

March

- Tues 7th** **Renfrew Air** – Discover the history of Renfrew airport and the surrounding area.
Meet at 11.00am outside Renfrew Leisure Centre, Paisley Road, Renfrew.
- Mon 13th** **Kilbarchan** – Explore the picturesque weaving village.
Meet at 11.00am at the War Memorial at the junction of High Barholm Road and Churchill Place, Kilbarchan.
- Wed 22nd** **Explore the Clyde and Boden Boo Woods.**
Meet at 11.00am outside Erskine Swimming Pool, Bridgewater Centre, Erskine.
- Thurs 30th** **Inchinnan** – Discover the heritage and history of the quaint village.
Meet at 11.00am outside the Braehead Tavern, Greenock Road, Inchinnan.

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

oneren.org

Health Walks

Jan – March 2023

Join us this winter for FREE led walks in Renfrewshire.
Get active, get outdoors and enjoy the benefits!



ONE
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Health Walks

Come 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 40 – 60mins. There is no need to book on the Health Walks. Some walks may have a hot cuppa afterwards which will be free or at a very low cost!

Starting 10 Jan Every Tues	Paisley Abbey 10.30am Meet at Paisley Abbey
	Robertson Park 12.30pm Meet at Inchinnan Road entrance.
Starting 11 Jan Every Wed	Bridge of Weir 10am Meet outside the Co-op (off the Main Street).
	Lochwinnoch 12.30pm Meet at the Sports Annex (Lochlip Road).
Starting 12 Jan Every Thurs	Barshaw Park 10.30am Meet at the notice board at café end. (except the last Thursday of every month).
	Barshaw Park 12.30pm Meet at the notice board at café end. (except the last Thursday of every month). Please note this is a slower, easier paced walk.

'Walk About A Bit' Paisley

Join us as we celebrate our historical town. At times we will follow the new signed walking routes, details of which can be found beside Paisley Abbey. The walk will last around 1 hour and will take place on the last Thursday of every month meeting at Paisley Abbey at 10.30am and 12.30pm (slower paced walk).

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
Yvonne 07483 335 910 or Claire 07483 130 065.

Leave your name, contact number, emergency contact and which walk you would like to attend.

January

Wed 11th	Paisley Radical – Learn the story of the radical war of 1820 and Paisley's role in it. Meet at 11am at the Cenotaph.
Thurs 19th	Linwood Moss – Discover the community woodland in Linwood. Meet at 11.00am at Linwood On-X.
Fri 27th	Bridge of Weir – Explore the rolling countryside of the Gryffe valley. Meet at 11.00am at the library on main street.

February

Fri 3rd	Paisley Murals – Get a glimpse of the eye-catching artworks around Paisley. Meet at 11.00am at County Square outside the railway station.
Thurs 9th	Houston – Enjoy a village stroll in rural Renfrewshire Meet at 11.00am at the Village Hall (Carrick Centre).
Tue 14th	Howwood – A countryside walk with great views of Castle Semple Loch. Meet at 11.00am at the Village Hall.
Wed 22nd	Paisley Discovery – Explore hidden parts around Paisley town centres' rich heritage. Meet at 11.00am at Lagoon leisure centre.
Mon 27th	Bishopton – An interesting walk around the growing village. Meet at 11.00am at Bishopton Community Library.