



Free Local Health Walks

(all abilities welcome)

WALK LOCATION/LEADER	DAY & TIME (weather permitting)	MEETING PLACE
Grantown (short & medium walk) (Joyce 01479 841233)	Tuesday @ 10.30 am	Anagach Wood Car Park (Curling Rink)
Grantown (long walk) (Isabell 01479 872142)	Tuesday @ 10.30 am	Anagach Wood Car Park (Curling Rink)
Nethy Bridge (Jane 07519569005)	Tuesday @ 1 pm	Community Centre, Nethy Bridge
Boat of Garten (Mina 01479 831502)	Wednesday @ 1.30pm	Boat Hotel, Boat of Garten
Kingussie (Anne 01540 661878)	Thursday @ 10.30 am	Badenoch Centre, Kingussie
Carrbridge (Margaret 01479 841749)	Thursday @ 11 am	Old Bridge, Carrbridge
Aviemore (Mary 01479 810519)	Thursday @ 1.30 pm	Papa Rock, Aviemore

**For more information contact the Walk Leaders (above),
or the Health Walk Co-ordinator, Jane Cox (07519569005,
or email: cairngormshealthwalks@hotmail.com).**

**Visit our Health Walk pages on the Cairngorms Outdoor Access Trust website:
www.cairngormsoutdooraccess.org.uk.**

**No membership, no commitment, no fees
.... just turn up and enjoy the walk.**