

## **‘Porty Paths’ Walking Group**

Porty Paths Walking Group runs a weekly Monday morning health walk led by trained leaders around Portlethen, meeting at 10.30am at the library in the Portlethen Academy building.

Porty Paths Walking Group was set up and is delivered by charity Pillar Kincardine and is part of the Scottish Health Walk Network.

We currently offer 3 levels of walk; our long walk (approximately 2 miles / 1 hour long), a mid-level walk (approximately 1 mile / half an hour long) and a very low level walk for less able walkers, which takes up to 20mins / half an hour. Our walks are a great way to kick start the week, are something to get up for and a chance to speak to others; they are always followed by a cuppa and a blether in the community centre.

We encourage new members to come along and be part of this friendly and supportive group.

Pillar Kincardine also runs an additional health walk group for our service users on a Wednesday morning, which has stopped for the moment but will hopefully resume in the winter months.

For more information on the group or for the organiser contact details, please visit -

<https://www.aliss.org/services/porty-paths-0/>

<https://www.pathsforall.org.uk/walking-for-health/health-walks/health-walk-projects/walk-project/porty-paths-walking-group>