

# Walking Festival

A walking festival for Adults 50 plus  
Monday 12 – Friday 16 June 2017



People to  
become engaged  
in an activity  
throughout the  
week of June  
12th to 16th

We invite you to  
come along and  
try a new walk or  
activity to get you  
back to some form of  
exercise and meet  
new friends

**FREE**  
unless price  
stated

Events will  
take place  
across East  
Renfrewshire

For more information please contact:

Sine Delahunt 0141 451 0757 or 0789 480 2349

Email: [sine.delahunt@eastrenfrewshire.gov.uk](mailto:sine.delahunt@eastrenfrewshire.gov.uk)

The Walking Festival has been launched to inspire you to come along and join in one of our walks or try a new walk or activity. This is our second year of offering a Festival encouraging adults to try an activity or walk for the first time.

## FREE WALKS UNLESS PRICE IS STATED

## WHERE

## WHEN

First Steps Giffnock for beginners a short walk for 40 mins or a longer walk at a moderate pace for 30 mins

Wholefoods Giffnock

Mon 12 Jun  
from 10am

Strength & Balance Exercises with a short walk in Neilston for beginners to exercise and walk 30 mins

The Bank Neilston

Mon 12 Jun  
from 10.30am

First Steps Eastwood Park for beginners for 30 – 40 mins

Eastwood Park Leisure Centre Café area

Tue 13 Jun  
from 9.30am

Barrhead Walking Group for a longer walk at a moderate pace up to an hour

Entrance of Barrhead Foundry, Barrhead

Tue 13 Jun  
from 9.45am

Cowan Park First Steps a 30 min walk for beginners with strength and balance exercises

St John's Tea Room Barrhead

Tue 13 Jun  
from 10am

Strength & Balance exercises with a short walk 10–15 mins

The Oak Room, Eastwood Health and Care Centre

Tue 13 Jun  
from 2pm

Neilston Walkers for a longer walk at a moderate pace up to 1 hr

The Bank Neilston

Wed 14 Jun  
from 10am

Dams to Darnley Health Walk. This walk generally takes 2 hrs and is led by Dams to Darnley Rangers

World Buffet Car Park

Wed 14 Jun  
from 10am

Rouken Glen Walkers. This walk is within the park and surrounding area takes approx 1 – 1/2 hrs. *Cost 60p*

Pro Soccer Rouken Glen park

Wed 14 Jun  
from 10am

Rouken Glen Walkers. A short peaceful stroll for 30 mins for beginners or recovering from illness or injury

Entrance to Garden Centre Rouken Glen park

Wed 14 Jun  
from 10.30am

Carers Walk. For individuals who care for family & friends. Walk around the pond & surrounding area of the park for 40 mins with an optional introduction to walk meditation.

The Boat House Café the Pond Rouken Glen Park

Wed 14 Jun  
from 2pm

Geocaching Treasure Hunt at Whitelee Windfarm. Discover hidden treasure at your own pace

Visitor Centre Whitelee Windfarm

Wed 14 Jun  
from 5pm

Ranger led walk to Blackwood Hill. The walk is a moderate level

Visitor Centre Whitelee Windfarm

Wed 14 Jun  
from 5.30pm

A stroll at Whitelee Windfarm using a map to walk along Loch Goin circuit at your own pace

Visitor Centre Whitelee Windfarm

Wed 14 Jun  
from 5pm

Strength & balance exercises with a short walk 10 – 15 mins

Barrhead Health Centre Cowan Room

Thur 15 Jun  
from 10.30pm

Meadow and Glen Nature Walk. Explore the nature of the park with the Activity Ranger

The Pavilion Rouken Glen Park

Thur 15 Jun  
from 1pm

Vitality Step Up Circuit, Level 4. For individuals who are mobile and have minimal difficulty doing daily activities. *Cost £2.75 for class*

Barrhead Foundry Barrhead

Thur 15 Jun  
from 1.30pm

Big Fit Walk. Come along and bring a friend to our yearly 30 min walk in Rouken Glen Park

The Pavilion Rouken Glen Park

Thur 15 Jun  
from 6pm

Walking Football and a cuppa

Barrhead Foundry Barrhead

Fri 16 Jun  
from 1–2pm