

Health Walks In Pairc Programme July 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 2nd July	Ravenspoint to Habost Hall	30 mins *Macmillan Friendly	Ravenspoint car park
Saturday 6 th July	Seaforth Highlanders Monument	45 mins	Bridge past Keepers Cottage
Tuesday 9 th July	Mid Year Lunch at Kinloch Tearoom, Balallan – Meet there at 12.30		
Saturday 13 th July	Laxay Showground & Woods	60 mins	Church of Scotland car park
Tuesday 16th July	Glen Gravir	30 mins *Macmillan Friendly	Gravir/Glen junction
Saturday 20th July	To	Tuesday 30th July	No Planned Walks
Due to Holidays we will return to regular planned Healthwalks on Saturday 3rd August			

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

