

Health Walks In Pairc

Programme June 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:
Saturday 1st June	No Planned Health Walk		
Tuesday 4 th June	Ravenspoint to Habost Hall	30 mins *Macmillan Friendly	Ravenspoint car park
Saturday 8 th June	Hebridean Way	50 minutes	Balallan Sheep Fank / Bus Stop
Tuesday 11 th June	Orinsay	30 mins *Macmillan Friendly	Orinsay Village Hall
Saturday 15 th June	Garyvard Peat Track	50 Minutes	Garyvard Sheep Fank
Tuesday 18th June	Glen Gravir	30 mins *Macmillan Friendly	Gravir/Glen junction
Saturday 22nd June	Marvig to Calbost	45 minutes	Kennedy Seat, Marvig
Tuesday 25 th June	Cromore	30 mins *Macmillan Friendly	No, 13 Cromore, by Crobeg
Saturday 29 th June	Gravir Litter Pick	40 minutes	Gravir Skip

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

