

What are Health Walks?

Health Walks are short, gentle, friendly walks led by trained walk leaders and aimed at people who want to improve their health and wellbeing through walking. Walks are free to take part in, last no longer than an hour and open to everyone.

Where do they take place?

Area/Group	Goes	Leaves from	Contact
West Mainland West Mainland Walkers	Second Tuesday of each month	Meeting point varies. Leaves 10:00 ❖	Sarah Wilkins sarahsemail2u@gmail.com
Stromness Stromness Health Walks	Wednesdays	Meeting point varies. Starts at 11:00 ❖	Marie Mowat mariemowat8@btinternet.com Tel: 01856 850 773 mandgtennant@cix.co.uk
Westray Westray Health Walks	Tuesdays	Meet at the Hofn	Susan Barnett susanbarnett61@gmail.com Tel: 01857 677 561
Kirkwall Kirkwall Health Walks	Fridays	Pickaquoy Centre Entrance at 13:00 ❖	Mark Tennant mandgtennant@cix.co.uk
Kirkwall CLAN	Fortnightly on a Wednesday For anyone affected by cancer	30 Victoria Street at 17:15 ❖	Elsbeth Linklater or Karen Scott elsbeth.linklater@clanhouse.org or karen.scott@clanhouse.org Tel: 01856 873393
Kirkwall Orkney Island Council	Tuesdays	Reception area OIC Customer Services. School Place at 13:05 ❖	Phyllis Rendall phyllis.rendall@orkney.gov.uk Tel: 01856 873535
Kirkwall Voluntary Action Orkney Befrienders	Mondays	Voluntary Action Orkney. 6 Bridge Street at 10:30 ❖	Rob McGregor robert.mcgregor@vaorkney.org.uk Tel: 01856 872897
Sanday Sanday Health Walks	Thursdays Between 1 st April and 1 st October	Meeting point varies. Leaves 14:00	ranger@sandaydevelopmenttrust.org.uk Tel: 01857 600359 / 07593 026957
Shapinsay Shapinsay Health Walks	Tuesdays	Meet at The Boathouse for 2pm	Alison Meason wellbeing.shapinsay@gmail.com Tel: 711 733

For more information on the health and wellbeing benefits of walking, Orkney health walks or becoming a Volunteer Health Walk Leader Valerie Carson at Paths for All - Valerie.Carson@pathsforall.org.uk