

Inverclyde Bothy's Health Walks



Whatever it is you really want to do – get fitter, meet new people or just feel better today – walking is the easy way to a happier, healthier you!

Stop wanting, start walking with us.

Join us!

Our free Health Walks are short, low-level walks with a friendly, trained leader to show you the way.

See overleaf for full details of our weekly Greenock and Gourock based walks.



Your **voice**

Spring/Summer 2019 Free Weekly Walks:

Monday Walks from Clyde Square, Greenock

Monday at 1pm from Your Voice Office, 12 Clyde Square Greenock. Join us as we explore short, flat walking routes from the centre of Greenock.

We walk for around 1 hour and then have a free cuppa and chat back at the Your Voice base.

On the last Monday of every month we have our Get Out of Town Walks. Usual meeting point at 1pm for a free mini bus journey to a different location each month, return to Greenock by 3.30pm.

Wednesday Walks from The Bothy, Gourock

Wednesday at 10.30am from the Bothy office (inside Gourock Train Station). Join us as we explore short, flat walking routes around Gourock.

We walk for 1 hour and then return to the bothy for a free cuppa and chat.

On the last Wednesday of every month we have our Explorer Walks. Usual meeting point at 10.30am for a free mini bus journey to a different location each month, return to Gourock by 12.30pm.

Interested? Come along and give it a try – no booking required!

Please come along 15 minutes beforehand for your first walk – this gives our volunteer Walk Leaders time to welcome you.

Any questions?

Call Jenni on: 07342 082882
or email jenni.murray@cyclinguk.org

Keep in touch – join our Facebook Group

www.facebook.com/groups/inverclydebothy/

