



Enjoy walking?

Need the motivation of a weekly group?

Join us for a led walk and have fun while exercising gently
Walks are free and take about an hour
All you need is comfortable shoes and a waterproof!

Walking groups are based in:

North Berwick – Monday 1.30pm Dunbar – Tuesday 10.30am
Haddington – Wednesday 10.30am
Prestonpans – Thursday 10.30am

*All groups have trained walk leaders and are suitable for
walkers of all ages and abilities*

*If you want to talk to someone before getting started, or just
to get more information, please contact*

Sue Broadway, Recreation Officer, East Lothian Council
Tel: 01620 827608 or e-mail sbroadway@eastlothian.gov.uk



***New walk leaders are always needed so if you would like to
get involved in any way please get in touch!***