



Health Walks Programme

For more info contact 01698 402077/ 07903358424

getwalkinglanarkshire@northlan.gov.uk

Please make sure you have the up to date programme by checking www.northlanarkshire.gov.uk/getwalking

MONDAYS	
Moodiesburn, 9.15am Pivot Centre, Glenmanor Avenue, G69 0DL	
Abronhill, 9.30am inside Abronhill Community Education Centre, Larch Road, G67 3AZ	
Airdrie, 9.30am Inside Chapelside Centre, Waddell Street, ML6 6JU	Term time
Carlisle, 11.00am Inside St. Andrews Church, Mount Stewart Street, ML8 5EB	
East Kilbride, 11.00am James Hamilton Heritage Park, at the play park, Stewartfield Way, G74 5LB	
Lesmahagow, 11.00am (by Healthy Valleys 01555 662496) Langdykeside car park, ML11 0EY	
Uddingston, 1.00pm The View Café, 400 Old Edinburgh Road, G71 6HS	
Wishaw, 2.00pm Beechwood Care Home car park, Bridge Street, ML2 7QX	
TUESDAYS	
Rutherglen, 9.30am Fernhill and Cathkin Church, Neilvaig Drive, G73 4HF	
British Sign Language health walks, 10.00am For Deaf people and their families and friends. See separate programme	BSL
Larkhall, 10.00am LDVG, Victoria Street, ML9 2BW	
Coatbridge, 10.30am Drumpellier Country Park, outside the cafe, Townhead Road, ML5 2EH	
Hamilton, 10.30am Chatelherault Country Park, at the visitor centre, Carlisle Road, ML3 7UE	
Wishaw, 10.30am Made4UinML2, Greenfield Drive, Cambusnethan ML2 8NT	
Bellshill, 1.00pm outside Orbiston Neighbourhood Centre, Busby Road, ML4 2BW	
Newarthill, 6.30pm outside Newarthill Community Centre, High Street, ML1 5JU	Evenings
Lanark, 6.30pm (by Healthy Valleys 01555 662496) Lanark Loch, ML11 9BJ (April – September)	Evenings

WEDNESDAYS	
Cumbernauld, 10.00am Tryst Leisure Centre, Tryst Walk, G67 1EW	
Motherwell, 10.30am Outside the library, Hamilton Road, ML1 3BZ	
East Kilbride, 10.30am K-Woodlands, 1 Burley Place, G74 5LZ	
Stonehouse, 10.30am The Cross car park, outside the Spar, ML9 3LQ	
Rigside, 11.00am (by Healthy Valleys 01555 662496) Rigside Hall, Muirfoot Road, ML11 9LX	
Motherwell, 11.00am Various locations around the Green Link, see separate programme	Fort-nightly
Airdrie, 11.00am Maggie's Centre, Monkscourt Avenue, ML6 0JS. 1 st and 3 rd Wednesday	2x per month
East Kilbride, 11.00am The Meeting Place, Unit 2a Olympia Arcade, G74 1LX	
Forth, 1.00pm Forth Sports Centre, Main Street, ML11 8AR	
Larkhall, 6.00pm (Restart in 2020 tbc) Chalmers Church, Robert Smillie Crescent, ML9 1LE	Evenings
THURSDAYS	
Kilsyth, 10.00am Bandstand, Burngreen, G65 0AG	
Biggar, 10.00am (by Healthy Valleys 01555 662496) Inside Gillespie Centre, High Street, ML12 6BJ	
Airdrie, 10.30am St. Andrews Hospice, Out-patient department, Henderson Street, ML6 6DJ	10-25 min walks
East Kilbride, 10.30am Calderglen Country Park, at the ranger station, Strathaven Road, G75 0QZ	
Cumbernauld, 10.30am outside Broadwood Leisure Centre, Ardgoil Drive, G68 9NE	
Coatbridge, 10.30am Kirkshaws Neighbourhood Centre, Haddington Way, ML5 5BF	
Strathaven, 10.30am Outside the Barrie Shelter, Strathaven Park, Glasgow Road, ML10 6LZ	
Newmains, 11.00am NCT Centre, Manse Road, ML2 9AX	
Motherwell, 11.00am Pat Cullinan Centre, Logans Road, ML1 3PB	

THURSDAYS continued	
Lanark, 1.30pm (by Healthy Valleys 01555 662496) Lockhart Community Hub, Whitelees Road, ML11 7RX	
Moodiesburn, 7.00pm Pivot Centre, Glenmanor Avenue, G69 0DL (March – October)	Evenings
Rutherglen, 7.00pm (by Ability Fitness 07946 421764) No 18, 18 Farmeloan Road, G73 1DL	Evenings
FRIDAYS	
Abronhill, 9.30am inside Abronhill Community Education Centre, Larch Road, G67 3 AZ	
Cambuslang, 9.30am Caledonian Centre, Birch Drive, G72 7LY	
Bellshill, 10.00am inside the library, John Street, ML4 1RJ	
Coalburn, 10.00am (by Healthy Valleys 01555 662496) Coalburn One Stop Shop, ML11 0LH	
Tarbrax Buggy Walk, 10.00 am (Restart in 2020 tbc) Tarbrax Village Hall, Crosswood Terrace, EH55 8XE	
Hamilton, 10.00am inside the LAMH shop, Cadzow Street, ML3 6EE	
Shotts, 10.00am (by Getting Better Together 01501 825800) Shotts Healthy Living Centre, Kirk Road, ML7 5ET	
Carlisle Buggy Walk, 10.15am (by Healthy Valleys 01555 662496) Carlisle Lifestyles, Carnwath Road, ML8 4DF	
Cumbernauld, 10.30am inside the Muirfield Centre, Brown Road, G67 1AA	
Glenboig, 1.30pm (by Glenboig Development Trust 01236 875054) inside Glenboig Community Centre, Main Street, ML5 2RD	
SATURDAYS	
Blantyre, 10.00am David Livingstone Centre, Station Road, G72 9BY. 2 nd Saturday (April-Dec)	Monthly
Cambuslang, 10.00am Whitlawburn Resource Centre, Belmont Road, G72 8PG	
Calderbank, 11.00am Bottom of Woodhall Avenue, ML6 9SS. 1 st , 3 rd and 5 th Saturday	2-3x per month
Coatbridge, 11.00am (new meeting point from 22/2/20) Outside I.C Hair, Sikeside Street ML5 4PT. 2 nd and 4 th Saturday	2x per month
SUNDAYS	
Lanark, 2.00pm (by Healthy Valleys 01555 662496) Lanark Lifestyles, ML11 7DG. 1 st Sunday of the month (October – March)	Monthly