

Barry's Walk  
#Movementforthesoul  
Springboig  
Duration 45 mins  
Steps-6142  
3.83 km

*Hi Guys I hope you are able to join me on a walk as I show you my usual daily route when out walking with my dog Bella!*

*This walk can vary in time, anywhere between 45mins -1hour dependant on meeting or bumping into other people and their 4 legged companions.*

*I usually start this walk from HallhillRoad just opposite my other "go to route" at the SandymountCemetery, great space, great to meet other walkers and dog walkers alike*



*This Woodland area is directly onto the back of my Garden and is full of wildlife, our resident Owl singing most nights to keep us entertained!*

*I eventually pass the local community centre and Church taking me onto the never ending stretch of road that is Edinburgh Road.*

*The QueenslieIndustrial Estate is a maze of buildings and shop units, in addition and to do my nose I would add this into my daily routine as there's gradual inclines throughout this area.*



*As I start to descend down SpringboigRoad, to head back home I'm always amazed the height Edinburgh Road sits up at! Views of East Kilbride (if my Geography is correct) can be seen when sky is clear!*

*It's not the same at the moment as we all know too well with this pandemic, the streets, the shops and schools are a lot quieter but the people you do meet, are smiling and just grateful to be able to be outdoors come Snow, Rain or Shine!*

*Keep Walking and Stay Safe!*

*Look forward to showing you all my next adventure!!!*

*Barry*

