

## A – Z Directory of Walking Groups In the Highlands

<b>Alness</b>	<b>Margaret McNair</b>	<b>01349 882516</b>
<b>Ballachulish</b>	<b>Kath Small</b>	<b>01855 811520</b>
<b>Caol</b>	<b>William Gibbons</b>	<b>01397 772405</b>
<b>Croy &amp; District</b>	<b>Anne MacKay</b>	<b>01463 790215</b>
<b>Dingwall</b>	<b>Irene Johnston</b>	<b>01349 865966</b>
<b>Dunvegan</b>	<b>Peggy Hunter</b>	<b>01470 521324</b>
<b>Evanton</b>	<b>June Currie</b>	<b>01349 830794</b>
<b>Fortrose</b>	<b>Joan Maxwell</b>	<b>01381 620484</b>
<b>Fort William</b>	<b>Christine Houston</b>	<b>01397 704277</b>
<b>Inverness 1.Merkinch</b>	<b>Elizabeth Williamson</b>	<b>01463 235770</b>
<b>Inverness 2. Smithton</b>	<b>Joe Barker</b>	<b>01463 772635</b>
<b>3. Floral Hall</b>	<b>Joe Barker</b>	
<b>Kilchoan</b>	<b>Jenny Kime</b>	<b>01972 500272</b>
<b>Lochalsh &amp; S.Skye</b>	<b>(suspended until further notice – contact main office)</b>	
<b>Muir of Ord</b>	<b>Maureen MacGourlay</b>	<b>01463 870794</b>
	<b>or Stuart &amp; Anna Mould</b>	<b>01349 862196</b>
<b>Nairn</b>	<b>Evelyn Milne</b>	<b>01667 453839</b>
<b>Plockton</b>	<b>Kally Leiper</b>	<b>01599 544324</b>
<b>Poolewe</b>	<b>Janet Whittington</b>	<b>01445 731095</b>
	<b>or Jackie Wilson</b>	<b>01445 781411</b>
<b>Strathpeffer</b>	<b>Hazel Keiro</b>	<b>01997 414376</b>
	<b>Or Liz Rollinson</b>	<b>01997 421551</b>
<b>Strathpeffer/Dingwall Strollers</b>	<b>Steve &amp; Sally Dovey</b>	<b>01997 423209</b>
<b>Tain</b>	<b>Christine Langford</b>	<b>01862 863232</b>
<b>Tomatin</b>	<b>Kathy Boniface</b>	<b>01808 511740</b>



**STEP-IT-UP  
HIGHLAND**



**LET'S GET WALKING  
IN THE HIGHLANDS!**

## WHAT IS STEP IT UP HIGHLAND?

### Step It Up Highland

is an initiative which aims to promote walking to people from all walks of life, particularly to encourage those who are inactive to become active. It does this in several ways, such as establishing free local walking groups, training their leaders and working with health professionals to refer patients who may benefit from these groups.

### Step It Up Highland

is a project managed by Partnerships for Wellbeing Ltd and is supported by NHS Highland, Paths For All, Forestry Commission, Robertson Trust & Scottish Natural Heritage  
Scottish Charity No: SCO 36055

## TIMETABLE OF WEEKLY WALKS IN THE HIGHLANDS

<b>Mon</b>	09.50am	<b>Strathpeffer &amp; Dingwall Strollers</b> , short walks meet at Shop Mobility car park Dingwall
	10.00am	<b>Alness</b> , Averon Centre N.B. Meet at 9.30 on last Monday of month
	10.00am	<b>Ballachulish</b> , At back of Tourist Information, Visitor Centre
	10.30am	<b>Poolewe</b> , (varies please contact Walk Leader)
	2:00pm	<b>Caol</b> , Lochy Bar
	2.15pm	<b>Plockton</b> , Plockton Hotel
	7:00pm	<b>Muir of Ord</b> , Bus Stop in square.
	Apr - Sept	Evening walks now ended until Apr 2012

## TIMETABLE OF WEEKLY WALKS CONTINUED

<b>Tue</b>	10.30am	<b>Kilchoan</b> , Community Centre
	10.30am	<b>Inverness</b> , Smithton, Blacksmiths Pub
	1.00pm	<b>Tain</b> , Tracc
	1.30pm	<b>Nairn</b> , (usually Nairn bus station, can vary)
	2.00pm	<b>Fortrose</b> , Black Isle Leisure Centre
<b>Wed</b>	10.00am	<b>Dingwall</b> , Main car park, behind High St near mobility scheme
	10.00am	<b>Evanton</b> , Cornerstone Café
	10.30am 1x p/mth	<b>Evanton Short &amp; Slow walk</b> , On first Wed of each month only. Cornerstone café
	10.30am fortnightly	<b>Lochalsh and S. Skye</b> , (varies, please contact walk leader) N.B. Suspended until further notice
	2.00pm	<b>Fort William</b> , (Varies please contact Walk Leader)
	2.00pm	<b>Muir Of Ord</b> , Bus Stop in square
	2.00pm	<b>Tomatin</b> , Community Hall
<b>Thu</b>	10.30am	<b>Inverness</b> , Floral Hall
	10.45am See note	<b>Strathpeffer</b> , Community Centre From 1 <sup>st</sup> March 2012, meet at 9.45, walk at 10am
	1.30pm	<b>Inverness</b> , Merkinch Community Centre
<b>Fri</b>	10.30am	<b>Croy &amp; District</b> , (varies please contact Walk Leader)
	10.30am	<b>Dunvegan</b> , central Car Park