

Walks across GGC

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Glasgow City

North Glasgow

Balornock	Tron St Mary's Church, 128 Red Road, G21 4PJ	Friday	10.45am
Lambhill	Lambhill Stables, Balmore Road, G22 6RD	Friday	11.00am
Maryhill & Canal Strollers	Glasgow Club Maryhill, 34 Gairbraid Avenue, G20 8YE	Wednesday	1.00pm
Possilpark	Possilpark Health & Care Centre, 99 Saracen Street, G22 5AP	Wednesday	11.00am
Stobhill Health Walk (30 minute walk)	Support & Information Service, Ground Floor, Stobhill Hospital 133 Balornock Road, G21 3UW	Monday (from 5th September)	12.30pm

South

Bellahouston	Glasgow Club Bellahouston cafe, 31 Bellahouston Drive, G52 1HH	Sunday	11.00am
Bellahouston	Glasgow Club Bellahouston cafe, 31 Bellahouston Drive, G52	Wednesday	1.30pm

	1HH		
Castlemilk	Castlemilk Community Centre cafe, 121 Castlemilk Drive, G45 9UG	Tues & Thu	11.00am
Castlemilk Woodland Evening Walk	Outside Castlemilk Community Centre, Castlemilk Drive, G45 9UG	Monday 4th Apr - 5th Sep	6.00pm
Cathcart	Couper Institute Foyer, 86 Clarkston Road, G44 3DA	Wednesday	11.15am
Darnley Country Park	The Worlds Buffet Restaurant car park, Corselet Road, G53	Wednesday	10.00am
Gorbals	St Francis Centre, 405 Cumberland St, G5 0SE	Thursday	1.30pm
Pollok	Pollok Community Centre, 134 Langton Rd, G53 5DP	Monday	11.15am
Pollok Health Centre	Treadgold Duffy & Morley GP Practice, Civic Realm, Cowglen Road, G53 6EQ	Wednesday	11.00am
Pollok Park	Pollokshaws Library, 50/60 Shawbridge St, G43 1RW	Wednesday	10.15am
Pollokshaws Burgh Hall	Pollokshaws Burgh Hall, Pollokshaws Road	Monday	10.00am
Queens Park	Main foyer, New Victoria Hospital, Grange Rd, G42 9LF	Monday	11.00am
Queens Park Evening Walk	Main foyer, New Victoria Hospital, Grange Rd, G42 9LF	Thursday 28th Apr - 1st Sep	6.00pm
Toryglen	Toryglen Community Hall, 199 Prospecthill Circus, G42 0LA	Wednesday	12noon

East

Barlanark	Barlanark Community Centre, 33 Burnmouth Road, G33 4RZ	Tuesday	11.00am
Easterhouse	The Hub, 49 Wellhouse Crescent G33 4LA	Tuesday	10.00am
Easterhouse	FARE, Bannatyne House, 31 Drumlanrig Ave, G34 0JF	Wednesday	9.00am
Garrowhill	Grrowhill Community Centre, 35 Maxwell Drive, G69 6HY	Thursday	1.00pm

Riddrie	Riddrie Library, 1020 Cumbernauld Road, G33 2QS	Monday	10.15am
Sunday Social	Kelvin College, 1200 Westerhouse Road, G34 9HZ	Sunday	10.00am
Tollcross	Children's Farm, Tollcross Park, The Courtyard, 254B Wellshot Rd, G32 7AX	Monday, Wednesday & Friday	11.00am
Townhead	Outside St Mungo Museum, Castle Street, G4 0UZ	Tuesday	10.00am

West

Drumchapel	Donald Dewar Sports Centre Foyer, 220 Garscadden Road, G15 8SX.	Thursday	1.00pm
Drumchapel	Chester's Nursery, 10 Bankglen Road, G15 7LG	Friday (term-time only)	9.30am
Gartnavel (30 minute walk)	Outside the main door, Beatson Oncology Centre, Gartnavel Hospital 1053 Great Western Rd, G12 0YN	Wednesday	12.30pm
Heart of Scotstoun	Heart of Scotstoun Community Centre, 64 Balmoral St, G14 0HB	Monday	2.30pm
Heart of Scotstoun	Heart of Scotstoun Community Centre, 64 Balmoral St, G14 0HB	Friday	11.00am
Hyndland	Hughenden Road at entrance to Hillhead Sports Club, G12 9XP	Sunday	2.00pm
Knightswood	Knightswood Community Centre, Alderman Road, G13 3DD	Monday	1.30pm
Netherton	3 Eyes Project, 52 Knightscliffe Ave, G13 2TE	Wednesday	11.00am
Victoria Park	Glasgow Club Scotstoun, National Badminton Academy, 72 Danes Drive, G14 9HD	Wednesday	11.00am
West End Botanic	Just inside Kibble Palace, 730 Great Western Rd, G12 0UE	Thursday	1.00pm
West End Botanic	Just inside Kibble Palace, 730 Great Western Rd, G12 0UE	Friday	11.00am

West Dunbartonshire

Long walk on Wednesday mornings @ 10.20am (45mins - 1hour) Short 'Live Active' walk on Thursday Lunchtimes @ 1pm (30mins)

