

Weekly Health Walks

Monday

Starts 1pm
Ends 2pm

Your Voice Inverclyde office, 12 Clyde Square,
GREENOCK PA15 1NB

- Free tea/coffee after the walk back at 'Your Voice' office

Wednesday

Starts 10:30am
Ends 11:30am
(shorter walk
on the 'Stroll'
option)

Gourock Train Station, GOUROCK PA19 1QR

- 3 options each week
- **Stroll** is a great option for beginners and those who need a short, very gentle, walk with lots of stops (15 minutes to 45 minutes).
 - **Stride** is our standard Health Walk (1 hour)
 - **Super Stride** includes some hills and is a faster pace (1 hour)

Wednesday

Starts 7pm
Ends 8pm

The Royal West of Scotland Amateur Boat Club,
Esplanade, GREENOCK PA16 7SE

- Evening walk along the Esplanade. Great way to walk in company even during the darker evenings.
- Free tea/coffee in the RWABC afterwards (note - unfortunately this venue has steps and is not currently wheelchair accessible)

Thursday

Starts 1pm
Ends 2pm

Port Glasgow Health Centre, 2 Bay Street,
PORT GLASGOW PA14 5ED

- Enjoy a free tea/coffee and a chat after the walk, at 7½ John Wood Street

Friday

Starts 11am
Ends 12pm

Belville Community Garden, 53-57 Belville Street,
GREENOCK PA15 4UN

- All welcome to stay for Belville's 'Soup and a Blether' (payment by donation) lunch after the walk. Book lunch directly with Belville .

Please contact us to register
before attending your first walk

Jenni Murray, Health Walk Co-ordinator,
thebothyinverclyde@cyclinguk.org or call **07342 082882**
Keep in touch - like our Facebook Page
[facebook.com/Inverclydebothy](https://www.facebook.com/Inverclydebothy)