

AGEING WELL

Happy Wanderers Tuesday AM Health Walk

Meet: **M&S Princes Street**

Time: **10 am**

Duration: **60 - 75mins**

Grade: **3**

Suitable for people looking for more challenging walks and increasing 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.

A contribution of £1 towards the walk is encouraged.

Group bus travel will be required for some destinations.

Date	Route
01/04/25	Middle Meadow Walk to Meadowbank
08/04/25	Saughton Park to Water of Leith Centre
15/04/25	Barnton Park to Lauriston Castle
22/04/25	M&S to Newhaven
29/04/25	Cameron Toll to Royal Infirmary Edinburgh
06/05/25	Burdiehouse Burn
13/05/25	Mortonhall
20/05/25	Roseburn to Stockbridge
27/05/25	Bingham to Newhailes
03/06/25	Dreghorn Woods to Tesco Colinton
10/06/25	Royal Commonwealth Pool to Meadowbank
17/06/25	Juniper Green to Colinton
24/06/25	Lochend Park to Leith

For more information, please contact.

Ageing Well Team

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