

Tips to Get You Started

- Start slow and introduce short walks into your day.
- Begin each walk slowly and gradually increase your pace.
- Leave the car for short journeys.
- Rest when you need to.
- Be proud of small achievements every step counts.

Useful Websites:

- www.pathsforall.org.uk
- www.wdcvs.com
- www.west-dunbarton.gov.uk/wdleisure/
- <http://trustinthepark.org/walk-in-the-park/>
- <http://www.west-dunbarton.gov.uk/heritagetrails>
- www.medalroutes.org/

Let's Get Walking

A guide to Free Walks around in your Local Area



Free Local Walks Around West Dunbartonshire

Clydebank Area

| Meeting Point | Day/Time | Contact Details | Provider |
|---|---------------------|-----------------|---|
| 316 Dumbarton Rd Old Kilpatrick G60 5JH | Monday 10.30am | 0141 941 0886 | WDCVS |
| Solidarity Plaza Clydebank G81 1HS | Thursday 10.00am | 0141 941 0886 | WDCVS |
| Playdrome - Reception Area 2 Abbotsford Road Clydebank G81 1PA | Friday 11.00am | 0141 951 4321 | West Dunbartonshire Leisure (WD Leisure) |

Alexandria Area

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|--|----------------------|---------------|---|
| Alexandria CE Centre Main Street G83 0NU | Monday 10.00am | 0141 941 0886 | WDCVS |
| Balloch Tourist Information Centre Balloch Road Alexandria G83 8LQ | Wednesday 10.20am | 01389 727748 | Trust in the Park - Walk in the Park |
| Moss O'Balloch Balloch Road Alexandria G83 8LE | Thursday 1.00pm | 01389 756931 | West Dunbartonshire Leisure (WD Leisure) |

Dumbarton Area

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|--|--------------------|--------------|---|
| Woodyard Road Car Park West Bridgend G82 4DA | Tuesday 10.00am | 01389 734094 | West Dunbartonshire Leisure (WD Leisure) |
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