

# Tees Barrage

Tick off activities as you go along the routes, you can come back again anytime and complete any you don't do or do them again:

- 1 Mission: Seal Spotter
- 2 Super Stretch
- 3 Code Breaker
- 4 Jump Line
- 5 Waggle Dance
- 6 Stop and Look
- 7 River's Story
- 8 Dragonfly Breathing



The trail has routes ranging from 0.4km to 2.6km, with activities for you to do along the way.

# Let's Go Outdoors!

## Family Wellbeing Trail

Location: Tees Barrage

What3words: flinches.huts.notebook

### Hello, Explorers!

We're the Canal & River Trust, and we care for over 2000 miles of canals and rivers across England and Wales.

Spending time moving by the water makes us happier and healthier — so Let's Go Outdoors! and explore our Tees Barrage wellbeing trail together.

Share your moments:  
[@canalrivertrust](https://twitter.com/canalrivertrust)

Explore fun activities:  
[canalrivertrust.org.uk/explorers](https://canalrivertrust.org.uk/explorers)



We would love to hear your feedback on this activity. Please fill in our quick survey.

Remember to stay **SAFE** near water and **Stay Away From the Edge**. Be sensible, never enter the water and in an emergency, call 999 immediately.



Working with Happy Confident Kids, this project is made possible by Sport England to enable families to move and connect with nature along our wonderful waterways.



