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Get Walking Lanarkshire (GWL) is an exciting partnership project between Paths for All, North and South Lanarkshire Council and NHS Lanarkshire. The aim of the project is to improve the health and wellbeing of Lanarkshire's residents by getting more people walking more often and this is done by supporting existing health walks, establishing new local groups, supporting and training volunteer walk leaders and promoting walking for health across Lanarkshire.

A health walk is the ideal way to get some gentle exercise and enjoy the outdoors. All walks are free, fun and friendly, suitable for all ages and abilities and tailored to suit the pace of the slowest walker – so you never have to feel that you won't be able to keep up. In fact, many of the walks are split into longer and shorter walks to ensure they are accessible to everyone!

Health walks are a great way to meet new people, safely explore your local area and take your first steps towards a healthier, more active lifestyle. No booking is required for any of the walks, just come along with some comfortable footwear and you're ready to go! For more information on any of the walks in Lanarkshire, 01698 402077 or getwalkinglanarkshire@northlan.gov.uk

More information is available online: <http://www.northlanarkshire.gov.uk/getwalking>