



Renfrewshire Walking Network **Come and join us**

Health benefits of walking include:

Helps control weight • Builds and maintains healthy bones, muscles and joints • Improves the function of your heart and lungs • Relaxes you • Reduces signs of stress and anxiety • Gives you more energy • Reduces high blood pressure and cholesterol • Increases self-confidence • Keeps the brain active • Meeting new friends

Local Community Health Walks

ARE OF 1 HOUR DURATION

LOCHWINNOCH Every Monday meeting at Castle Semple Visitor Cafe at 10.30am

GLENBURN/FOXBAR Every Tuesday meeting at Glenburn Resource Centre at 10.30am

ERSKINE Every Tuesday meeting at Bargarran Community Centre at 10.30am

BARSHAW PARK Every Thursday meeting at the middle entrance (café) at 10.30am

JOHNSTONE Every Thursday meeting at Johnstone Town Centre (next to bandstand) at 10.30am.

RENFREW Every Thursday meeting at Robertson Park Gates on Inchinnan Road at 10.30am.

Wednesday Walks

Whether you like a short walk or something slightly more energetic.
Meet every 2nd Wednesday - No need to book free to join - Something for everyone.

There are two levels for you to choose from Level 1 and 2.

See our Facebook Page for more details – Renfrewshire Walking Network
or Contact Stephen Davison for more details. Tel 0141 561 9902

All walks are led by **qualified Volunteer Walk Leaders** who are working in partnership with
Clyde Muirshiel Regional Park Rangers
and Renfrewshire Council Environment and Infrastructure Team.

FEELING FITTER 49 – JULY TO DECEMBER 2025

LEVEL 1

Date	Walk Title	Walk Description
02/07/25	ROSS HALL PARK (CIRCULAR 5.5MLS/9KMS)	We follow the White Cart Water into Glasgow to Ross Hall Park where there much to admire. Walk starts at 1pm at main gate, St Andrews School.
16/07/25	QUARRIERS VILLAGE (CIRCULAR 5MLS/8KMS)	Cycle track walking from Bridge of Weir to the Quarriers Village. We will enjoy the lovely buildings and the history of the village. Walk starts at 1pm at Co-op, Bridge of Weir
30/07/25	LINWOOD MOSS (CIRCULAR 4MLS/6.4KMS)	A flat walk on country roads and farm paths showing the countryside around Linwood. Walk starts at 1pm at the bus stop at Napier Street.
13/08/25	OH TO BE A HABBIE! (CIRCULAR 4 MLS/6.4KMS)	A ramble around the beautiful village of Kilbarchan which is steeped in its own special history. Walk starts at 1pm at Kilbarchan Steeple.
27/08/25	GREENOCK ESPLANADE (LINEAR 3.5MLS/5.5KMS)	A fairly short but very scenic walk along the esplanade with spectacular Firth of Clyde views, weather permitting. Walk starts at 1pm at Fort Matilda Railway Station, finishes at Greenock Central.
10/09/25	ERSKINE HOSPITAL (CIRCULAR 3.5MLS/5.5KM)	We will walk through the very interesting Hospital grounds going through the woods to Marr Hall. Walk starts at 1pm from Calders Garden Centre.
24/09/25	CASTLE SEMPLE TO PARKHILL WOODS (CIRCULAR 4MLS/6.4KM)	Taking cycle track to woods, we follow tracks through this very interesting woodland and the Collegiate Church. Return via lochshore path. Walk starts at 1pm from Castle Semple Visitors Centre.
08/10/25	EXPLORE THE BLUEBELL WOODS, JOHNSTONE (CIRCULAR 3MLS/4.8KM)	Although out of bluebell season, the woods still have beauty and interest. Some notable geology will be seen. Walk starts at 1pm at the Beith Rd shops.
22/10/25	ELDERSLIE TO LINWOOD (CIRCULAR 4MLS/6.4KM)	Walk touches Johnstone at the Thorne Brae, continues to Linwood Riverside walk before returning on the cycle track. Walk starts at 1pm at Elderslie Village Hall.
05/11/25	ASDA TO MAXWELLTON (LINEAR 3.5MLS/5.6KM)	Interesting walk taking in Glencoats and Ferguslie parks finishing at Maxwellton Park. Walk starts at 1pm at taxi rank for ASDA, Linwood.
19/11/25	BARSHAW AND PAISLEY ABBEY (LINEAR 3MLS/4.8KM)	A walk round Barshaw Park then round the Whitehaugh area and on to the historic Abbey. Walk starts at 1pm at the Barshaw Park cafe.
03/12/25	COATS HERITAGE TRAIL (CIRCULAR 3MLS/4.8KM)	A look at some of the Coats family heritage around the Ferguslie/Millerston area. Walk starts at 1pm at the main car park entrance to the West School.
10/12/25	TINSEL WALK (CIRCULAR 2.5MLS/4KM)	Suitable for all levels of walkers, we will sing a few carols en route and have a well deserved refreshment and raffle on return. Walk starts at 11am at Castle Semple Visitors Centre.

