

Health Walks – April to June 2023

Come along and join us on our FREE weekly health walks around the Renfrewshire area.

A health walk is a short, low level flat walk suitable for all levels of ability.

All walks last around 30 – 60mins and there is no need to book on the health walks, just arrive at the designated place and time. Some walks may have a hot cuppa afterwards which may be free or at a very low cost.

Any queries contact Senga or Lesley healthandwellbeing@renfrewshire.gov.uk

Every Tuesday Paisley meeting at Paisley Abbey at 10.30am

Linwood meeting at Mossedge Village Café at 1.00pm

Every Wednesday Fountain Gardens meeting at (Love Street end) at 10.30am

Paisley meeting at West Primary School, (Newton Street, Maxwellton) at 12.15pm. This is a slower paced 30 mins walk (starting 12 April).

Lochwinnoch meeting at Castle Semple outside the Visitors Centre at 12.30pm.

Every Thursday

Barshaw Park
Meeting at 10.30am at the notice board across from the café (except for the last Thursday of every month)

Meeting at 12.30pm at the notice board across from the café (except for the last Thursday of every month) Please note this is a slower easier paced walk and is an all ability walk.

On the last Thursday of the month our Barshaw Park walk meet in the centre of Paisley.

Join us as we discover Paisley old and new as we wander around this historical town.
Meeting at 10.30am outside Paisley Abbey

Enjoy a slower easier paced walk at 12.30pm meeting outside Paisley Abbey

'Walk About a Bit Paisley'

Two walks to try on your own or with friends, follow the signs or use the QR code below, which can also be found on signs at the bus stop beside the Abbey on Cotton Street.



Themed Walks

Our themed walks will discover and explore Renfrewshire's rich heritage. These walks are around 2 hours long and are another level to complement our health walks.

Themed walks MUST be booked by contacting: healthandwellbeing@renfrewshire.gov.uk or contact Yvonne 07483 335 910 or Claire 07483 130 065. Leave your name, contact number, emergency contact and which walk you would like to attend.

April

Thurs 6th Walk About A Bit (red route). Meeting at 11.00am outside Paisley Abbey. Complete OneRen's new interactive walking route, smart phones recommended but not essential.

Fri 14th A Walk In The Country. Meeting at 11.00am outside Bishopton Library. A country walk down to the river Clyde via Mar Hall and the big wood.

Mon 17th Walk About Bit (blue route). Meeting at County Square, Paisley at 11.00am – Complete OneRen's new interactive walking route, smart phones recommended but not essential.

Tues 25th A Walk Across The Border. Meeting at 11.00am outside Glenburn community centre – Enjoy a walk over to Barrhead via Brownside farm.

May

Wed 3rd Renfrew Esplanade. Meeting at 11.00am outside Sainsbury's Braehead. Enjoy a walk along the river Clyde on Renfrew's very own esplanade.

Mon 8th Woodland Jaunt. Meeting at 11.00am outside Johnstone Community Hub. See the blanket bluebells on this ancient woodland.

Tue 16th Exploring The Glen. Meeting at 11.00am outside Glenburn Community Centre. Explore glen park, waterfall and Tannahill's well (hilly).

Wed 24th A visit to an Elderslie Treasure. Meeting at 11.00am outside Aldi, Fulbar Rd, Paisley. A stroll to Elderslie and a visit to Wallace monument.

June

Thurs 1st Nature Reserve Adventure. Meeting at 11.00am outside Morrisons Anchor Mill. Visit Jenny's well nature reserve.

Fri 9th White Cart Wander. Meeting at 11.00am outside Barshaw park café. Discover the White Cart Way on the outskirts of Paisley.

Wed 14th Flora and Fauna. Meeting at 11.00am outside Glenburn Community Centre. A nature walk to the car park in the sky (hilly).

Thurs 22nd New Connections. Meeting at 11.00am in County Square, Paisley, finish at Renfrew sports centre (Linear) .Paisley to Renfrew, explore the new walkway linking Paisley to Renfrew and beyond.

Comfortable shoes are required & dress for the weather. Please bring a buddy if you need support. Walks will start/finish at the same point unless stated otherwise.

For more information regarding walking in your local area please don't hesitate to contact Senga on 07776473814.

oneren.org

Health Walks

April – June 2023

As we step into Spring its time to
get those walking shoes on.
Get active, get outdoors and enjoy
the benefits!

