


Walking is Great for You

Physical activity benefits for adults and older adults

-  BENEFITS HEALTH
-  IMPROVES SLEEP
-  MAINTAINS HEALTHY WEIGHT
-  MANAGES STRESS
-  IMPROVES QUALITY OF LIFE

Walk It is the Paths for All project in the Scottish Borders. Our aim is to help people become more physically active through providing low level and friendly led walks. We identify local routes suitable for most abilities.

Walk It walks are safe, social, low level, led and free.

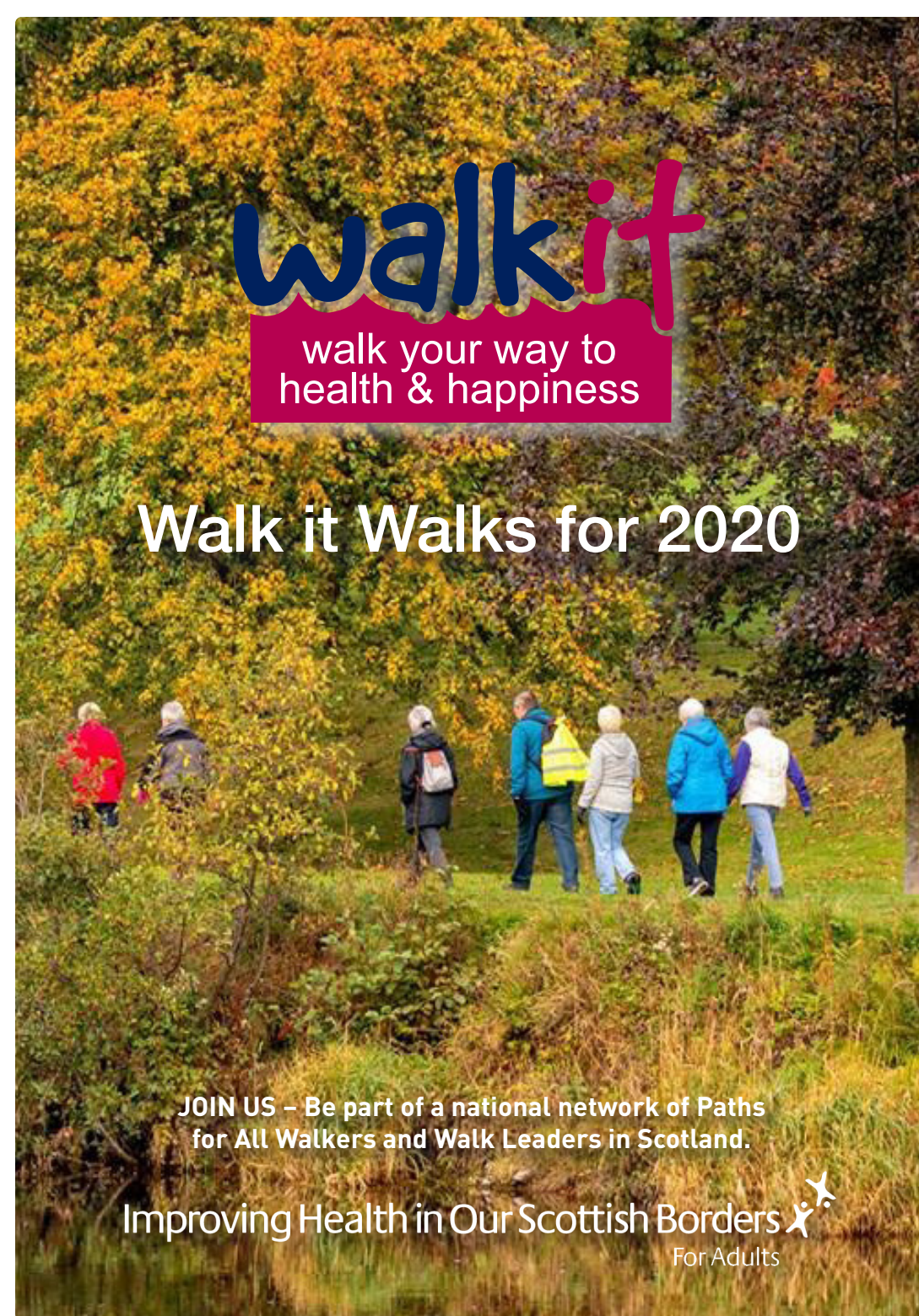
If you are interested in joining a walk or want to find out more about Walk It, please contact Denise Carmichael on 01835 826702

You can get this document on audio CD, in large print, and various other formats by contacting us at the address below. In addition, contact the address below for information on language translations, additional copies, or to arrange for an officer to meet with you to explain any areas of the publication that you would like clarified.



