



## Health Walks Programme

For more info contact 01698 402077/ 07903358424

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Location	Time	Meeting point	Postcode	Notes
<b>Mondays</b>				
Abronhill	9.30am	inside Abronhill Community Education Centre, Larch Road	G67 3AZ	
East Kilbride	11.00am	James Hamilton Heritage Park, loch side of the cafe, Stewartfield Way	G74 5LB	
Lesmahagow	11.00am	Langdykeside car park	ML11 0EY	
Westburn	10.00am	outside Lallis Food Market, Westburn Road	G72 7SY	
<b>Tuesdays</b>				
Bellshill	1.00pm	outside Orbiston Neighbourhood Centre, Busby Road	ML4 2BW	
Coatbridge	10.30am	Drumpellier Country Park, outside the cafe, Townhead Road	ML5 2EH	
Hamilton	10.30am	Chatelherault Country Park, meet outside the visitor centre, Carlisle Road	ML3 7UE	
Lanark	10.15am	St. Mary's Church, Bannatyne Street	ML11 7JS	
Larkhall	10.00am	LDVG, Victoria Street	ML9 2BW	
Wishaw	10.30am	former T&JW Graham shop, Cambusnethan Street	ML2 8NJ	
Newarthill	6.30pm	Newarthill Community Centre, High Street	ML1 5JU	Evenings
<b>Wednesdays</b>				
East Kilbride	10.30am	St. James Retail Park, under the tower with the fire escape stairs to the side of D'Lish cafe, St. James Avenue	G74 5QD	
Forth	1.00pm	Forth Sports Centre, Main Street	ML11 8AR	
Motherwell	11.00am	Various locations around the Green Link, see their programme		Fortnightly
Stonehouse	10.30am	The Cross car park, outside the Spar	ML9 3LQ	
<b>Thursdays</b>				
Motherwell	9.30am	outside the library, Hamilton Road	ML1 3BZ	
Biggar	10.15am	Gillespie Centre, High Street	ML12 6BJ	
East Kilbride	10.30am	Calderglen Country Park, outside the ranger station, Strathaven Road	G75 0QZ	
Cumbernauld	10.30am	outside Broadwood Leisure Centre, Ardgoil Drive	G68 9NE	
<b>Fridays</b>				
Abronhill	9.30am	inside Abronhill Community Education Centre, Larch Road	G67 3AZ	
Bellshill	10.00am	outside the library, John Street	ML4 1RJ	
Cambuslang	9.30am	Caledonian Centre, Birch Drive	G72 7LY	
Cumbernauld	10.30am	inside the Muirfield Centre, Brown Road	G67 1AA	
Hamilton	10.00am	outside the LAMH shop, Cadzow Street	ML3 6EE	
<b>Saturdays</b>				
Blantyre	10.00am	outside the David Livingstone Centre, Station Road. 2 <sup>nd</sup> Saturday of the month from April to September	G72 9BY	Monthly

Find the most up-to-date programme on our website

[www.northlanarkshire.gov.uk/getwalking](http://www.northlanarkshire.gov.uk/getwalking)