

Hi All

We hope you have had a good week! We can't meet face to face just now but see below some online opportunities to connect with others through our Walk Leader Catch Up meeting, a Talk with Kate the Ranger from Whitelees Wind Farm and Coffee With a Curator from Glasgow Museums.

Please see below this week's updates.

Walk Leader Online Catch Up Meeting - Wed 10th March, 1.30 - 2.30pm

We would love to invite Walk Leaders to join us for our second online video catch up. The format will be very informal, an update from walking, a good blether, and a chance see other chat with other leaders! If interested- just grab a cuppa and join us on the 10th of March at 1.30pm - 2.30pm

To book in please email walking@glasgowlife.org.uk and we will send you a meeting link.

#Movement for the Soul

Barry took a stroll around Tollcross Park and reminisced about his time working at the Sports Centre. He also found an interesting leaflet on the fascinating history of the Park - <https://www.glasgow.gov.uk/CHttpHandler.ashx?id=31482&p=0>

See attached his walk along with some lovely Spring photos from Pat (walk Leader) in Castlemilk.

Thank you to everyone who has shared their pictures and stories so far! Please continue to send photos and stories from your daily walks or any drawings, paintings or poems you have been inspired to create.

Virtual Wildlife & Photo Walks and Talks - Whitelees Wind Farm, Mon 8th March

The Photo and Wildlife Walking Group are meeting this Monday at 1.30pm on ZOOM and are going to be joined by Kate the ranger from Whitelee Windfarm in which Kate will doing a presentation on the amazing wildlife and history of the site.

If you would like to join them on ZOOM please contact stuartwhittaker@cassiltoun.org.uk , send a message on the Castlemilk park Facebook inbox page or phone 07904 322138

Reasons to Walk

The health benefits of walking are well documented. However, there are other reasons to get out for a walk. This interesting article gives an alternative perspective describing various ways to walk with purpose. Maybe we should all start 'walking for gratitude'?

<https://hbr-org.cdn.ampproject.org/c/s/hbr.org/amp/2021/02/dont-underestimate-the-power-of-a-walk>

Glasgow Voted Friendliest City in the World!

We all know it, but now it's official...Glasgow has been voted the world's friendliest city in a Rough Guide survey. We all look forward to welcoming people back to the city when we can. Keep smiling everyone!

<https://www.thenational.scot/news/19100211.glasgow-voted-worlds-friendliest-city-rough-guides-survey/>

Could You Walk Around the World?

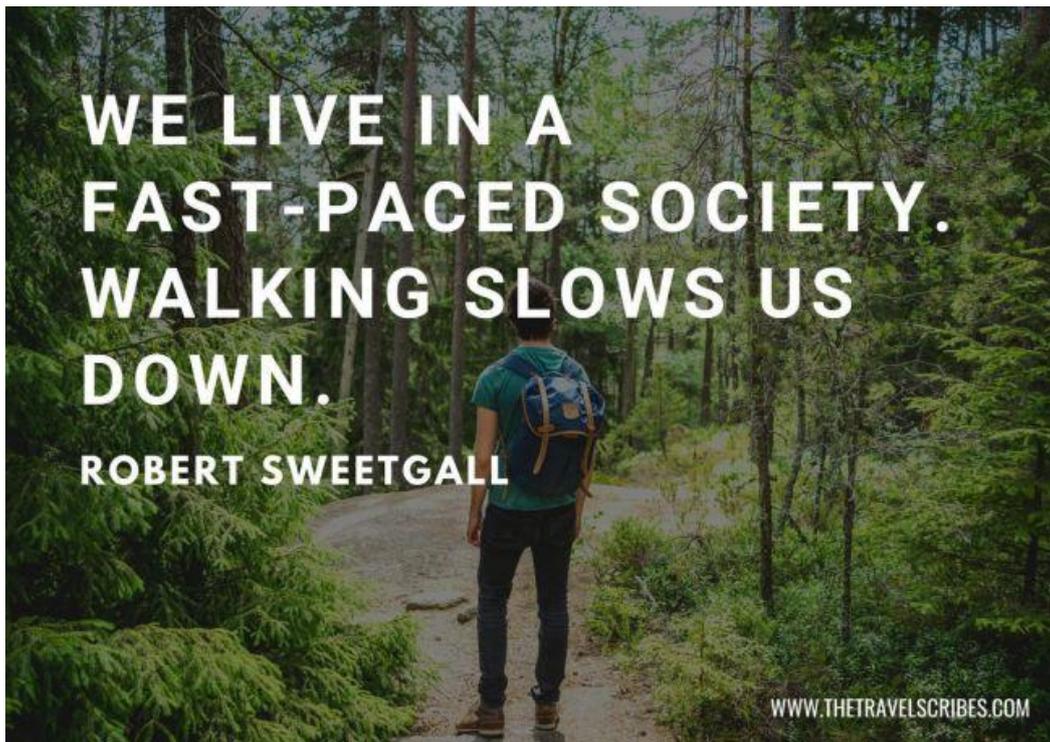
The longest walk around the world was completed by a former neon-sign salesman, Jean Beliveau (Canadian). He walked 46,600 miles around 64 countries. The trip took him 11 years : 2000 - 2011 <https://www.cbc.ca/news/canada/jean-b%C3%A9liveau-s-11-years-on-the-road-1.1070673>

Coffee With the Curator, The Two Honeysuckles, Tues 16th March, 11am

Join Curator Helen Elletson from Glasgow Museums to explore the honeysuckle designs created by the famous William Morris and his daughter May.

<https://www.eventbrite.co.uk/e/coffee-with-a-curator-the-two-honeysuckles-tickets-143426876649?aff=erellivmlt>

Thought for the Day



Heather, Michelle & Barry
The Good Move walking Team

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