

Glasgow Health Walks Timetable

- Walks happen weekly and last around an hour unless otherwise stated
- Please get in touch with the contact person before attending your first walk to check details
- Everyone is welcome but if a walker needs one to one support we ask that they bring a buddy along to help them

North Glasgow					
WALK	Meeting Point	POSTCODE	Day	Time	Contact
Barmulloch	Tron St Mary's Church, 128 Red Rd,	G21 4PJ	Friday	11am	lynnetsmpw@gmail.com 0141 558 1011
Lambhill	lambhill Stables, 11 Canal Bank North	G22 6RD	Friday	11am	walking@glasgowlife.org.uk Good Move Walking Team 0141-287-0963
Maryhill	Glasgow Club Maryhill, Gairbraid Avenue	G20 8YE	Wednesday	1pm	walking@glasgowlife.org.uk Good Move Walking Team 0141-287-0963,
Milton	Milton Community Hub, Liddesdale Sq,	G22 7BT	Thursday	11.30am	CommunityEngagement@ngcfi.org.uk Marie McInness 07474 578644,
QCHA Walk & Talk, Firhill	45 Firhill Road at entrance to the Claypits	G20 7BE	Wednesday	11am	socialregeneration@qcha.org Tel: 0808 143 2002
Ruchill Buggy Walk	Outside Ruchill Parish Church, opposite McDonalds, Shakespear St	G20 8TH	Monday	1-2pm	molly@homestartglasgownorth.org.uk tel: 07495 622346
Springburn Park	At Broomfield Road entrance to Park	G21 3UB	Friday	11am	James.goldie@glasgowlife.org.uk

South Glasgow					
Arden	Outside Glenoaks Housing Association Office, 3 Kilmuir Street	G46 8BW	Thursday	12noon	erin.williams@glenoaks.org.uk Erin: 0141 620 2732
Bellahouston	meet in park by play area & bowling green at Paisley Rd West and Bellahouston drive entrance		Wednesday	1.30pm	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,
Gorbals	at blue suspension bridge, McNeil Street	G5 0QN	Thursday	1pm	walking@glasgowlife.org.uk Good Move Walking Team 0141-287-0963,
Gorbals Social Saunter	Meet at Doulton Fountain, Glasgow Green	G5	Friday	10.30am	kirsty.mcdonald@alliance-scotland.org.uk Kirsty : 0141-201-5100/ 07929343320 ,
Kings Park	Entrance to Kings Park on the corner of Croftpark Avenue and Thorncroft Drive	G44	Tuesday	10.30am	<u>Kayleigh Stockley 7973722620</u>
Pollok Park	Pollokshaws Library, Shawbridge Street	G43 1RW	Wednesday	9.45 gentle walk 10am brisk walk	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,
Pollokshaws Burgh Halls (Brisk Walk)	Pollokshaws Road	G43 1NE	Monday	10am	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,
Queens Park	Finn's Place, 167 Ledard road	G42 9QU	Monday	11am	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,

East					
Alexandra Park	Alexandra Park Sports Hub, in park off Sannox Street	G31 3JE	Friday 9.30am Tuesday 11am		mhasportshub@milnbank.org.uk 0141 551 8065 or 07341 562424
Balarnark	Barlanark Community Centre, Burnmouth Road	G33 4RZ	Tuesday	11am	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,
Baillieston	Meet at Route 50 (formerly known as Kaldis) Edinburgh Road,	G69 6DN	Thursday	11am	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,
Cartyne	Cartyne Parish Church, Cartyne Hall Road	G32 6LW	Wednesday	11am	AMacdonald-Haak@churchofscotland.org.uk
Craigend	JJ's Café, Mossvale Crescent	G33 5NZ	Thursday	1.30pm	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,
Dalmarnock	outside Riverbank Care home, Springfield Road		Thursday	11am	Yvonne.Liddell@westscot.co.uk Yvonne: 0141 550 5652
Parkhead	Parkhead health Centre, Salamanca Street	G31 5BA	Tuesday	1pm	glasgowlinks@wearewithyou.org.uk Joe: 07816 112 427
Ruchazie	outside the Pantry, 435 Gartloch Road	G33 3TJ	Thursday	10.30am	Tracey.Pettifer@Alliance-Scotland.org.uk Tracey Pettifer : 07912 289976
Tollcross	Westmuir Medical Centre, 109 crail street	G31 5RA	Thursday	1pm	glasgowlinks@wearewithyou.org.uk _Terrie & Marcus: 07870 504 644
Tollcross	Children's Farm, Tollcross park, Wellshot Road		Wednesday	11am	walking@glasgowlife.org.uk Good Move Walking Team: 0141-287-0963,
Tollcross Walking With Nature	Children's Farm, Tollcross park, Wellshot Road		Friday	10.30am - noon	jwalsh@sacro.org.uk Juliette Walsh: 07717548730
Wellhouse	39 Wellhouse Crescent, GLASGOW,	G33 4HG	Tuesday	10am	info@connect-ct.org.uk Tel: 0141 781 9918

West					
Botanics	Kibble Palace, Glasgow Botanic Gardens	G12 0UE	Friday	11am	walking@glasgowlife.org.uk Good Move Walking Team 0141-287-0963,
Drumchapel	Entrance to Drumchapel Library	G15 8SX	Thursday	1.00pm	walking@glasgowlife.org.uk Good Move Walking Team 0141-287-0963,
Hughenden	Meet at the lane that leads to Hillhead Sports Club	G12 9XP	Sunday	2pm	walking@glasgowlife.org.uk Good Move Walking Team 0141-287-0963,
Knightswood Community Centre	Alderman Road	G13 3DD	Monday	1.30pm	walking@glasgowlife.org.uk Good Move Walking Team 0141-287-0963,
Scotstoun	Heart of Scotstoun Community Centre, 64 Balmoral Street	G14 0BL	Wednesday	11am	book via https://www.glasgowecotrust.org.uk/health-walks
Scotstoun - health walk Plus (2-2.5hrs)	Heart of Scotstoun Community Centre, 64 Balmoral Street	G14 0BL	Friday	10am - noon	book via https://www.glasgowecotrust.org.uk/health-walks
Victoria Park	Main Gates to victoria Park, Victoria Park drive north	G14 9HU	Wednesday	11am	walking@glasgowlife.org.uk Good Move Walking Team 0141-287-0963,