



# Walk It Locations 2024

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. If you are interested in joining a walk or want to find out more about Walk It, please contact the Outdoor Access Team on 01835 825070 or email [outdooraccess@scotborders.gov.uk](mailto:outdooraccess@scotborders.gov.uk)

## Abbotsford – Dementia Friendly

Weekly – every Tuesday at 2.30pm. Meet outside the Abbotsford Visitor Centre.

Contact Walk Leader Richard on 07914 251504

## Ayton – Dementia Friendly

Weekly – every Thursday at 10.00am. Meet at Ayton Castle South Lodge.

Contact – Outdoor Access on 01835 825070

PLUS Walk It Easy Weekly – every Tuesday at 10am. Meet at Ayton Community Hall.

Contact – Outdoor Access on 01835 825070

## Coldstream – Dementia Friendly

Every fortnight on a Tuesday at 10am. Meet just outside the Community Centre in Coldstream.

Contact – Paul 07718664282

## Clovenfords

Every week on a Wednesday at 9.30am. Meet outside Clovenfords Hotel in Clovenfords.

Contact – Graham 0780 5483096

## Darnick - Dementia Friendly

Weekly - every Tuesday at 10am. Meet at Darnick Community Garden, Tower Road.

Contact – Outdoor Access on 01835 825070

## Duns – All Walks are Dementia Friendly

First and Third Monday at 10am. Meet at the Mercat Cross in Duns Square. Also **Walk It Further** Second and Fourth Tuesday. Contact Walk Leader - ABOVE DUNS WALKS ARE ON HOLD **Walk It Easy** – every Thursday at 2pm – meet at Trust Housing, Duns.

Contact Outdoor Access on 01835 825070

## Earlston

Weekly - every Thursday at 10am. Meet at the Square in Earlston.

Contact Walk Leader - Mary – 07717706931

## Eyemouth – Dementia Friendly

Weekly - every Tuesday at 9.50am. Meet at the Community Centre in Eyemouth

Contact Walk Leader – Sheila – 01890 750870

## Galashiels – Centre – Dementia Friendly

Weekly every Wednesday at 10am. Meet outside the Focus Centre, Livingstone Place

Contact – Jon on 0751 090 1839

## Galashiels – Tweedbank – Dementia Friendly

Fortnightly - every 1st and 3rd Monday at 10am. Meet outside Tweedbank Community Centre.

Contact Walk Leader – Maureen – 01896 757634

## Galashiels – Walk It Easy – Dementia Friendly

Weekly – every Thursday at 10.30am,. Meet at the entrance to Victoria Park.

Contact – Walk Leader Richard on 07914 251504

## Galashiels – Walk It Easy – Dementia Friendly

Monthly Last Wednesday of the month at 10.30. Meet at the entrance to Wilkie Gardens.

Contact Outdoor Access on 01835 825070 (not on in Winter)

## Galashiels – Walk It Further – Dementia Friendly

Every week – alternate Friday and Saturday – Meet at the Hike and Bike Hub at 10am.

Contact the Hike and Bike Hub on 07476 316242.

## Alzheimer's Dementia Friendly Walking Group –

Monday at 11am – at Abbotsford

Contact Lyndsay on 07827823809

## The Hirsell Alzheimer's Dementia Friendly Walking Group.

The 1st and 3rd Friday of the month from 10.30am until 12.30pm. Starting on Friday 21st July. Meet in The Hirsell car park.

Contact Gayle Thomson 01573 400323



### Greenlaw

First and third Monday of every month. Meet at Greenlaw Town Hall at 10am.

Contact Eileen on 01361810642

### Hawick – Town Centre – Dementia Friendly

Weekly – every Friday at 10.00am. Meet at the Bus stop at the High School.

Contact Walk Leader Jon on 0751 090 1839

### Hawick Town Centre – Dementia Friendly

Meets every Monday at 10am and every Friday at 3pm. Meet at car park opp 3G pitches in Hawick.

Contact Nathan/Sam – 07388954965

### Hawick – Town Centre – Hawick Walk and Talk -

Meets first Tuesday of every month at 1pm – meet at the Haugh

Contact - Jon on 0751 090 1839

### Innerleithen – Dementia Friendly

Weekly - every Friday at 10am. Meet outside The Vale Club Innerleithen.

Contact Walk Leader –Neil on 07368341487

### Jedburgh – Dementia Friendly

Weekly – every Monday at 10am. Meet at the Bandstand, Murrays Green.

Contact – Outdoor Access on 01835 825070

### Kelso – Dementia Friendly

Weekly – Every Friday at 10am.

**PLUS Walk It EASY** Every Friday at 11. Both Walks meet outside the Tourist Information Centre.

Contact Walk Leader Peter on - 07484 302132

### Lauder

Walk It Easy - Contact Walk Leader John - 01578 722207

**PLUS Walk It Further – Dementia Friendly Weekly** every Wednesday

Both walks start at 10am and meet outside Lauder Leisure Centre, Lauder.

Contact Walk Leader – Anne on 07814336241.

### Melrose - Dementia Friendly

Walk It Further Group - Weekly – every Wednesday at 10.00am – in Melrose.

Contact Walk Leaders Maureen or Julia by email maureenr81@gmail.com or juliacroberts@yahoo.co.uk

**Melrose - Wee Walk Walk It Easy** every fortnight on a Wednesday

register with Maureen or Julia by email maureenr81@gmail.com or juliacroberts@yahoo.co.uk

### Newtown St Boswells

Third Thursday in every month at 10am. Meet outside Newtown Community Centre

Contact Walk Leader -. Jon – 0751 090 1839

### Newcastleton – Dementia Friendly

Monday - Meet at 1pm every week. **Also Walk It Further** every Friday at 10am, both walks meet outside Buccleuch House

Contact The Enterprise, Learning and Outreach team - 013873 75908

### Newstead, Melrose and Gattonside – Dementia Friendly

Monthly last Friday of every Month at 2pm – **PLUS Walk It Easy** - both Meet at the Back Car Park of George & Abbotsford Hotel, Melrose

Contact Walk Leader – Susan on 07711224398

### Peebles – Dementia Friendly

Weekly every Monday at 10am. Meet outside the Burgh Hall, Peebles.

Contact Walk Leader – Brian - 01721 720981 or 01721 722917

### Selkirk - Dementia Friendly

Weekly every Monday at 10am, AND 12.30pm meet at Selkirk Parish Church

Contact – Jon on 0751 090 1839

### St Boswells

First Thursday in every month at 10am. Meet at St Boswells Bus Station.

Contact Walk Leader Jon – 0751 090 1839

### Stow

Weekly Every Tuesday – Meet at Stow Station House at 12.30 (45 minute walk) and Weekly Every Thursday – Meet at Stow Crossroads at 10.30 (30 min walk)

Contact 01578 730546

### Walkerburn Dementia Friendly

Weekly – every Monday at 10am. Meet at Alexandra Park (near the swings).

Contact Alice on 07974 782016

### West Linton – Dementia Friendly

Weekly every Monday at 10am at the Golf Course –

Contact Outdoor Access on 01835 825070

ON HOLD UNTIL SPRING 2024