Walk it

Planning and Regulatory Services | Scottish Borders Council
Newtown St Boswells | TD6 0SA | Phone: 01835 826702
Email: walkit@scotborders.gov.uk www.scotborders.gov.uk/walkit



**Are you interested in Walking? Why not join a Walk It walk in the Borders.
A Walk It walk is a Health Walk - Short, Safe, Social, Low Level, Led and Free.**

Ayton – Dementia Friendly

Weekly – every Thursday at 10.00am. Meet outside Ayton Community Hall.
Contact – Denise 07813535394

Burnmouth – Dementia Friendly

Weekly – every Wednesday at 10am. Meet at Burnmouth Village Hall.
Contact Su 07971060774

Chirside – Dementia Friendly

Every fortnight on a Thursday at 10am. Meet at the Bus Shelter at Crosshill.
Contact Walk Leader – Annette – 01890 818769

Coldstream – Dementia Friendly

Every fortnight on a Thursday at 10am. Meet just outside the Community Centre in Coldstream. Contact Walk Leader – Guy – 07717547861

Darnick – Dementia Friendly

Weekly - every Tuesday at 10am. Meet outside Darnick Community Garden, Tower Road.
Contact – Denise 07813535394

Duns – Dementia Friendly

Every Fortnight on a Monday at 10am.
Meet at the Mercat Cross in Duns Square. **Also Walk It Further every fortnight – Tuesday.**
Contact Walk Leader - Myra - 07837451486

Earlston

Weekly - every Thursday at 10am. Meet outside Rhymers Tower Café (next to Co-op on the A68). Contact Walk Leader - Mary – 07717706931

Eyemouth – Dementia Friendly

Weekly - every Tuesday at 10am. Meet at Eyemouth Community Centre.
Contact Walk Leader – Sheila – 01890 750870

Eyemouth – Dementia Friendly

Weekly - every Monday at 7pm. Meet outside the swimming pool.
Contact walk leader - Fiona - 01890 751483

Galashiels – Centre – Dementia Friendly

Weekly every Wednesday at 10am. Meet just outside the Focus Centre, Livingstone Place, Galashiels.
Contact – Jon on 07510901839

Galashiels – Tweedbank – Dementia Friendly

Fortnightly - every 1st and 3rd Monday at 10am. Meet outside Tweedbank Community Centre.
Contact Walk Leader – Maureen – 01896 757634

Galashiels – Langlee – Dementia Friendly (WALK CURRENTLY ON HOLD)

Weekly – every Tuesday and Friday at 10am,. Meet outside Langlee Community Centre.
Contact – Denise on 07813535394

Greenlaw

First and third Wednesday of every month. Meet at Greenlaw memorial Hall at 10am. Contact Eileen on: 01361810642

Hawick – Town Centre - Wednesday and Friday Walk It

Weekly – every Wednesday (currently on hold) and Friday at 10.30am. Meet at Lawson's Bridge, Common Haugh. Contact Jon on 07510901839

Innerleithen – Dementia Friendly

Weekly - every Friday at 10am. Meet outside The Corner House Hotel..
Contact Walk Leader –Neil on 07900908787

Jedburgh – Dementia Friendly

Weekly – every Monday at 10am. Meet at the Bandstand, Murrays Green in Jedburgh.
Contact – Denise - 07813535394

Kelso

Weekly – Every Tuesday (Dementia Friendly) and Friday at 10am. Meet outside the Tourist Information in the square in Kelso. Contact Walk Leader – Ray on 01573 226261.

Lauder

Weekly - every Wednesday at 10.am. Meet outside Lauder Leisure Centre, Lauder.
Contact Walk Leader – John - 01578 722207

Melrose - Dementia Friendly

Walk It Further Group - Weekly – every Wednesday at 10.30am – Meet in the Square in Melrose. Contact Walk Leader Martin on 07858386485.
Walk It – Every other Saturday at 10.30am – meet in the Square in Melrose.
Contact Walk Leader Sally - 07743 190164

Newtown St Boswells

Third Thursday in every month at 10am. Meet outside Newtown Community Centre -
Contact Walk Leader – Susan – 07717547858.

Newstead, Melrose and Gattonside – Dementia Friendly

Monthly last Friday of every Month at 2pm – Meet outside the Edinburgh Woollen Mill, Melrose. Contact Walk Leader - Isobel on 07976 276 796

Peebles – Dementia Friendly

Weekly every Monday at 10am. Meet inside the Community Hub, School Brae, Peebles.
Contact Walk Leader – Brian - 01721 720981 or 01721 722917

Selkirk - Dementia Friendly

Weekly every Monday at 10am. Meet outside Selkirk Parish Church, Selkirk.
Contact – Walk Leader Jon on 07510901839

St Boswells

First Thursday in every month at 10am. Meet at St Boswells Bus Station.
Contact Walk Leader Susan - 07717547858

Walkerburn (CURRENTLY ON HOLD)

Weekly - every Wednesday at 10am. Meet at the Walkerburn parking area.
Contact Denise Carmichael on 01835 826702