



## Stroll with It Arran! Health Walks 2023 Programme

Walking is a great way to stay healthy and get fitter as well as being good for our mental health. If you would like to be more active, walk in company and explore Arran, joining a health walk could be the answer. The Stroll with It! programme run by North Ayrshire Council's The Trinity Active Travel Hub in collaboration with KA Leisure's Walking for Health Project and Arran Eco Savvy is running regular walks on Arran led by trained volunteer health walk leaders. Walks last 1 to 1.5 hours, are free, go at a gentle pace, are risk assessed and most fit in with bus times.

Places are limited with pre-booking required. Details may require to change due weather or other factors.

Contact Diana and Tim on [strollwithitarran.ecosavvy@gmail.com](mailto:strollwithitarran.ecosavvy@gmail.com) or 01770 860 427 to book a place or find out more.

Please wear comfortable shoes and dress appropriately for the weather!

### **TUESDAY 10<sup>th</sup> January: BRODICK. 1.8 miles Exploring the south part of the**

**Fisherman's Walk and historic Douglas Row:** The walk is mostly flat and includes pavements, paths that may be muddy in places and a board walk.

**Meet at 11am outside Arran Eco Savvy's base at the Ormidale Pavilion in Brodick .** (324 and 322 10.55 buses from Brodick Ferry Terminal arrive 10.59, we will wait for the bus).

### **TUESDAY 24<sup>th</sup> January: LAMLASH 2 miles A walk along the shore and along**

**Blairbeg:** The walk is along pavements and road and involves some uphill to Blairbeg and downhill back onto the main road. For those preferring a level route, there's the option of returning back along the shore. Toilets and option of an after walk cuppa should be available at The Discovery Centre. **Meet at 11am outside The Discovery Centre, COAST's (Community of Arran Seabed**

**Trust) base.**(10.55 bus from Brodick Ferry Terminal arrives 11.05. We will wait for the bus)

**TUESDAY 7<sup>th</sup> February: BLACKWATERFOOT:11.30am :Exploring the west coast. 1.5 miles** The walk is mostly flat but involves some walking along tracks and some stretches of road without pavement. The walk follows the track behind Blackwaterfoot beach across the golf course, with views across the Kilbrannan Sound to Kintyre. **Walk starts at the bus shelter in Blackwaterfoot opposite Kinloch Hotel. Meet 11.30am. Bus departing Brodick at 10.55 due in 11.23. It will be paced to ensure the bus back to Brodick at 12.55 can be got.**

**TUESDAY 21<sup>st</sup> February: BRODICK 11am Circular walk up Glen Cloy 2.4 miles** This walk is along road, track and path, taking us along the side of Glencloy Water and returning down the track past Montrose House. Toilets and the option of a post walk cuppa available at the Pavilion. **Meet at 11am outside Arran Eco Savvy's base at the Ormidale Pavilion in Brodick** (324 and 322 10.55 buses from Brodick Ferry Terminal arrive 10.59, we will wait for the bus).

**TUESDAY 7<sup>th</sup> March LAMLASH 11am: A walk through Cordon and around historic Hamilton Terrace 1.5 miles** The route is flat and includes some footpaths and pavements. Toilets and option of an after walk outdoor cuppa should be available at the Discovery Centre . **Meet at 11am outside The Discovery Centre, COAST's (Community of Arran Seabed Trust) base.**

**TUESDAY 21<sup>st</sup> March KILMORY: 11am 1.5 miles** A circular walk along wooded track above Torrylinn Water and footpath past the chambered cairn and return via the farm track. Meet **11am outside Kilmory Hall.** Toilets should be available at the hall. Note this walk does not fit in with bus times so let us know if you would like a lift arranged.

**TUESDAY 4<sup>th</sup> April BRODICK: 11am A stroll up Knowe Road to Kilmichael House.2 miles** The walk is along tarmac and track. We return to the Pavilion and the option of refreshments at Ecosavvy's Tuesday Ecohub. **Meet outside Arran Eco Savvy's base at the Ormidale Pavilion** in Brodick (324 and 322 10.55 buses from Brodick Ferry Terminal arrive 10.59, we will wait for the bus)

**TUESDAY 18<sup>th</sup> APRIL: LAMLASH 11am: Circular walk round Glenkiln 2.6 miles**

The route is mostly flat and includes footpaths, track and some road with no pavement. Toilets and the option of an after walk outside cuppa (weather permitting!) available at The Discovery Centre. **Meet at 11am outside The Discovery Centre, COAST's (Community of Arran Seabed Trust) base.** (10.55 bus from Brodick Ferry Terminal arrives 11.05. We will wait for the bus).



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