

Walk with us



**Walking can lift your mood  
and help you feel happier**

**It is also a great way to connect with nature, meet likeminded people, and to enjoy being more active outdoors.** Our walks are led by trained volunteers and are safe, fun and free! You'll find a warm welcome and a walk at a pace and length that suits you, whatever your ability. Our walks often finish with a cuppa, and we regularly include nature, creative and heritage activities as part of our walk programmes throughout the year.



To find out more about

**Local Walking Groups**

in your area visit: [www.highlandtsi.org.uk/walks](http://www.highlandtsi.org.uk/walks)



For more information please contact **Isabel McLeish, Health Walk Coordinator**



[isabel@highlandtsi.org.uk](mailto:isabel@highlandtsi.org.uk)



07385 380642

