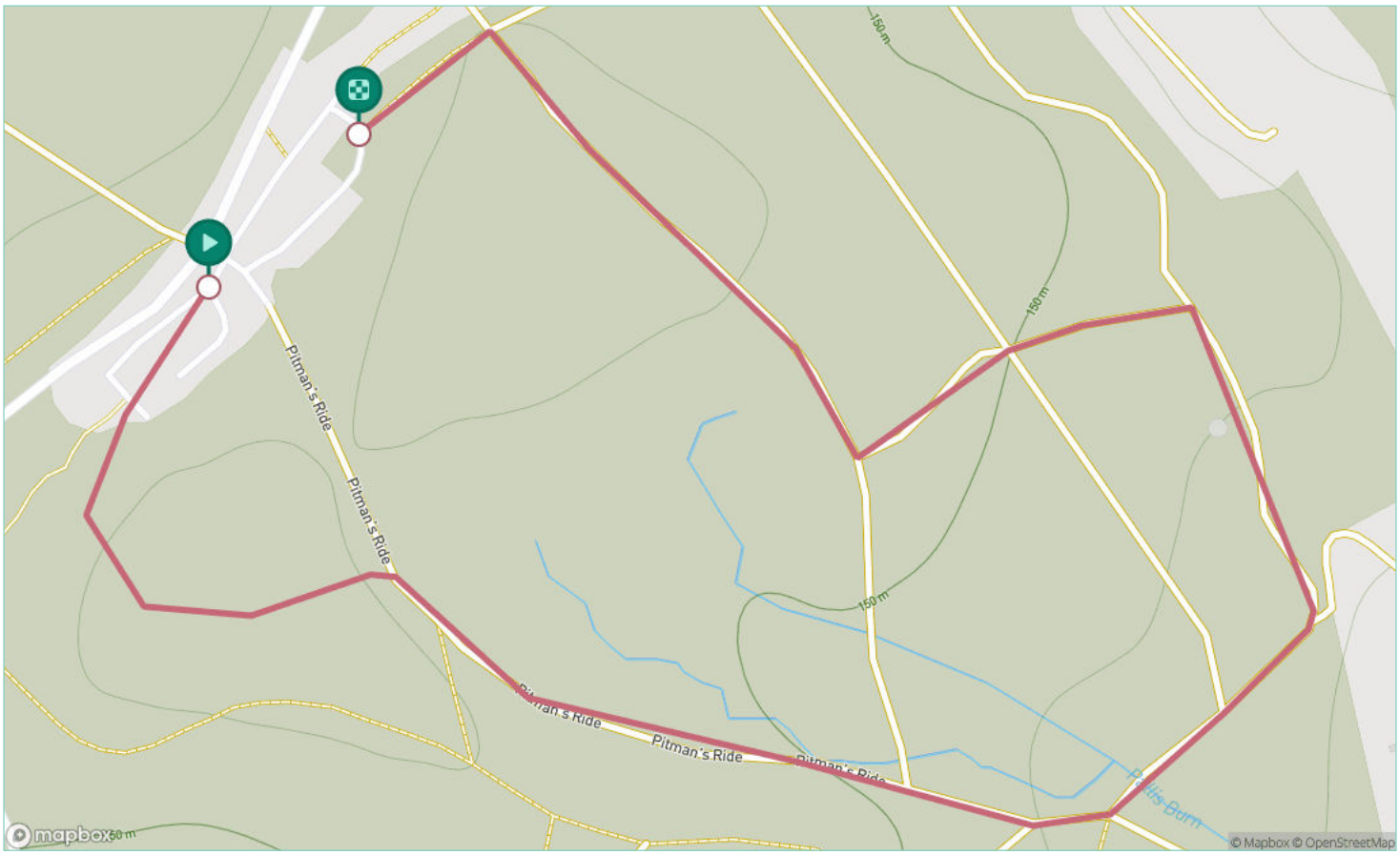
Wellbeing Trail - Chopwell Wood

A lovely circular through the woods with plenty of opportunities for nature connection and learning about local history.

Distance 1.5 kilometers / 0.9 miles
Duration 1 hour and 5 minutes

Wheel friendly | Great views | Picnic spot | Parking | Dog friendly | Child friendly



