

East Renfrewshire

# Health Walking Festival



23-27  
MAY  
2016



A walking festival has been launched to inspire you to come along and join in one of our walks or to try an event or walk for the first time.

Our walking festival is packed full of health walks, walking activities and chair based exercises that might just be what you are looking for.

For further information please contact:  
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# East Renfrewshire Health Walking Festival 23 - 27 May 2016

**Free Walks** Unless price is stated

**Where**

**When**

## MONDAY 23 MAY

First Steps Giffnock for beginners for 30/40 minutes.	Wholefoods Giffnock	From 10am
Strength & Balance Exercises with a short walk in Neilston for beginners to exercise and walk 10/20 minutes.	The Bank, Neilston	From 10.30am
Jogging, Barrhead. <b>Cost £1.40.</b>	Barrhead Foundry	From 6.15pm

## TUESDAY 24 MAY

First Steps Eastwood Park for beginners for 30/40 minutes.	Eastwood Park Leisure Centre Café area	From 9.30am
Barrhead Walking Group for a longer walk at a moderate pace.	Entrance of Barrhead Foundry, Barrhead	From 9.45am
Cowan Park First Steps for beginners for 30 minutes (free refreshments available).	St John's Tea Room, Barrhead	From 10am
Whitelee Covenanters Monument walk. Ranger led scenic walk 'n' talk to Covenanters monument. Moderate fitness – walk largely over flat ground but with climb back to visitor centre.	Whitelee Visitor Centre	2pm - 3.30pm

## WEDNESDAY 25 MAY

Neilston Walkers for a longer walk at a moderate pace up to an hour.	The Bank, Neilston	From 10am
Dams to Darnley Health Walk. This walk generally takes 2 hours and is led by Dams to Darnley Rangers.	World Buffet Car Park	From 10am
Rouken Glen Walkers. This walk is within the park and surrounding area generally takes 1 to 1½ hours. <b>60p Charge.</b>	Pro Soccer, Rouken Glen	From 10am
A guided walk with Archaeology Scotland. A one hour walk discovering the park's hidden past.	Rouken Glen Park Pavilion	From 10am
Meadow and Glen Nature Walk. Explore the nature of the park with the Activity Ranger.	Rouken Glen Park Pavilion	1pm - 2.30pm
Carers Walk. This walk generally takes 40 minutes. (Free refreshments provided).	The Boat House Café, Rouken Glen Park	From 1.30pm
Jogging, Eastwood Park. <b>Cost £1.40.</b>	Eastwood Park Leisure	From 6.15pm

## THURSDAY 26 MAY

First Steps for beginners up to 45 minutes.	Auchenback Resource Centre Café	From 10.30am
STRIDE is a new group in Barrhead for people who want to optimise their health and stay active. 3 mile walk followed by a visit to Barrhead Foundry Café.	Barrhead Foundry entrance	1.45pm

## FRIDAY 27 MAY

Strength & Balance Session. Simple exercises for older adults who want to stay active. 30 minutes. Contact Kirkton for availability.	Kirkton Centre, Barrhead	From 10.30am
Chair Based Exercises. 1h seated exercises to help improve strength, flexibility and stamina. Contact Kirkton for availability. (Free refreshments available).	Kirkton Centre, Barrhead	11am
Dementia Friendly Walk in Barrhead. For individuals living with dementia. Contact Kirkton for availability.	Kirkton Centre, Barrhead	12.30pm