

# Connect Here Guide to Walking in Edinburgh



Edinburgh **Health and Social Care** Partnership



February 2024



# CONTENTS

## January 2024

<b>Walking for Health</b>	<b>4</b>
<b>Getting Organised</b>	<b>5</b>
<b>EH1</b>	
<a href="#">Edinburgh Free Tour</a>	6
<a href="#">Free Ghost Tour</a>	6
<a href="#">Free Harry Potter Tour</a>	7
<a href="#">Free New Town Tour</a>	7
<b>EH3</b>	
<a href="#">Canalside Walking Group</a>	8
<b>EH5</b>	
<a href="#">Health and Wellbeing Walking Group - Bangholm</a>	8
<b>EH6</b>	
<a href="#">Inspiring Leith - Fortnightly Health Walks</a>	9
<a href="#">Nordic Walking - Leith</a>	9
<b>EH7</b>	
<a href="#">Healthy Hub Walking Group - The Ripple</a>	10
<b>EH8</b>	
<a href="#">Ambling Adventures - The Crannie</a>	10
<b>EH9</b>	
<a href="#">Nordic Walking - UK Parkinson's Edinburgh Branch</a>	11
<b>EH10</b>	
<a href="#">Edinburgh and Lothians Greenspace Trust - Walking Adventures</a>	11
<a href="#">Health and Wellbeing Walking Group - Morningside</a>	12
<b>EH11</b>	
<a href="#">B Healthy Together - Walking Group</a>	12
<b>EH12</b>	
<a href="#">Walking Group - Corstorphine Community Centre</a>	13

### Keeping the guide up to date:

Services have been included within this guide to provide comprehensive, useful and accurate Walking Group listings available within the Capital. Please email (with hyperlink) any additions or entry update changes for consideration.

Email: [ConnectHereUpdates@nhslothian.scot.nhs.uk](mailto:ConnectHereUpdates@nhslothian.scot.nhs.uk)

### Disclaimer:

The inclusion of services or projects in this guide is in no way a commercial endorsement on the part of Edinburgh Health and Social Care Partnership or NHS Lothian. We are unable to guarantee the quality of service provided by the organisation listed. If you have concerns about a service listed here, please contact the service provider in the first instance and their professional body, if one exists. Please email an experience update to us and it will be taken into consideration whilst updating the next guide. Whilst every effort has been made to ensure the accuracy and reliability of the information in this guide, neither Edinburgh Health and Social Care or NHS Lothian will accept liability for errors or omissions and any resulting harm.

Email: [ConnectHereUpdates@nhslothian.scot.nhs.uk](mailto:ConnectHereUpdates@nhslothian.scot.nhs.uk)

<b>EH13</b>	
<a href="#"><u>Oxgangs Walking Group</u></a>	13
<b>EH14</b>	
<a href="#"><u>Active Steps - The Health Agency</u></a>	14
<a href="#"><u>Redhall Walking Group</u></a>	14
<b>EH16</b>	
<a href="#"><u>Health Walks - Craigmillar Community Grows</u></a>	15
<a href="#"><u>Walking Group - Libertus Services</u></a>	15
<b>EH17</b>	
<a href="#"><u>Nordic Walking - Gilmerton</u></a>	16
<a href="#"><u>Edinburgh Leisure Health Walk - Monday - Meadows Walk</u></a>	16
<a href="#"><u>Edinburgh Leisure Health Walk - Monday - Gyle Park Walk</u></a>	17
<a href="#"><u>Edinburgh Leisure Health Walk - Tuesday - Happy Wanderers</u></a>	17
<a href="#"><u>Edinburgh Leisure Health Walk - Tuesday - Night Strollers</u></a>	18
<a href="#"><u>Edinburgh Leisure Health Walk - Wednesday - Portobello Prom</u></a>	18
<a href="#"><u>Edinburgh Leisure Health Walk - Thursday - Get Going</u></a>	19
<a href="#"><u>Edinburgh Leisure Health Walk - Saughton Walled Garden</u></a>	19
<a href="#"><u>Edinburgh Leisure Health Walk - Thursday - Stepping Out</u></a>	20
<a href="#"><u>Edinburgh Leisure Health Walk - Friday - Victoria Park</u></a>	20
<a href="#"><u>Paths for All</u></a>	21

## **Walking for health**

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories, and make your heart healthier.