Disclaimer: Directions are provided as guidance only. Weather, construction, closures or other factors may affect routes. Please take care when crossing roads and avoid private land. Always follow local signage and use common sense.
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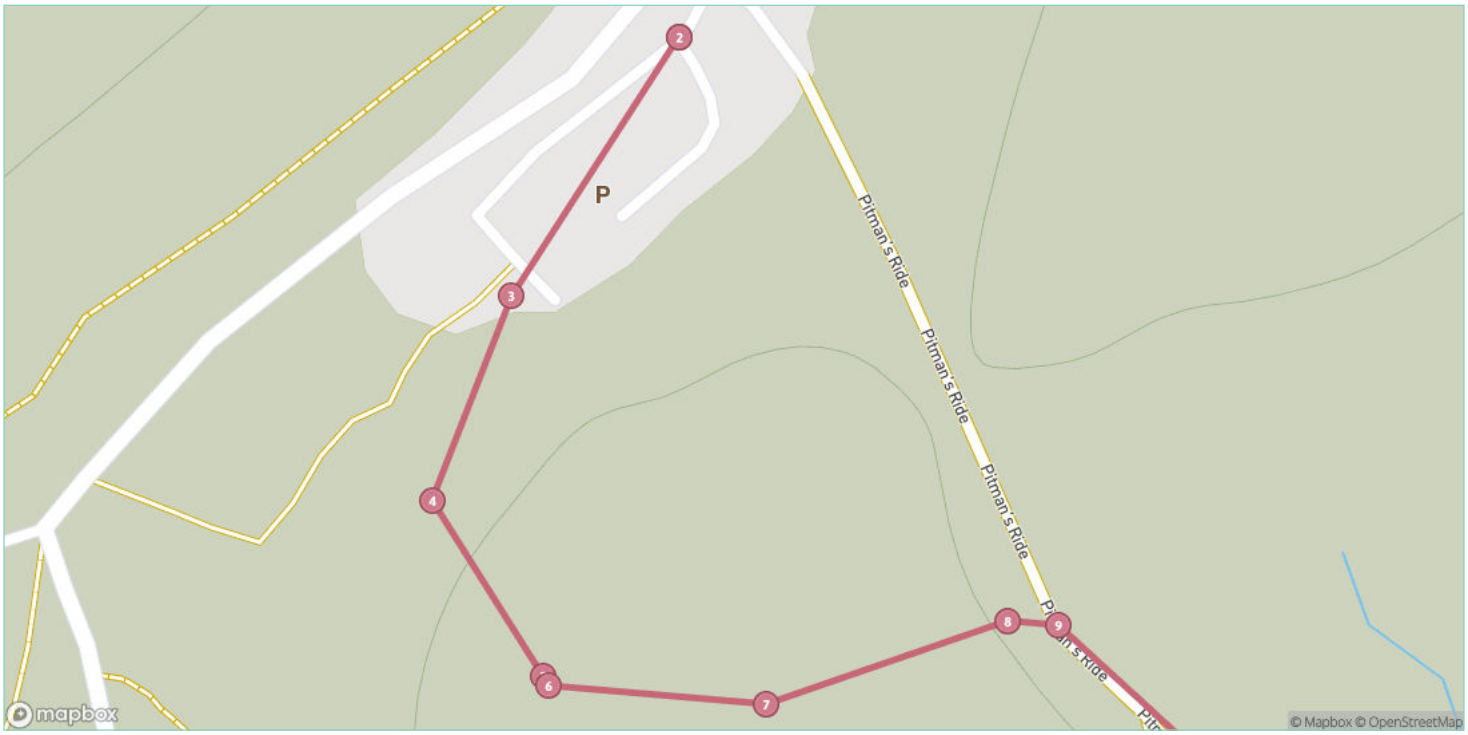

Step 1: You can get the 47 red kit ranger from Gateshead or Consett (depending on which way you are headed) and get off at Hookergate bus stop to walk to Chopwell Wood. You can find the access route on GoJauntly.

Step 2: Start here at the car park on Chopwell Woods Road and follow signs to the right for the wellbeing trail.

Step 3: Turn right at the start of the trail.

Step 4: Continue straight on slight left along. the wide path

Step 5: Take a seat at the bench if you need a breather.

Step 6: Follow yellow sign for wellbeing trail to the left.

Step 7: Use the signs and take time to see what's around you

Step 8: For wellbeing trail, go right at the path junction.

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Step 9: You'll find picnic spaces on the left and more open grassy area.

Step 10: Continue on straight through the gate and admire the trees around you on the gentle, downward sloping path.

Step 11: Rest on the bench and have a drink if you need. Otherwise continue on straight.

Step 12: Turn left going down a slight hill.

Step 13: Learn about Pitman's Colliery. Go left from the sign once you've enjoyed learning about the local history.

Step 14: Continue on straight, following the yellow sign that says wellbeing trail.

Step 15: Continue straight until you see the yellow sign pointing left. What can you find around you that is awesome? 😁

Step 16: Go left here up a slight incline.

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Step 17: Continue left for the wellbeing walk. There is a very gradual incline and a bench along here if you need it.

Step 18: Have a play around! Continue straight and have a rest or picnic on the bench.

Step 19: Carry on at the junction (despite the missing sign when we were walking).

Step 20: Follow the Pitman Walk sign to the right.

Step 21: Look out for wrens and songthrushes and continue straight. Horses use the path here too.

Step 22: Go and hug a tree if you want! And then continue on straight through

Step 23: Marvel at the trees, not the electric tower. Continue left to the end of the trail.

Step 24: Finish the trail and head back to your car or get the bus home. Well done! We hope you enjoyed this dose of nature.

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