

# Stride for Life Health Walks 2023



Health Walks are short, safe, social, fun and accessible low-level walks led by trained volunteers.

Group	Day & Time	Meeting Point	Walk Information
Kinross	Monday: 14:00	Kinross Church Centre, High Street	Short 45-60 minute walk on flat ground
Crieff	Tuesday: 10:30	Strathearn Community Campus, Crieff	Maximum 1 hour on flat ground
Alyth	Tuesday: 13:30	Market Square, Alyth, Blairgowrie	Short 30-45 minute walk on flat ground
Pitlochry	Tuesday: 14:00	Atholl Centre, Atholl Rd Pitlochry	Max.1 hour with mixed terrain
Comrie	Wednesday: 10:00	Field of Refuge Car Park, Comrie	Max.1 hour with mixed terrain
Perth, Bell's	Wednesday: 11:30	Outside Bell's Sports Centre	Short 30-45 minute walk on flat ground
Birnam/Dunkeld	Wednesday: 12:00	Birnam Arts Centre, Dunkeld	45-60 minute walk
North Muirton	Wednesday: 13:30	Riverside Church, Bute Drive, Perth	Short 30-45 minute walk on flat ground
Bankfoot	Thursday: 10:15	Bankfoot Church Centre	45-60 minute walk on flat ground
Blairgowrie	Thursday: 10:30	Little's Fish Restaurant, on the corner	Short 45-60 minute walk around the town
Crieff	Thursday: 10:30	Leaving from the British Legion car park, Perth Road	45-60 minute walk
Aberfeldy	Thursday: 11:00	Outside the Birks Cinema	45-60 minute walk around the town
Scone	Thursday: 11:15	Balformo Church Hall, Balfrmo Road, Scone	30-45 minute walk
Bridge of Earn	Thursday: 12:30	From Car Park opposite The Institute	Max 1 hour on mixed terrain
Stanley	Friday: 10:00	The old Post Office on Percy Street	Short 45-60 minute walk on flat ground
Kinloch Rannoch	Friday: 10:30	Riverside Café	Short 45-60 minute walk around the village
Auchterarder	Friday: 11:00	Auchterarder Health Centre	45-60 minute walk around the town
Western Edge Walk	Friday: 10:30	14 Almond View, Perth PH1 1QQ	60 minute flat walk in the area of Noah's Ark Caravan Site

Any questions please get in touch with us at [wellbeing@liveactive.co.uk](mailto:wellbeing@liveactive.co.uk)

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