

Health Walks In Pairc

Programme September 2018



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 2018. 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 8 th September	Alzheimers 5k Memory Walk, Castle Grounds	90 mins	Registration 12pm Bridge Centre, Stornoway
Tuesday 11 th September	Ravenspoint to Habost Hall	30 mins *Macmillan Friendly	Kershader Resource Centre
Saturday 15 th September	Eishken - Loch Skipacleit	45 mins	Bridge past Keepers Cottage
Tuesday 18 th September	Orinsay Village	30 mins *Macmillan Friendly	Orinsay Hall
Saturday 22 nd September	Lon Ban to Shiants View	45 mins	Lon Ban
Tuesday 25 th September	Glen Gravir	30 mins *Macmillan Friendly	Head of Glen Gravir
Saturday 29 th September	Eilean Chalum Chile/ High tide alternative	45 mins	Entrance to Crobeg Farm

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