You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your 150 minutes of weekly exercise, as recommended in the physical activity guidelines for adults aged 19 to 64.

### **Make it a habit**

The easiest way to walk more is to make walking a habit. Think of ways to include walking in your daily routine. Examples include:

- Walking part of your journey to work
- Walking to the shops
- Using the stairs instead of the lift
- Leaving the car behind for short journeys

### **Have some fun**

If walking for leisure is something new for you, why not try out some of the free organised walks in the City Centre. The Free Ghost Tour of the Harry Potter trip is a light hearted re-introduction to walking for leisure and you will pick up new bits of knowledge about Edinburgh.

### **Variety is good!**

Try out different routes around the city. The City of Edinburgh Council has a great section on their website that shows [Cycling and Walking Routes](#) across the city.

## Getting Organised

### Join a walking group

You can walk by yourself, or you can join a group walk. You might like walking in a group as it is a great way to start walking, make new friends and stay motivated.

There are walking groups across the city. Some of these groups are run by community groups such as the Ripple or Corstorphine Community Centre. Other groups are run by Edinburgh Greenspace Trust who have an extensive network of groups in Morningside, Oxgangs and Redhall.

Group walks will have a Walk Leader who will have planned and risked assessed the route in advance. You will find information of group walks in this guide. If you are older and have done less walking in recent years, you might like to look at the Health walks organised by Edinburgh Leisure.

Many organisations such as [Edinburgh Leisure](#) or [Edinburgh Lothian GreenSpace Trust](#) also organise group walks for health, leisure and as a means of getting around for people of all ages, backgrounds, and levels of fitness. For a full listing of organised walks go to [Paths for All](#).

### Are you properly dressed for walking?

- Dress in layers so you can easily adjust to changing temperatures.
- Wear comfortable, breathable shoes with good support.
- Wear a hat or visor to protect your face from the sun.
- Wear bright or reflective clothing if you're walking in low light.
- Wear gloves and a scarf in cold weather to keep your hands and face warm.
- Choose clothes that provide a full range of motion so you can move comfortably.
- Don't forget to wear sunscreen, even on cloudy days.
- Carry a light backpack, crossbody, or belly bag to hold essentials like water, a phone, and keys

### Check the weather forecast

Before you set out on your walk remember to check the weather forecast in advance.

The Met Office: <https://www.metoffice.gov.uk/>

Accu Weather: <https://www.accuweather.com/>

### Edinburgh Free Tour

The Royal Mcgregor  
154 High Street  
Edinburgh EH1 1QS

T: 07544 176433

Opening Hours: Daily 10.00am, 11.00am and 1.00pm

E: [info@cityexplorerstours.com](mailto:info@cityexplorerstours.com)

W: [www.edinburghfreetour.com](http://www.edinburghfreetour.com)

**Summary:** On this free two hour walk around the inspiring capital, Edinburgh, pre-booking is required especially for groups of more than 14 people for a Private Tour.

Click on the above links for more information.

## EH1 Walking

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### Free Ghost Tour

The Royal Mcgregor  
154 High Street  
Edinburgh EH1 1QS

T: 07544 176433

Opening Hours: Daily 7.00pm

E: [info@cityexplorerstours.com](mailto:info@cityexplorerstours.com)

W: [www.edinburghfreetour.com](http://www.edinburghfreetour.com)

**Summary:** On this free 90-minute walk around the creepy past of Edinburgh, and its history of witchery, plague, body-snatching, and assassinations that will make you see this marvelous city in a different light.

Pre-booking is required especially for groups of more than 14 people for a Private Tour.

Click on the above links for more information,

### Free Harry Potter Tour

The Royal Mcgregor  
154 High Street  
Edinburgh EH1 1QS

T: 07544 176433

Opening Hours: Daily 2.00 pm

E: [info@cityexplorerstours.com](mailto:info@cityexplorerstours.com)

W: [www.edinburghfreetour.com](http://www.edinburghfreetour.com)

**Summary:** On this free 90-minute walk, learn about the extraordinary and fascinating influence of Edinburgh on J.K. Rowling and her books.

