Ageing Well | East Lothian | Health & Wellbeing Walks

(All ages and abilities welcome)

For more information on the walks and their start dates please contact the Ageing Well Coordinator
Please note that everyone needs to fill out a new walker form before attending

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Find us on Social Media:
@AgeingWellEastLothian
@AgeingWellELC

Town	Time	Meeting Place	Duration	Cost
Monday				
Haddington	10.00-11.00	Outside Aubigny Sports Centre	10 week blocks	Free
Athelstaneford	10.00-11.00	Outside Athelstaneford Parish Church	10 week blocks	Free
North Berwick	13.30-14.30	Entrance to the Lodge Park **(last Mon of the month meet at Church Road bus stop)** Option of 2 walks: Short: 30 mins Long: 1-1.5 hours	Weekly – ongoing	Free
Tuesday				
Prestonpans	10.00-11.00	Outside Prestonpans Community Centre	10 week blocks	Free
Dunbar	10.30-11.30	Outside The Bleachingfield Centre **(bus trip second Tues of the month)**	Weekly – ongoing	Free
Aberlady	10.30-11.30	The Sea Green **(last Tues of the month meet opposite Gullane library)**	Weekly – ongoing	Free
Wednesday				
Musselburgh	10.00-11.00	Outside Musselburgh Sports Centre Option of 2 walks: Short: 30 mins / Long: 1 hour	10 week blocks	Free
Dirleton	10.00-11.00	Outside The Castle Inn	10 week blocks	Free
Friday				
Dunbar	10.00-11.00	Outside The Bleachingfield Centre	10 week blocks	Free
Pencaitland	10.00-11.00	Outside The Pencaitland Pavilion & Bowling Club	10 week blocks	Free