

AGEING WELL

Stepping Out Thursday PM Walk

Thursdays at 1:00 pm at the Meeting Point

Suitable for people looking to increase or maintain their level of physical activity.

Generally, 60 - 75 minutes 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.

Most of the walks leave from familiar start points but walkers should ask Walk Leaders or regular walkers if they are unclear about where the meeting point is.

Date 2025	Route	Meeting Point
9 th Jan 2025	Happy New Year! St Andrew's House – Holyrood Via Calton Hill	St Andrew's House No Bus
16 th Jan	St Andrew Square - Newhaven	Kiosk in St Andrew Square No Bus
23 rd Jan	Bruntsfield – Morningside Station Via Lovers' Lane & Astley Ainslie	Leith Street LT 16 Stop JB
30 th Jan	Dean Bridge – Saughton Park	Drumsheugh Place, Aga Shop No Bus
6 th Feb	Balgreen – Sainsbury's Murrayfield	Waterloo Place LT 26 Stop ZJ
13 th Feb	Roseburn – Water of Leith Centre	Waterloo Place LT 26 Bus Stop ZJ
20 th Feb	Commonwealth Pool – Asda (Jewel)	Leith Street LT 14 Stop JB
27 th Feb	Canonmills – Sainsbury's (Craigleith)	Broughton Street LT 8 Stop YK

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Date	Route	Meeting Point
6 th March	Bingham – Commonwealth Pool	M&S Princes Street LT 4 (due at 13.11) Stop PK
13 th March	Liberton – Braid Hills (Golf Range)	Leith Street LT 7 Stop JB
20 th March	Water of Leith Centre - Fountainbridge	Waterloo Place LT 44 Stop ZJ
27 th March	Bingham - Newhailes	M&S Princes Street LT 4 (due at 13.11) Stop PK
3 rd April	Calton Hill inc. Royal Terrace Gardens	St Andrew's House No Bus
10 th April	Duddingston Park - Commonwealth Pool	Bus stop opposite St Andrew's House LT 44 Stop PH
17 th April	Oxgangs Library – Tesco (Colinton)	Leith Street LT 5/16 Stop JB
24 th April	Danderhall – Straiton Retail Park	M&S Princes Street LT 3/29 Stop PH

For more information, please contact.

Ageing Well Team

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