Pre-booking is required especially for groups of more than 14 people for a Private Tour.

Click on the above links for more information.

## EH1 Walking

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### Free New Town Tour

The Royal Mcgregor  
154 High Street  
Edinburgh EH1 1QS

T: 07544 176433

Opening Hours: Saturday and Sunday 2.00pm

E: [info@cityexplorerstours.com](mailto:info@cityexplorerstours.com)

W: [www.edinburghfreetour.com](http://www.edinburghfreetour.com)

**Summary:** This walk is free but please book on website. If you are keen to delve deeper into the history of Edinburgh, if you'd like to avoid city areas popular with tourists or if you want to discover its best kept secrets, you can not miss the Free New Town Tour.

Pre-booking is required especially for groups of more than 14 people for a Private Tour.

Click on the above links for more information.

### Canalside Walking Group

Fountainbridge Canal Side Community Trust  
Edinburgh EH3 9QB

T: 07706 580 147

Opening Hours: Thursdays 10.00am

E: [fiona@fcct.scot](mailto:fiona@fcct.scot)

W: [www.fcct.scot/health-walks/](http://www.fcct.scot/health-walks/)

**Summary:** This wellbeing walk is on Thursdays at 10am and lasts for an hour. Meet at Fountainbridge Square, EH3 9QB, at the end of the canal, which is round the corner from Tesco Fountainbridge, near bus 1,34,35. Dress for the weather, wear comfortable shoes. refreshments after the walk are available for those who would like to stay. Adults of all ages welcome, free of charge. Led by trained health walk leaders, this walk is part of the Scottish Health Walks Network.

## EH5 Walking

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### Health and Wellbeing Walking Group - Bangholm

Bangholm Medical Centre, Ferry Road  
Edinburgh EH5

T: 07943 530 806 (Emily)

Opening Hours: Thursdays 1.00pm-2.00pm

E: [emily@elgt.org.uk](mailto:emily@elgt.org.uk)

W: <http://www.elgt.org.uk/>

FB: <https://www.facebook.com/greenspacetrust/>

**Summary:** Get active and explore local greenspaces, learn about nature and meet new people. Meet at Bangholm Medical Centre.



### Inspiring Leith - Fortnightly Health Walks

Bethany Christian Trust  
65 Bonnington Road  
Edinburgh, EH6 5JQ

T: 07919557691

Contact: Colin Campbell

Opening Hours: Fortnightly 10.00am

W: <https://bethanychristiantrust.com/service/walking-group/>

FB: <https://www.facebook.com/inspiringleith>

**Summary:** Please click on the links above for more information on these friendly health walks.

## EH6 Walking: Older People

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### Nordic Walking Group

Leith

Edinburgh EH6

Opening Hours: Thursday 1.00pm-2.00pm

E: [goldenyears@cyrenians.scot](mailto:goldenyears@cyrenians.scot)

**Summary:** Nordic walking group in Leith Links - run by an experienced, trained instructor.

### Healthy Hub Walking Group

The Ripple  
198 Restalrig Road South  
Edinburgh EH7 6DZ

T: 0131 554 0422  
Opening Hours: Thursday 9.15am

E: [comms@theripple.org.uk](mailto:comms@theripple.org.uk)  
W: <https://www.rippleproject.co.uk/>

**Summary:** Walks last from around 45 minutes to an hour taking in local green areas and a bit further afield. Please wear suitable footwear and clothing for the weather conditions. Some off pavement walking is included so sturdy shoes/trainers are recommended.

Walks are led by trained Paths for All Walk Leaders - and are FREE!

Just turn up at 9am on your first visit to register.

## EH8 Walking

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### Ambling Adventures

The Crannie  
9 Cranston Street  
Edinburgh EH8 8BE

T: 0131 557 2244  
Opening Hours: Thursday 10.30am–12.00pm

E: [thecrannie@eotdt.org](mailto:thecrannie@eotdt.org)  
W: <https://eotdt.org/index.php>  
Tw: [https://twitter.com/TheCrannie?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](https://twitter.com/TheCrannie?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor)  
Inst: <https://www.instagram.com/thecrannie/?hl=en>

**Summary:** This registered charity is committed to the revitalisation of the Old Town through stimulating growth in community participation, the arts and enterprise.

