

Walking Groups in Badenoch

Last updated 23/4/14

WHERE	DAY	TIME	LOCATION	CONTACT
Kingussie	Every Thursday	10.30am	Badenoch Centre, Spey Street, Kingussie, PH21 1EH	Anne Cruikshank 01540 661878
				After the walk: We always go to Pam's Coffee Shop or Teapots for refreshments after the walk.
Newtonmore	This Walking Group is currently suspended, but if you would like to take part in a weekly Health Walk, or to volunteer to lead a Health Walk in the area we would be pleased to hear from you.			
	After the walk:			
Please bring a waterproof, spare jumper and comfortable shoes.				

We would like to develop new Health Walks in the following villages, can you help?

Dalwhinnie Insh & Kinraig Laggan

If you would like to take part in a weekly Health Walk, or to volunteer to lead a Health Walk in the area, we would be pleased to hear from you. For more information about free training and support, or participating in a health walk please contact Jane Cox, COAT Health Walk Co-ordinator, on 07519569005, or cairngormshealthwalks@hotmail.com.

You can also find further information on how to participate in a health walk or about becoming a Health Walk Leader, and what it would involve on our website

www.cairngormsoutdooraccess.org.uk