

AGEING WELL

Tesco Gyle Health Walk



Mondays at 10.45 am
Meet at the cul-de-sac behind
Tesco Superstore at Corstorphine
in Gylemuir Road

Suitable for people looking for more challenging walks and increasing their level of physical activity. Generally, 60 in length and the terrain could include earth and stone surfaces and may incorporate steeper slopes, steps, and uneven surfaces.

Please wear suitable footwear and outdoor clothing.

Date	Route
10/02/25	Davidson's Mains to Lauriston Castle
17/02/25	Gyle Park Circuit
24/02/25	Carricknowe Cyle Path to Balgreen
03/03/25	Maybury Meander
10/03/25	Saughton Park to Roseburn Park
17/03/25	Davidson's Main Circuit behind Tesco
24/03/25	Barnton Woodland Walk
31/03/25	Gyle Park to Gyle Centre
07/04/25	Edinburgh Park Lochside
14/04/25	Cammo Walk Countryside Circuit
21/04/25	Roseburn Circuit to Modern Art Galleries
28/04/25	Davidson's Mains to Lauriston Castle

For more information, please contact.

Ageing Well Team

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