

Dundee Health Walks

Day	Time	Group	Meeting Place	Contact	Comments
Sun	11am	Hilltown Walkers (DHLI*)	Grey Lodge	Alison Christie 01382 831452	Last Sunday of the month. Minibus - booking required. Longer, more demanding walks
Mon	1pm	St Marys/Ardler (DHLI)	St Kilda's Baptist Church	Maria Gracie 01382 832863	30mins - 1hr walking
	1.15pm	Hilltown Walkers (DHLI)	Grey Lodge	Alison Christie 01382 831452	Minibus - booking required. Longer, more demanding walks (2-3 hrs)
Tue	11am	Stobswell (DHLI)	Baxter Park Pavillion	Alison Christie 01382 831452	30mins - 1hr walking
Wed	9.50am	Kirkton Walkers (DHLI)	Kirkton Community Centre	Alison Christie 01382 831452	Walks may be up to 2hrs long
	1pm	Ardler Walkers (DHLI)	Ardler Complex	Maria Gracie 01382 832863	1 - 1.5hrs walking
	1.30pm	Broughty Ferry Walking Group	Broughty Ferry Library	Laura Campbell 01382 433748	30mins- 1hr walking
	1.30pm	Whitfield Walking Group	Whitfield Community Centre	Christine Dallas 01382 432569	1-1.5hrs walking
	2pm	Hilltown Walkers (DHLI)	Coldside Library	Alison Christie 01382 831452	1 - 1.5hrs walking
Thu	1pm	Douglas Walkers (DHLI)	Douglas Community Centre	Elaine Sword 01382 832863	Up to 2.5hrs walking
Fri	1pm	Charleston Walking Group	Charleston Community Centre	CHAT 01382 610400	Up to 2hrs walking

*DHLI = Dundee Healthy Living Initiative

Health walks are a great way to improve your health and fitness, ease depression, clear your mind, meet new people and explore your local area!

No special equipment needed - just comfy shoes! All ages and abilities welcome to join in.

