

Health Walks In Pairc

Programme September 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 3rd September	Ravenspoint to Habost Hall	30 mins *Macmillan Friendly	Ravenspoint car park
Saturday 7 th September	Marvig Outskirts	45 Minutes	Loch Caitiosbhal picnic area
Tuesday 10th September	Orinsay	30 mins *Macmillan Friendly	Orinsay Hall
Saturday 14 th September	#UpStreamBattle Litter pick at Garbhalt Mill Stones	45 minutes	Kershader Recycling
Tuesday 17 th September	Glen Gravir	30 mins *Macmillan Friendly	Gravir/Glen junction
Saturday 21 st September	Calbost Mill Stones	50 minutes	Calbost Quarry
Tuesday 24 th September	Cromore	30 mins *Macmillan Friendly	No, 13 Cromore, by Crobeg
Saturday 28 th September	Lemreway Mill Stones	40 mins	No. 1 Lemreway

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