### Nordic Walking

Parkinson's UK  
Edinburgh Branch

Opening Hours: Thursdays, 12 noon till 1.00pm

W: <https://www.edinburghparkinsons.org/regular-activities/nordic-walking/>

**Summary:** Nordic Walking is a popular activity with the Branch members. New participants are always welcome. Meet at: The Meadows, Edinburgh – meet outside Pavilion Café, Jawbone Walk, EH9 1JU

## EH10 Walking

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### Edinburgh and Lothians Greenspace Trust - Walking Adventures

Swanston Steading  
109/11 Swanston Road  
Edinburgh EH10 7DS

T: 07824 641133 (Kim)

Opening Hours: Tuesday Walk, 2.00pm

E: [Kim@elgt.org.uk](mailto:Kim@elgt.org.uk)

W: [www.elgt.org.uk/](http://www.elgt.org.uk/)

FB: [www.facebook.com/greenspacetrust/](https://www.facebook.com/greenspacetrust/)

Tw: <https://twitter.com/greenspacetrust>

**Summary:** Pre-booked participants for the walking adventure meet outside the Craggs Centre.

This service's mission is to provide the Edinburgh and Lothians communities access to quality greenspaces which help improve health and wellbeing.

Everyone is encouraged to visit local greenspaces which offer chances to take part in daily exercise, de-stress and engage with nature.

Click on the links above as there are lots of opportunities to participate.

### Health and Wellbeing Walking Group - Morningside

Morningside Medical Practice  
Edinburgh EH10

T: 07908 844 273 (Nelly)

Opening Hours: Wednesdays 10.00am-11.00am

E: [nelly@elgt.org.uk](mailto:nelly@elgt.org.uk)

W: <http://www.elgt.org.uk/>

FB: <https://www.facebook.com/greenspacetrust/>

**Summary:** A gentle walk and the chance to socialise together in your local outdoor space. Meet next to Morningside Medical Practice.

## EH11 Walking

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### Walking Group - B Healthy Together

Broomhouse Hub Centre  
79 - 89 Broomhouse Crescent  
Edinburgh EH11 3RH

T: 0131 467 7678 (Lisa Jennings)

Opening Hours: Friday 10.00am at Broomhouse Hub Café

E: [lisa@bhealthytogether.org.uk](mailto:lisa@bhealthytogether.org.uk)

W: <https://bhealthytogether.org.uk/>

FB: <https://www.facebook.com/bhealthytogether/>

**Summary:** It is important to stay active for long-term health benefits for people of all ages, shapes, sizes, and abilities and this one-hour walk utilising various routes is welcome to all after pre-booking attendance. This gathering includes the walk and free refreshments afterwards. New walkers are requested to phone (above) prior to first walk.

Click on the above links for more information.

### Walking Group (8km)

Corstorphine Community Centre  
5 Kirk Loan  
Edinburgh EH12 7HD

T: 07580 659 676

Opening Hours: Thursday 9.30am-2.00pm

E: <https://www.corstorphinecommunitycentre.org.uk/contact-us>

W: <https://www.corstorphinecommunitycentre.org.uk/>

FB: <https://www.facebook.com/CorstorphineCommunityCentre/>

Tw: <https://twitter.com/CorstorphineCo1>

**Summary:** Walking Group (8km) meets outside the White Lady.

## EH13 Walking

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### Oxgangs Walking Group

Tesco, Colinton Mains  
Edinburgh EH13

T: 07943 530 806 (Emily)

Opening Hours: Morning Walk Tuesdays 10.00am Afternoon Walk 1.30pm-2.30pm

E: [emily@elgt.org.uk](mailto:emily@elgt.org.uk)

W: <http://www.elgt.org.uk/>

FB: <https://www.facebook.com/greenspacetrust/>

**Summary:** Get active, explore local greenspaces, learn about nature and meet new people. Meet next to entrance of Tesco, Colinton Mains.