Clydebank Area			
Meeting Point	Day/Time	Contact Details	Provider
316 Dumbarton Rd Old Kilpatrick G60 5JH	Monday 10.30am	0141 941 0886	Daren Borzynski WDCVS
Solidarity Plaza Clydebank G81 1HS	Thursday 10.00am	0141 941 0886	Daren Borzynski WDCVS
one Friday meet at Playdrome, Clydebank and the following Friday its at Old Kilpatrick at the salting's	Friday 11.00am	0141 951 4646 07530 509 490	Live Active Advisor Diane Harkins & Walk Leader John Affleck
Alexandria Area			
Alexandria CE Centre Main Street	Monday 10.00am	0141 941 0886	Daren Borzynski WDCVS
Balloch Tourist Information Centre Balloch Road Alexandria G83 8LQ	Wednesday 10.20am	07748 135599 / 01877 330055	Walk in the Park Project Eian Barrie
Moss O'Balloch Balloch Road Alexandria G83 8LE	Thursday 1.00pm	01389 756 93	Live Active Advisor John Gardner
Dumbarton Area			
Woodyard Road Car Park West Bridgend	Tuesday 10.00am	01389 734094	Live Active Advisor John McKeown

East Dunbartonshire

	Monday	Tuesday	Wednesday	Thursday
Allander Leisure Centre	10.30am 45-60mins			
St Pauls Church, Milton of Campsie		10am 50-60mins		

Bishopbriggs*		10.30am 50-60mins		
Milngavie Library		12 noon 20-30mins		
Lennoxton			11am 30mins	
Kirkintilloch Leisure Centre				10.30am 30 & 60 mins
Sensory Impairment Walk**				10am 60mins
<p>* Please Contact Alison Little on 0141 762 0879 as the walk venue can change weekly.</p> <p>** You must contact Lynne Fraser on 07715889882 as the walk venue can change weekly.</p>				
For further information please look at walk Programme Flyer				

Monthly Health walks:

De Cafe has a short health walk (approx 30mins) on the last Friday of the month from Kirkintilloch Baptist Church at 1pm in the back car park.

ABI Cafe's **Rock n Roll** Group, is a wheelchair friendly walk starting at 3pm and there is another walk at 1pm for anyone attending the group. This is also from the Kirkintilloch Baptist Church in the back car park and is on the First Thursday of the month.

Renfrewshire

LOCHWINNOCH

Every Monday meeting at McKillop Centre at 10.30am

FERGUSLIE

Every Monday meeting at St Ninians Church at 11.00am

GLENBURN/FOXBAR

Every Tuesday meeting at Glenburn Parish Church at 10.30am

ERSKINE

Every Tuesday meeting at Bargarran Community Centre at 10.30am

BARSHAW PARK

Every Thursday meeting at the middle entrance (café) at 10.30am

JOHNSTONE

Every Thursday meeting at Johnstone Town Centre (next to bandstand) at 10.30am.

RENFREW

Every Thursday meeting at Robertson Park Gates on Inchinan Road at 10.30am.

LOCHFIELD

Every Thursday meeting at Lysleland Church in Rowan Street at 10.30am.

STROLL IN THE PARK

Every second Tuesday at Paisley Town Hall at 11.00am

(for more information on this walk pattern please call Senga McLeod on 0141

842 3000)

All walks last approx. 1 hour and are suitable for everyone

East Renfrewshire

Most of the walks in East Renfrewshire are designed for those over the age of 50.

Monday

- First Steps Giffnock from 10am at Whole Foods (for beginners for 30/40 minutes).
- Strength & Balance Exercises with a short walk in Neilston from 10.30am from The Bank, Neilston (for beginners to try the exercises and to walk 10/20 minutes)

Tuesday

- Eastwood Park - First Steps from 9.30am (for beginners for 30 minutes)
- Barrhead Foundry- Barrhead Walking Group from 9.45am (for a longer walk at a moderate pace) .

- St Johns Tea Room - First Steps, Cowan Park from 10am (for beginners for 30 minutes). Free refreshments available at St Johns Tea Room afterwards. (NB Not on Tuesday 19th and 26th July)

Wednesday

- The Bank, Neilston - Neilston Walkers from 10am (for a longer walk at a moderate pace throughout the Countryside)
- Dams to Darnley Health Walk from 10am. Group meets at World Buffet Car Park. This walk generally takes 2 hours and is led by Dams to Darnley Rangers.
- **Longer walks** - in Rouken Glen Park on a **Wednesday** morning, cost is 60p. We have 2 walks for regular walkers looking for a longer walk within a Park setting.
- From 10am a walk is offered for 1 ½ hours which will include walking within the park and surrounding areas leaving from Pro Soccer. Some of the route will include climbing steps as well as walking on paths which may have a slight incline.
- From 10.30am a 1 hour walk within the park leaving from Pro Soccer, which will take you through Rouken Glen Park. Some of the route will include climbing steps as well as walking on paths which may have a slight incline.

Thursday

- Auchenback Resource Centre - First Steps from 10.30am (for beginners up to 45 minutes)

An opportunity to have a chat with group members and have a coffee/tea at the end of your walk is encouraged! (Refreshments not provided unless otherwise stated)

Inverclyde

Monday: Greenock Central @ 2pm

Meeting @ Your Voice, Clyde Square.

Walk leader - Martin

Monday: Port Glasgow @ 11:00am

Live Active Walk, meeting at Port Glasgow Pool

Wednesday: Port Glasgow @ 12 noon

Meeting @ Bus Stop beside Coronation Park

Walk leader - Eileen

Thursday: Greenock Central @10am

Meeting @ Your Voice, Clyde Square.

Walk leader - Jim

Thursday: Gourock @ 2pm

Meeting @ Battery Park Pavilion

Walk leader– Carolynne

Thursday: Gourock @ 6.30pm

Meeting @ Battery Park Pavilion

Peer Led—jogging group

Buggy Walk : Fridays 1pm

Meeting @ Battery Park Pavilion