

JOIN IN.  
**GET ACTIVE!**



# WALK ON HEBRIDES

## LEWIS & HARRIS

# WALKS AT-A-GLANCE

Walking is a simple way to increase your physical activity, it is good for all round health, can help to improve your mood and it's free – you just need some comfy shoes!



LOCATION	WALKING GROUP	PLUS	WHEN	MEETING POINT	DURATION	WALK LEADER CONTACT
Stornoway LEWIS	HMCSG Walk	MF	Every Saturday at 10am	Woodlands Centre, Castle Grounds,	10 mins – 1 hr	Karen Peteranna. Tel: (01851) 762015 Email: karen.peteranna@nhs.net
Stornoway LEWIS	Get on Track	MF S&B	Every Wednesday at 1.15pm	Lewis Sports Centre Reception	20 mins	Kirsty Wade or Lisa Weir. Tel: (01851) 822 800 Email: kirsty.wade@cne-siar.gov.uk
Laxdale LEWIS	Laxdale Community Walk	S&B	Saturday (ad-hoc)	Newmarket Play Park (north entrance)	30 mins	Laura Macleod. Tel: 07725 054 759
Kinloch LEWIS	Kinloch Walks		Every 2nd Thursday at 10.45 (from 11th July)	Kinloch Historical Society, Old School (limited transport available from meeting point)	10 mins - 1hr	Gemma Malcolm. Tel: 01851 830778 Email: gemma.kinlochhistorical@hotmail.co.uk
Pairc LEWIS	Pairc Trust	MF S&B	Every Tuesday at 11am	Various - view at: <a href="http://www.pairctrust.co.uk">www.pairctrust.co.uk</a>	30 mins	Fiona Stokes. Tel: (01851) 880 728 Email: info@pairctrust.co.uk
Pairc LEWIS	Pairc Trust	S&B	Every Saturday at 11am	Various - view at: <a href="http://www.pairctrust.co.uk">www.pairctrust.co.uk</a>	40-50 mins	Fiona Stokes. Tel: (01851) 880 728 Email: info@pairctrust.co.uk
Point LEWIS	Tiumpthead Community Walk	MF S&B	First Monday each month at 2.30pm	Tiumpthead Community Centre	10 mins - 1 hr	Jana Grimm. Tel: 07901 706 872 or visit Facebook 'Tiumpthead Community Association'
Point LEWIS	Tiumpthead Community Walk	MF S&B	Third Monday each month at 2.30pm	Tiumpthead Community Centre (Walk will be a Buggy Friendly route).	1 hour	Jana Grimm. Tel: 07901 706 872 or visit Facebook 'Tiumpthead Community Association'
Carloway LEWIS	Cuairt & Ceilidh	MF	Every Thursday each month at 1pm	Carloway School Annex	10 mins - 1hr	Sally Reynolds. Tel: (01851) 643 481 Email: info@carlowayestatetrust.co.uk
Uig LEWIS	Uig Walk		Every 2nd Saturday each month at 11.30am	Various. View at Uig Shop or visit: <a href="http://www.promotionswi.scot.nhs.uk">www.promotionswi.scot.nhs.uk</a>	40 min	Tony Ingle-Finch. Tel: 01851 672 740 Email: Alistair Pratt Tel: 01851 672 297
Tarbert HARRIS	North Harris Walk		Every 2nd Thursday at 12 noon	North Harris Medical Practice	30 mins	Joanne O'Donnell. Tel: (01851) 701623 Email: joanne.odonnell@nhs.net
Northton HARRIS	Gabh Sgriob! Walk		Every Saturday at 1pm	Temple Cafe, Northton	1 hour	Sheila Paton, Tel: 07557 904 091. Email: sheilampaton@yahoo.co.uk

PLUS: MF = Macmillan/cancer-friendly walk. S&B = Strength and Balance exercises included (optional)

'Walk on Hebrides' can be anything from 10 minutes to 1 hour. All abilities are welcome to join in and walks are always adapted to suit the needs of the walkers. No booking is required. For further information contact: Karen Peteranna, 'Walk on Hebrides' Coordinator. Tel: 01851 762015 / Email: karen.peteranna@nhs.net

List current at 08/01/20