FEELING FITTER 49 – JULY TO DECEMBER 2025

Level 2

Date	Walk Title	Walk Description
02/07/25	MUGDOCK COUNTRY PARK (CIRCULAR, 4.5MLS/7.2KMS)	We travel today to visit one of our well known Country parks which also has a great deal of history. Walk starts at 11am at Milngavie Railway Station.
16/07/25	WEST KILBRIDE TO PORTENCROSS (6MLS/9.5KMS)	Making our way from the railway station via the Glen and skirting the local golf course. We visit the very interesting castle maintained by local volunteers. Walk starts at 10.45am from West Kilbride Station.
30/07/25	LAND OF BURNS (CIRCULAR 8.2 MLS/13KMS)	Flat walk taking in many of locations associated with the Bard. Walk starts at 10.45am from Ayr Train Station.
13/08/25	BISHOPTON TOWARDS FORMAKIN (CIRCULAR, 7MLS/11KM)	This walk explores the countryside around Bishopton. We go towards the Formakin Estate and Dargavel Estate. Walk starts at 10.30am at Bishopton Railway Station.
27/08/25	MARYHILL LOCKS TO KINNING PARK (8.0MLS/13.0KMS)	Walk takes us along Maryhill Rd to the Forth and Clyde Canal. We will pass Maryhill Locks and follow Kelvin Walkway to Kelvingrove ending at Kinning Park. Walk starts at 10.30am at St George's Cross Subway Station.
10/09/25	EXPLORING ELDERSLIE WELLS (CIRCULAR 4.5MLS/7.2KM)	We will visit a few wells around Elderslie including one on the golf course where William Wallace played! Walk starts at 10.30am outside Elderslie Village Hall.
24/09/25	EGLINTON COUNTRY PARK (CIRCULAR 7.0MLS/10.5KMS)	From the town of Kilwinning we make our way to Eglinton Park to enjoy its views, footpaths and Visitor Centre. Walk starts at 10.45am at Kilwinning Railway Station.
08/10/25	HOUSTON TO BRIDGE OF WEIR (CIRCULAR 6MLS/9.6KM)	A walk which links the two close villages. We follow the cycle track on outward leg and return along side the disused mill Lade. Walk starts at 10.45am at Carrick Centre, Houston.
22/10/25	LYNN GLEN AND PEDENS PULPIT (CIRCULAR 7MLS/11.2KM)	Lynn Glen is a hidden treasure near Dalry and has a history going back to the Covenanters. Some fairly steep, but manageable terrain, mainly flat. Walk starts at 10.30am, Dalry Railway Station.
05/11/25	LINWOOD MOSS AND RHUBARB FIELDS (LINEAR 7.5MLS/12KM)	A flat walk taking in the River Gryffe, the Locher Burn and a air crash monument. Walk starts at 10.30am at Napier St bus stop.
19/11/25	PAISLEY PARKS (CIRCULAR 6MLS/9.6KM)	We take in a few Paisley parks on this walk, not all the most usual ones. Walk starts at 10.30am outside the Last Post, County Square.
03/12/25	CRADLE TO GRAVE (CIRCULAR 4MLS/6.4KM)	A nice short walk to (almost) finish the year, take the chance to walk and Christmas shop. We will pass some of the most notable murals on the way from the Station to the Cathedral. Walk starts at 10.30am at Union St entrance to Glasgow Central Station.
10/12/25	TINSEL WALK (CIRCULAR 2.5MLS/4KM)	Suitable for all levels of walkers, we will sing a few carols en route and have a well deserved refreshment and raffle on return. Walk starts at 11am at Castle Semple Visitors Centre.