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### Active Steps - The Health Agency

Wester Hailes Healthy Living Centre  
30 Harvesters Way  
Edinburgh EH14 3JF

W: <https://thehealthagency.org.uk/active-steps-service/>

FB: <https://www.facebook.com/WesterHailesHealthAgency/>

YT: [https://www.youtube.com/channel/UCF\\_h4BjMxqtHCaXwlqWTBmQ](https://www.youtube.com/channel/UCF_h4BjMxqtHCaXwlqWTBmQ)

**Summary:** This service aims to support South West Edinburgh residents to increase activity and maintain a healthy diet by making small changes in everyday routines which will set the track for a healthier lifestyle, improving both your physical and mental health.

The process starts with an initial one-to-one chat to explore individual health needs, then an invitation to join the Active Steps programme (or another recommended Edinburgh service) depending on what's best for the individual's current situation.

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## EH14 Walking

### Redhall Walking Group

Redhall Walled Garden  
Edinburgh EH14  
T: 07943 530 806 (Emily)

Opening Hours: Mondays 10.00am-11.00am

E: [emily@elgt.org.uk](mailto:emily@elgt.org.uk)

W: <http://www.elgt.org.uk/>

FB: <https://www.facebook.com/greenspacetrust/>

**Summary:** A gentle walking group exploring areas such as the Union Canal, Colinton Dell and the Water of Leith. Improve your health and wellbeing and meet new people. Meet at Redhall Walled Garden entrance on Lanark Road.

### Health Walks - Craigmillar Community Grows

EH16

Edinburgh

T: 07824838364 (Karin, Craigmillar Community Grows)

Opening Hours: Thursday 10.00am–1.00pm

W: <https://www.carrgomm.org/community-growing>

FB: <https://en-gb.facebook.com/CraigmillarCommunityGrows/>

**Summary:** Join the walk from the Craigmillar area to different parts of the city whilst exploring green open spaces, do some bird watching and have a chat. Binoculars available, soup stop on the way back.

Click on the above links for more information.

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## EH16 Older People Walking

### Walking Group - Libertus Services

Libertus - Positive Futures

20 Gracemount Drive

Edinburgh EH16 6RN

T: 0131 672 0985

Contact: Dan Fuller

Opening Hours: Wednesday 10.30am–2.30pm

E: [danfuller@Libertus.org.uk](mailto:danfuller@Libertus.org.uk)

W: <https://www.libertus.org.uk/positive-futures/>

FB: <https://www.facebook.com/Libertus.Services/>

**Summary:** Walking Group available to 50+ who live in South East and East Edinburgh from Braidwood Centre Dumbiedykes)

Click on the above links for more information.

### Nordic Walking Group - Gilmerton

EH17

Opening Hours: Wednesday 12.00pm–1.00pm

W: <https://cyrenians.scot/events/community-events/42-gilmerton-over-60s-group>

E: [goldenyears@cyrenians.scot](mailto:goldenyears@cyrenians.scot)

**Summary:** People attending the earlier social group held at Gilmerton are welcome to stay and join the walking group. This is run by an experienced, trained instructor.

## Physical Activity and Leisure: Walking

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### Edinburgh Leisure Health Walk - Monday - Meadows Walk

Edinburgh EH9

T: 0131 458 2260 (Active Communities Team)

Opening Hours: Monday 10.30am

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/activities/active-communities/ageing-well>

**Summary:** This Grade 2 capability walk starts at 10.30am (for the duration of 30-60 minutes) meets outside the Café Refresh behind the East Meadows Play Park.

If interested in joining this walk, please click on the links above to pre-register and make sure suitable footwear and outdoor clothing are worn to comfortably complete the walk.

A contribution of £1 is welcome.

Edinburgh Leisure Health Walk - Monday - Gyle Park Walk

Physical Activity and Leisure: Walking

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Edinburgh Leisure Health Walk - Tuesday - Happy Wanderers

Edinburgh

T: 0131 458 2260 (Active Communities Team)

Opening Hours: Tuesday 10.00am

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/activities/active-communities/ageing-well>

**Summary:** This Grade 3 capability walk starts at 10.00am (for the duration of 60-75 minutes) meets to walk in various locations across the city.

