

STEP IT UP HIGHLAND

You may be interested to know

Thanks to our loyal volunteers, between January and June 2017, Step It Up Highland delivered a total of **824** Group Walks, which equates to an **astounding 9,881** Individual Walks completed!
Well done Walkers!!!

What our walkers have to say

“Walking & Talking – It’s Great!!”

“Helped me over bereavement and heart attack. Made new friends. Health benefits. Motivates me to go out in all weathers.”

“I look forward to the walk. It keeps me mobile, all the walks are enjoyable”

“I love it for the people, the exercise & the social aspect.”

Affiliated Groups:

These groups have been Step It Up Highland (SIUH) groups in the past, but have grown on and beyond our remit, offering longer walks or walks further afield:

Croy & District Kilchoan	Friday 10.30am Tuesday 10.30am	Contact: Ann MacKay Contact: Jenny Kime	Tel: 01463 790215 Tel: 01972 500272
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Step It Up Highland is a project managed by Partnerships for Wellbeing Ltd and is supported by the following funders:

Scottish Charity No: SCO 36055

OUR FUNDERS



Directory & Timetable



WHAT IS STEP IT UP HIGHLAND?

Step It Up Highland is a health walk initiative which aims to promote walking to people from all walks of life, especially to encourage those who are inactive to become active. It does this in several ways, such as establishing free local walking groups, training their leaders and working with health professionals to refer patients who may benefit from these groups.

We have 3 stages of walks:

Step Out:	SO	Slower, shorter walks
Step It Up Highland:	SIUH	Health walks up to an hour
Step It Up Further:	SIUF	For the more able, up to 2 hours

The A-Z Directory overleaf states which walks are available within the groups.

Partnerships For Wellbeing, 31-33 Wells Street, Inverness, IV3 5JU
Tel: 01463 729997 Web: www.pfw.org.uk Email: walking@pfw.org.uk
Facebook: Step It Up Highland Twitter: @Partners4W

Timetable of weekly walks

Mon	10.00am	Alness , Averon Centre: meet at 9.30am on last Monday of month
	10.00am	Ballachulish , Tourist Information – For more able walkers
	10.00am	The Braes, Spean Bridge , Spean Bridge Woollen Mill
	10:30am	Poolewe , (varies, please contact Walk Leader)
	11.00am	BG's , Centre for Mental Health Recovery
	1.30pm	Caol , Lochy Bar
	3.30pm	Waternish , (varies, please contact WL) 3.15pm Nov - end Jan
	7.00pm	Muir of Ord (April to September only) bus stop in Square
Tue	10.30am	Kinmylies , Kinmylies Lodge, Inverness
	10.30am	Smithton , Smithton Hotel
	1.00pm	Tain , Tracc
	1.30pm	Nairn , Library
	2.00pm	Fortrose , Black Isle Leisure Centre
	2.00pm	Glenurquhart , Scotmid car park, Drumnadrochit
	2.00pm	Wick , Service Point, Market Square
Wed	9.50am	Dingwall , main car park behind High Street, near Mobility
	10.00am	Evanton , Cornerstone Café
	10.30am	Thurso , Caithness Horizons
NEW	12.00noon	Staffin , Initially periodic, meet at Columba 1400
	2.00pm	Fort William , (varies, please contact Walk Leader)
	2.00pm	Muir Of Ord , bus stop in Square
	2.00pm	Tomatin , Community Hall (1.30pm Nov - Mar)
	1.00pm	Tongue , Tongue Hostel
Thu	9.40am	Strathpeffer , Community Centre
	10.00am	Broadford , Broadford Hall
	10.30am	Mallaig Area , (varies please contact Walk Leader)
	10.30am	Beauly , Braeview car park
	10.30am	Floral Hall , in glass house at rear of Floral Hall, Inverness
	1.30pm	Raigmore , Raigmore Community Centre
Fri	10.00am	Ballachulish , Tourist Information – Shorter Walks
	10.00am	Kinlochleven , Leven Centre
	10.00am	Lochalsh & South Skye (varies please contact Walk Leader)
	10.30am	Dunvegan , central car park
	1.00pm	Portree , bus stop at Somerled Square

A – Z Directory of Walking Groups In the Highlands

Alness - SIUF *SIUH	Bernard Doyle	01862 842889
Ballachulish - SIUF (Mon)	Paul Selby	01855 821030
Ballachulish - SIUH (Fri)	Catherine Stoddart	01855 811796
Beauly - SIUH	James McLardy	01463 870168
Broadford - SIUH *SIUF	Linda Shove	01471 822247
BG's – SIUH	Centre for M H Recovery	01463 714518
Caol - SO/SIUH	William Gibbons	01397 772405
Dingwall – SIUF / SIUH *SO	Brenda Brown	01997 421335
Dunvegan - SIUH	Bruce Killington	01470 582384
Evanton - SIUH/SIUF *SO	Liz MacLeod	01349 830700
Floral Hall - SO/ *SIUH/*SIUF	Alice Lyall	01463 794717
Fort William - SO x 2/SIUH	Sophia Thacker	07454 355802
Fortrose - SO/SIUH *SIUF	Joan Maxwell	01381 620484
Glenurquhart – SIUH	Carol Masheter	07514 452783
Invergarry - SIUH	Group currently suspended	
Kinlochleven – SIUH	Pat Anderson	01855 831689
Kinmylies - SIUH	Rachel Wilson	01463 718544
Lochalsh & S. Skye – SIUF *SO	Ron Porter	01599 566281
Maggie's - SIUH	Group currently suspended	
Mallaig Area - *SO/SIUH/*SIUF	Henrik Chart	01687 462718
Muir of Ord - SIUF *SO	Maureen MacGourlay	01463 870794
Nairn - SIUH *SO	Evelyn Milne	01667 453839
Poolewe - SO/SIUH	Marylynn Burbridge	01445 712281
Portree - SIUH *SO / SIUF	John Kennedy	01470 532765
Raigmore – SIUH *SO	Val Rose	07722 177 779
Smithton - SO/ *SIUH/*SIUF	Anne Scott	01463 793817
Spean Bridge, 'The Braes' – SIUH	Marion MacDonald	01397 712227
Staffin - SO	Angus Murray	01470 562464
Strathpeffer - SIUF *SIUH	Hazel Keiro	01997 414376
Tain – SIUF / *SIUH	Sandra Kerzten	01349 830031
Thurso – SIUH x2/ SO	Charlotte Lowe	01847 896128
Tomatin – SIUH *SO *SIUF	Kathy Boniface	01808 511740
Tongue – SIUH / SO	Ruth McDonogh	01847 611327
Waternish – SIUH *SO	Madeline Jones	01470 592346
Wick – SIUH	Lesley Bremner	01847 892881

***THESE WALKS CAN BE AVAILABLE WITHIN THIS GROUP DEPENDING ON NEED AND WALK LEADER AVAILABILITY**