

Michelle's Walk

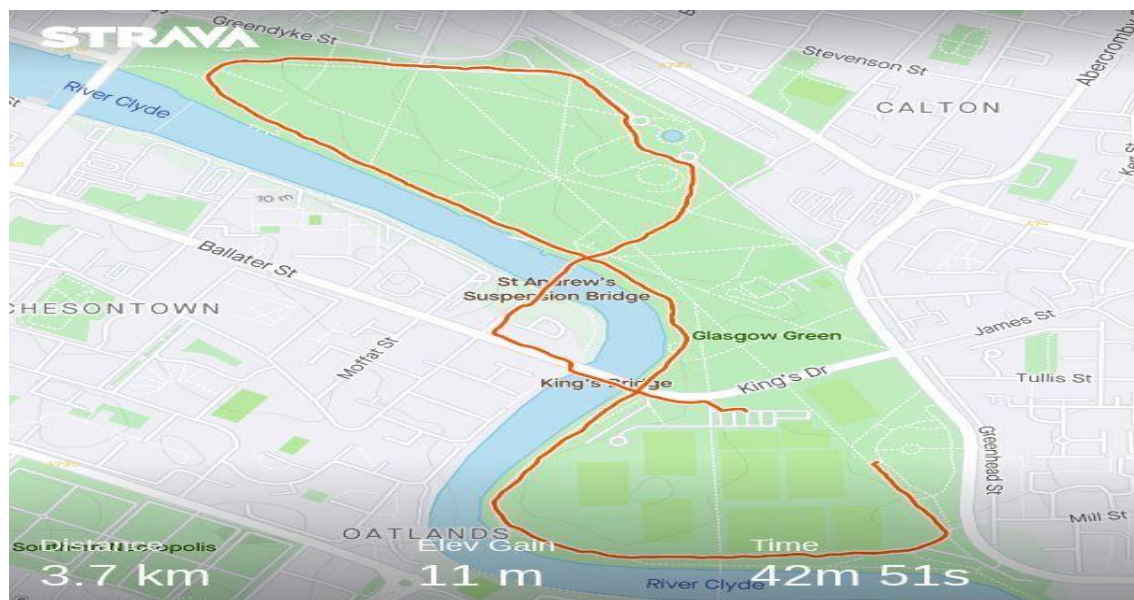
#Movementforthesoul

Glasgow Green

<https://www.glasgow.gov.uk/CHttpHandler.ashx?id=31478&p=0>

Distance 3.7km

I decided to change things up a little this week, and complete my walk at one of the oldest parks in the city (Glasgow Green). Setting off from Glasgow Green football centre, headed down towards the river, and back up through the park. It took roughly 45 minutes to complete the walk.



What made today's walk extra special was meeting my friend, who accompanied me on the walk. I have spent many a day walking on my own (which I don't always feel motivated to do) but I do know once I get started the motivation kicks in and then I feel I could walk for miles. A good podcast certainly helps!



We were roughly 20 minutes into the walk when we stopped to take a photo from St Andrews suspension Bridge.

St Andrew's Footbridge -The wrought iron **suspension bridge** was built in 1854-1855 to replace a ferry ... It is 67 metres long and connects McNeil Street in Hutchesontown with **Glasgow Green**.

We also stopped at 'The McLennan Arch' which was once the gateway to one of Glasgow's bustling social centres. When looking at the history of the arch, it has certainly moved around a lot before being erected at the Saltmarket entrance in 1991 – its final home. More on the history of the park can be found via the link at top of the page



If lockdown has taught me anything, it is to value the simple things in life. When I realised popping in to see a friend or meeting for a coffee was no longer an option, I had to find other ways to stay connected. Walking has certainly done that for me, and I hope it has done the same for you.

Warm Wishes

Michelle