If interested on joining this walk, please click on the links above to pre-register and make sure suitable footwear and outdoor clothing are worn to comfortably complete the walk.

A contribution of £1 is welcome.

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### Edinburgh Leisure Health Walk - Tuesday - Night Strollers

T: 0131 458 2260 (Active Communities Team)

Opening Hours: Meet at 6.50 pm, depart at 7.00 pm Start

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/activities/active-communities/ageing-well>

**Summary:** Include earth and stone surfaces and may incorporate steeper slopes, steps, and uneven surfaces. Suitable for people looking for more challenging walks and increasing their physical activity. Please wear suitable footwear and outdoor clothing.

This is a Seasonal walk Programme will restart in May 2024

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## Physical Activity and Leisure: Walking

### Edinburgh Leisure Health Walk - Wednesday - Portobello Prom

Edinburgh

T: 0131 458 2260 (Active Communities Team)

Opening Hours: Wednesday 10.30am

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/activities/active-communities/ageing-well>

**Summary:** This Grade 2 capability walk starts at 10.30am (for the duration of 30-60 minutes) meets outside Portobello Swim Centre.

If interested on joining this walk, please click on the links above to pre-register and make sure suitable footwear and outdoor clothing are worn to comfortably complete the walk.

A contribution of £1 is welcome.



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### Edinburgh Leisure Health Walk - Thursday - Get Going

Edinburgh

T: 0131 458 2260 (Active Communities Team)

Opening Hours: Thursday 10.00am

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/activities/active-communities/ageing-well>

**Summary:** This Grade 3 capability walk starts at 10.00am (for the duration of 60-75 minutes) meets to walk in various locations across the city.

If interested in joining this walk, please click on the links above to pre-register and make sure suitable footwear and outdoor clothing are worn to comfortably complete the walk.

A contribution of £1 is welcome.

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## Physical Activity and Leisure: Walking

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### Edinburgh Leisure Health Walk - Saughton Walled Garden

Opening Time: Thursday 11.00am

**Summary:** This grade 1 capability walk lasts 15-30 minutes. Meet in the Bistro Courtyard under the canopy opposite the service window of the Bistro.

### Edinburgh Leisure Health Walk - Thursday - Stepping Out

Edinburgh

T: 0131 458 2260 (Active Communities Team)

Opening Hours: Thursday 1.00pm

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/activities/active-communities/ageing-well>

**Summary:** This Grade 3 capability walk starts at 1.00pm (for the duration of 60-75 minutes) meets to walk in various locations across the city.

If interested on joining this walk, please click on the links above to pre-register and make sure suitable footwear and outdoor clothing are worn to comfortably complete the walk.

A contribution of £1 is welcome.

## Physical Activity and Leisure: Walking

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### Edinburgh Leisure Health Walk - Friday - Victoria Park

Edinburgh

T: 0131 458 2260 (Active Communities Team)

Opening Hours: Friday 11.00 am

E: [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

W: <https://www.edinburghleisure.co.uk/activities/active-communities/ageing-well>

**Summary:** This Leisure Health Walk (for the duration of 60-75 minutes) splits into two groups, a moderate paced longer walk and a gentler paced shorter walk. Meet in Victoria Park at the benches close to the Edward VII statue.

If interested in joining this walk, please click on the links above to pre-register and make sure suitable footwear and outdoor clothing are worn to comfortably complete the walk.

A contribution of £1 is welcome.

**Paths for All**

Kintail House  
Forthside Way  
Stirling FK8 1QZ

W: [www.pathsforall.org.uk/walking-for-health/health-walks](http://www.pathsforall.org.uk/walking-for-health/health-walks)

FB: [www.facebook.com/PathsforAllScotland?form=MY01SV&OCID=MY01SV](https://www.facebook.com/PathsforAllScotland?form=MY01SV&OCID=MY01SV)

Tw: <https://twitter.com/PathsforAll>

**Summary:** Take part in short, volunteer led, friendly health walks in every local authority in Scotland. Click on the link above for a helpful website that shares times and contact details.

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This is the last page of the guide.