Chopwell village

- Free toilets for all – no purchase needed
- Pay-as-you-can café

  Open Wednesday to Friday:
  9am–3pm
  Saturday :
  10am–3pm
- Note: There is no parking at The Bank. Only street parking.

Know before you go

Wear comfy shoes like trainers that you're able to walk in.

Make sure you bring water with you. Free refills are available at The Bank Café.

Chopwell Wood car park has accessible parking bays and benches.

There are no public toilets or café facilities in the forest.

Choose the walk that suits your needs. There's lots of choice.

Find out more:
forestryengland.uk/chopwell-wood

Emergency info

Name of key location:
Chopwell Wood, Rowlands Gill, Gateshead, NE39 1LT
Grid ref: NZ 136580

Nearest access road: B6315

Nearest A&E hostpital facilities:
Queen Elizabeth Hospital, Queen Elizabeth Avenue, Gateshead, NE9 6SX
T: 0191 482 0000

In case of an emergency call 999.
Inform Forestry England, 0300 067 4200

Want to explore a route? Head to our website:

nhsforest.org/green-health-routes-north-east/

Scan to explore all routes!

Green Health Routes

Discover your local walks

CENTRE for SUSTAINABLE HEALTHCARE

NHS Forest
Green space for health

Credit: Forestry England

Forestry England

CHOPWELL WOOD

THE NATIONAL LOTTERY

SPORT ENGLAND

Forestry England

Why walk?

- → Improve fitness
- → Explore local green spaces
- → No special gear needed
- → Enjoy gentle exercise in nature
- → Boost mood and reduce stress

ROUTES SUMMARY

Easy Access Trail
0.4 km | 15 minutes | Easy

Start/end: Forestry England Chopwell Wood car park

Accessibility: Flat and firm ground with no gates or steps.

About: A short, circular walk ideal for first-time visitors, families and anyone short on time.

How to get there:
- Free parking at Forestry England Chopwell Wood car park.
- Bus 47 from Gateshead/Consett to Hookergate bus stop.

Wellbeing Trail
1.6 km | 30 ~ 40 minutes | Moderate

Start/end: Forestry England Chopwell Wood car park

Accessibility: Well-surfaced with some steeper gradients, no gates or steps.

About: An engaging loop designed to help you slow down and recharge. Try forest bathing along the way, following guidance on the trail signs.

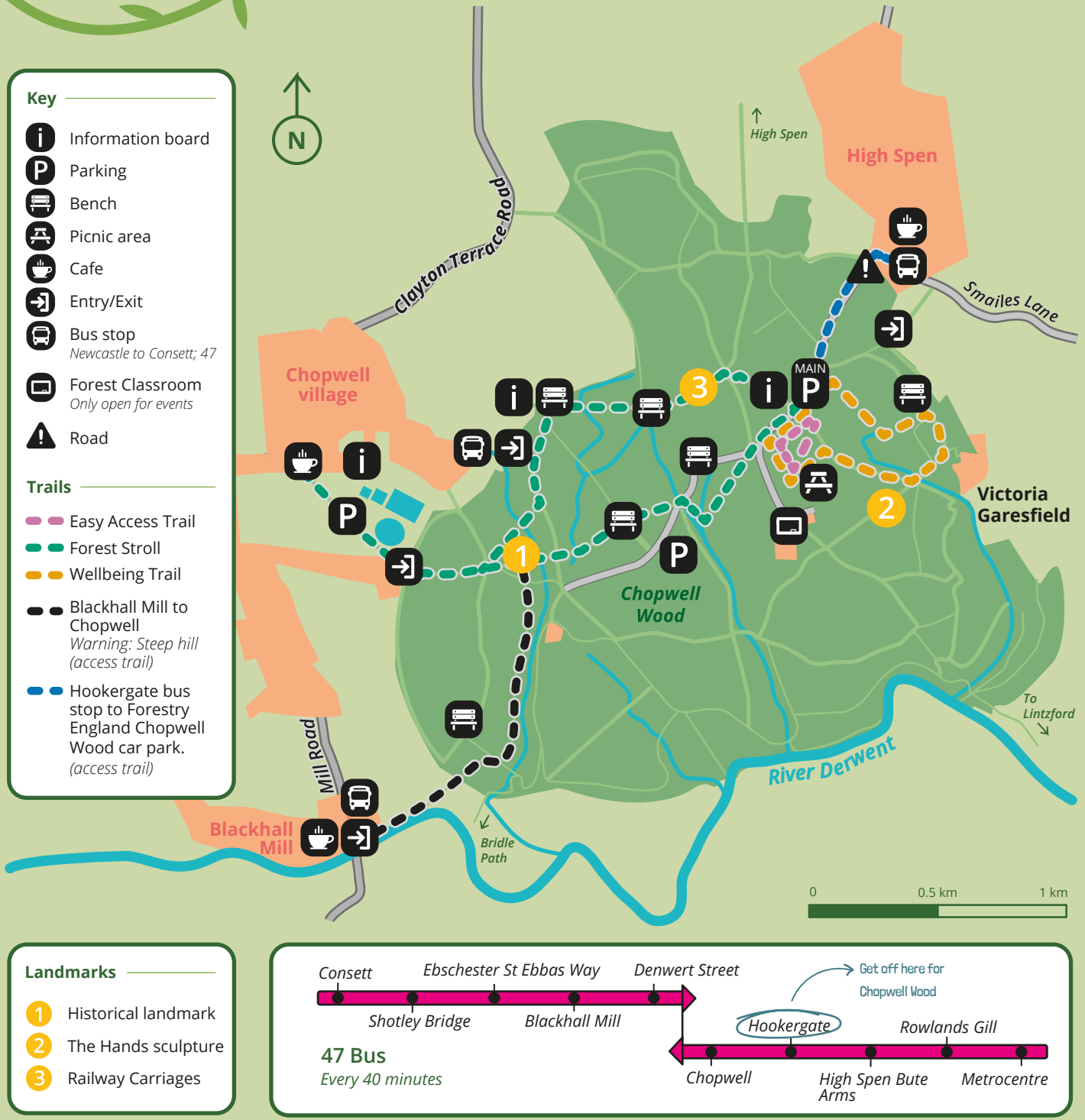
How to get there:
- Free parking at Forestry England Chopwell Wood car park
- Bus 47 from Gateshead/Consett to Hookergate bus stop. Then follow Purple access path.

Forest Stroll from The Bank
4.5 km | 1 hour 20 minutes | Moderate

Start/end: The Bank Café

Accessibility: Mostly flat with some inclines. Firm path with no gates or steps.

About: A peaceful, tree-lined walk. Follow the green boundary signs and then join the old railway trail and follow the blue signs. You can also begin this walk from the main Forestry England car park.

How to get there:
- Walk from Chopwell village or Derwent Street bus stop.
- Bus 47 from Gateshead (~45 minute journey) will take you to Chopwell Derwent Street near The Bank Café which is a 5-minute walk from the nearest entrance to the wood.

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