

Health Walks In Pairc

Programme February 2019



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 2019. The following group walks have been organised for most people to manage & feel the benefits of everyday walking. Everyone Welcome!

When?	Where?	How Long?	Meet at 11:
Tuesday 5 th February	Orinsay Village	30 mins *Macmillan Friendly	Orinsay Hall
Saturday 9 th February	Lower Marvig	40 Mins	Marvig Old Post Office
Tuesday 12 th February	Glen Gravir	30 mins *Macmillan Friendly	Gravir/Glen junction
Saturday 16 th February	Upper Marvig	40 Mins	Marvig Old Post Office
Tuesday 19 th February	Ravenspoint to Habost Hall	30 mins *Macmillan Friendly	Resource centre
Saturday 23 rd February	Pairc Playgroup Sponsored walk	50 minutes – Meet at 1pm	Aline Woodland
Tuesday 26 th February	Orinsay Village	30 mins *Macmillan Friendly	Orinsay Hall

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

