



**NOW IN THEIR 7th YEAR AND STILL GOING STRONG**

**New route and new time!**

# **TUESDAY LUNCHTIME WALKS IN STORNOWAY**

**(All walks 30 - 40 minutes duration)**

**Meet outside An Lanntair at 12.30pm**

**(New walkers always welcome)**

**Come and improve your health and  
make new friends on a stroll around town.**

**For more information on this and other health walks  
on Lewis and Harris please contact:**

**Chris Ryan, Paths for Health Co-ordinator.  
Tel: 01851 702712 or Mobile: 07743 507982.**