

# Nithsdale Walking Works!

*Join us for a short weekly walk*

## Walk Times & Meeting Places

Monday: 10.30am Meeting Place: <i>Kirkconnel Miners Memorial Hall</i>	Monday: 11am Meeting Place: <i>The Arches, Dock Park, Dumfries</i>
	Tuesday: 1.30pm Meeting Place: <i>Bottom of escalator, Loreburne Centre, Dumfries</i>
Wednesday: 1pm Meeting Place: <i>Sanquhar Community Centre</i>	
Thursday: 2pm Meeting Place: <i>Glencairn Memorial Institute, Moniaive.</i>	Thursday: 10am Meeting Place: <i>North West Resource Centre, Lincluden, Dumfries</i>
Thursday: 6.30pm Meeting Place: <i>Tynron Parish Hall</i>	
Friday: 2pm Meeting Place: <i>Thornhill Community Centre</i>	

**All ages and abilities welcome**

*(children under 16 yrs need to be accompanied by an adult)*

**No need to book just turn up**

**Come *out and walk, have fun and feel better!***

For further information please contact:

Nithsdale CVS

the hub - *your* Community Action Centre

24-26 Friars Vennel

Dumfries

DG1 2RL

Tel: 01387 269161 mobile 07711216098

email [info@thehubdg.org.uk](mailto:info@thehubdg.org.uk)