GCOD MOVE Walking



Join us for FREE walks to discover the city's hidden treasures, its culture, art, architecture, wildlife and history.

All walks last around 2 hours and start and finish at the same point unless otherwise stated. Some also include a tour of a building.

Booking is essential as places are limited.

- Make your own transport arrangements and bring a snack / water
- · Wear flat comfortable shoes and dress for the weather
- If you need 1:1 support please bring a buddy
- Children are welcome if accompanied by an adult but some walks will not be suitable so check with us first

For more info and to book Call: 0141 287 3831 email: <u>walking@glasgowlife.org.uk</u> Please leave a message incl your name, number & walk date.

For Further information: 0300 343 0400 www.goodmoveglasgow.com

September & October 2018 Themed Walks

SEPTEMBER

Wed 5thWILDLIFE & HERITAGE - West End Wander
Enjoy a stroll along the Kelvin Walkway and Forth & Clyde
Canal. Then head to Gartnavel campus and hear about the
role the outdoors plays in patient recovery. (5miles)
Meet: 11am, Kibble Palace, Botanic Gardens

Thurs 13th ARCHITECTURE – Charles Rennnie Macintosh Walk including Tour of The Lighthouse Discover the city centre Macintosh buildings and hear about the life and work of this internationally celebrated architect.

Mon 17th HORTICULTURE – Behind the Scenes @ the Botanics Access all areas! Join the Rangers and hear about the aims and work of our beloved Botanics. Meet: 11am, Kibble Palace, Botanic Gardens

Meet: 11am, The Lighthouse, Mitchell Lane

<u>OCTOBER</u>

Tues 2ndCULTURE - Behind the Scenes @ the MitchellGain a fascinating insight into the workings of the city's
largest public library and go behind the scenes for a
peek at some of the Mitchell's treasures.

Please note tour involves many stairs! Meet: 11am, Reception desk, North Street Entrance

- Mon 8thHERITAGE
Explore the park and surrounding area.Meet: 11am, Glasgow Club Scotstoun, Danes Drive
- Tues 16thHERITAGE Langside Heritage TrailThe heritage and history of Langside and BattlefieldMeet: 11am, Langside Library, Sinclair Drive
- Wed 24th ARCHITECTURE Clyde Bridges A lovely wander along the Clyde stopping to hear about the development of the many bridges along the way. Meet: 11am, SECC, pedestrian tunnel entrance Finish: Emirates Arena

Spaces limited, booking essential!