



## Walking Groups in Strathspey

Last updated 10/6/14

WHERE	DAY	TIME	LOCATION	CONTACT
<b>Aviemore Thursday Group</b>	Every Thursday	1.30pm	Papa Rock	Mary Walker 01479 810519
	<b>After the walk:</b> We always return to Papa Rock for refreshments after the walk.			
<b>Aviemore New Mums Group</b>	Details to follow			
	<b>After the walk:</b>			
<b>Boat of Garten</b>	Every Wednesday	1.30pm	The Boat Hotel, Boat of Garten, PH24 3BH	Mina Johnson 01479 831502
	<b>After the walk:</b> We always go the Osprey Café at Dow's Store for refreshment after the walk.			
<b>Carrbridge</b>	Every Thursday	11.00am	By the Old Bridge at Carrbridge	Margaret Carnegie 01479 841749
	<b>After the walk:</b> We always go to the Old Bakery for refreshments after the walk.			
<b>Grantown Tuesday Group</b>	Every Tuesday	10.30am	Curling Rink car park, Anagach Woods	Joyce Sandison 01479 841233
	<b>After the walk:</b> We always go to the British Legion in Grantown for refreshments after the walk.			
<b>Grantown Smoking Cessation Group</b>	Details to follow			
	<b>After the walk:</b>			
<b>Nethy Bridge</b>	Every Tuesday	1.00pm	Nethy Bridge Community Centre, Dell Road,	Jane Cox 07519 569005
	<b>After the walk:</b> We always get a very warm reception at the Abernethy Golf Club for a tea or coffee after the walk.			

**Please bring a waterproof, spare jumper and comfortable shoes.**

### Dulnain Bridge

At present there are few paths in Dulnain Bridge to suit the level of ability that a health walk would require, as we generally use prepared paths and trails with no gradient. You are welcome to join the nearby health walk groups that meet nearby, at Grantown, Nethy Bridge and Carrbridge. New paths are being developed all the time, and there are a number of way-marked trails around Dulnain Bridge that are suitable for the more able walker.