

What You Said!

Alness Regional Meeting 2011

“I have found I can get up flights of stairs with more ease now”

“Sometimes been blethering so much I can't remember where we've walked!”

“Getting away from the humdrum of life, as well as traffic, noise....”

“A big hug from a fellow walker on a bad day”

“Regaining the bounce in my step”

“We have fun!”

“Walk/talk with local forester gave huge amount of information about the local wood”

“Snowdrops & daffodils in Rosehaugh”

“Walking in deep snow & a blizzard”

