




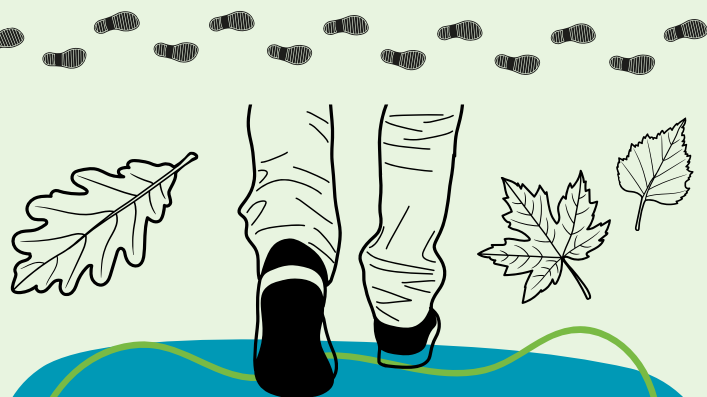
Volunteer

Do you enjoy walking & talking?

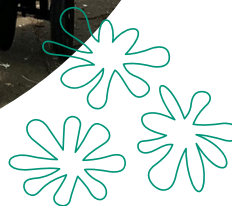
We are looking for **volunteers** to lead walks!

-  Fitness, fresh air and friendship.
-  Help others to get out and about.
-  Full training and support provided.

Volunteer Walk Leaders are vital and valued.
Please get in touch to find out more.



Walking in your local green space is a great way to support your health and wellbeing.



Get in touch



Scan the QR code or visit
www.highlandtsi.org.uk/walks

 isabel@highlandtsi.org.uk

 07385 380642

 @thinknaturehealthwalks

 @thinknaturehealthwalks



The Highland Third Sector Interface is a Scottish Registered Charity SC043521 and a Scottish Registered Company SC425808



Local walking groups
throughout rural Highland

Our walks



A supportive and welcoming way for you to enjoy the many benefits of being active outdoors.



Led by trained volunteers on a risk assessed route.



Are between 10 minutes and 1 hour long.

**Local. Low Level. Accessible.
Safe. Social. Fun. 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.



Who can take part?



For all ages and abilities.



For people who haven't been active for a while and would like to start again.



For people recovering from ill health or who are managing a long-term condition.



Our walks can support those with a whole range of physical, mental and social health conditions.



You don't need special equipment - just shoes with good grip and clothing to suit the weather.



Benefits



Connect with nature and appreciate local wildlife.



Meet likeminded people and socialise.



Enjoy being more active outdoors and getting some fresh air.



Improve mood and sleep, increase strength and self-esteem, and reduce pain and anxiety.



Protect the environment by using your car less and reducing air pollution.



There are so many mental, physical and social benefits!

"The walking group has proved a vital regular beacon, helping not only in keeping up a certain level of physical fitness and hope, but perhaps more importantly, a balance of mental wellbeing, through regular support, constant companions and friendship. All in the context of the great wild Highland outdoors." - Local Walker

