

**Health Walks In Pairc**  
**Programme January 2019**

**FREE PEDOMETER WHEN YOU JOIN A WALK  
DURING JANUARY!**



The NHS recommends that everyone walks for at least 30 minutes, 5 days out of 7. Pairc has lots of easy walks that will help us to get moving and stay active in 2018. The following group walks have been organised for most people to manage & feel the benefits of everyday walking. Everyone Welcome!

<b>When?</b>	<b>Where?</b>	<b>How Long?</b>	<b>Meet at 11:</b>
Tuesday 8th January	Ravenspoint to Habost Hall	30 mins *Macmillan Friendly	Resource centre
Saturday 12th January	Aline Woodland to Loch Seaforth	50 mins	Aline car park
Tuesday 15 <sup>th</sup> January	Orinsay Village	30 mins *Macmillan Friendly	Orinsay Hall
Saturday 19th January	Loch Sgibacleit	50 minutes	Bridge by Keepers Cottage
Tuesday 22nd January	Glen Gravir	30 mins *Macmillan Friendly	Gravir/Glen junction
Saturday 26th January	Gravir South Side	50 minutes	Gravir Bridge
Tuesday 29th January	Ravenspoint to Habost Hall	30 mins *Macmillan Friendly	Resource centre

For more details please contact Fiona on (01851) 880728 or [info@pairctrust.co.uk](mailto:info@pairctrust.co.uk).  
Transport and Lift Shares available from Ravenspoint

