

Cani-fit

Get fit with your dog by joining one of the Canicross (trail running) or Cani-hike (power walking) classes held at various locations in Tyne and Wear. They have different levels of fitness for you and your dog so visit their website to find out more. If you want to borrow a harness, you will need to arrive 15 minutes early. Take your own harness, dog collar and lead though. They also offer coaching from £35. Classes are £6.50.

Locations include: Rising Sun Country Park and Weetslade Country Park.

Last updated: March 3, 2020

Telephone: 0770 939 4667

Website: <https://cani-fit.com/>

Email: Info@cani-fit.com

Cost: There may be a cost to this service/support

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