

# Health Walks In Pairc Programme May 2019



Your charity for Scotland's environment

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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:
Saturday 4 <sup>th</sup> May	Kershader Peat Banks	50 mins	Kershader recycling banks
Tuesday 7 <sup>th</sup> May	Ravenspoint to Habost Hall	30 mins *Macmillan Friendly	Ravenspoint car park
Saturday 11 <sup>th</sup> May	Lemreway Loop	50 mins	1 Lemreway
Tuesday 14 <sup>th</sup> May	Orinsay	30 mins *Macmillan Friendly	Orinsay Village Hall
Saturday 18 <sup>th</sup> May	Sheildinish Litter-pick for #RoadsideLitter week of action	50 mins	S Lochs/Balallan Road-end Information booth
Tuesday 21 <sup>st</sup> May	Glen Gravir	30 mins *Macmillan Friendly	Gravir/Glen junction
Saturday 25 <sup>th</sup> May	Gravir Southside	50 mins	Gravir Bridge
Tuesday 28 <sup>th</sup> May	Cromore	30 mins *Macmillan Friendly	No, 13 Cromore, by Crobeg

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

