



**AGEING WELL WALKING GROUPS** – fun, sociable way to stay active. Various lengths of walks led by trained volunteer walk leaders followed by a coffee/tea and blether.

**WALK AND TALK** – For those who wish a gentle start into being more active. (Walks lasting approx. 15 minutes) All locals walks.

Dalkeith/Woodburn	Thursdays	11.30am	Grassy Riggs
Newtongrange	Wednesdays	11am	Newtongrange Library

**WALKERS** - For those able to walk a distance at a slower pace. (Walks lasting 45-60 mins) Mostly local walks with the occasional walk a short bus journey away.

Gorebridge	Tuesdays	1pm	Arniston Rangers car park
Dalkeith	Tuesdays	1.30pm	St Nicholas Buccleuch Church
Rosewell	Fridays	1.30pm	Rosewell Church Hall
Penicuik	Fridays	9.45am	St Mungo's Church Hall
Loanhead	Thursdays	10.00am	Loanhead Leisure Centre
Bonnyrigg	Sundays	2pm	Ladbroke's Polton St

**STRIDERS** – For those able to walk a distance at a more brisk pace. (Walks lasting approximately 60-90 mins) A mixture of local and further afield walks a short bus journey away.

Gorebridge	Tuesdays	1pm	Arniston Rangers car park
Dalkeith	Tuesdays	1.30pm	St Nicholas Buccleuch Church
Rosewell	Fridays	1.30pm	Rosewell Church Hall
Penicuik	Fridays	9.45am	St Mungo's Church Hall
Loanhead	Thursdays	10.00am	Loanhead Leisure Centre
Bonnyrigg	Sundays	2pm	Ladbroke's Polton St

*Just turn up on the day. Please remember to wear suitable footwear and clothing*