



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 Denise Carmichael on 01835 826702

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 – Denise : 07989 731974
PLUS Walk It Easy Weekly – every Tuesday at 10am. Meet at Ayton Community Hall. Contact – Denise : 07989 731974

Burnmouth – Dementia Friendly

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

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 – Denise : 07989 731974

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 - Myra – 07837451486 ABOVE DUNS WALKS ARE ON HOLD
Walk It Easy – every Thursday at 2pm – meet at Trust Housing, Duns - Contact Denise :07989 731974

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 Denise : 07989 731974 (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 please 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 Kaye - 07394506251

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 – Denise – 07989 731974

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 Contact Walk Leader – Anne on 07814336241. Both walks start at 10am and meet outside Lauder Leisure Centre, Lauder.

Melrose - Dementia Friendly

Walk It Further Group - Weekly – every Wednesday at 10.30am – in Melrose. Contact Walk Leader Martin on 07858386485. **Melrose - Wee Walk – Walk It Easy** every fortnight on a Wednesday register with Martin on martin.bamburgh@btinternet.com

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 – 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 Denise : - 07989 731974 ON HOLD UNTIL SPRING 2024