



Ageing Well | East Lothian | Health & Wellbeing Walks

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

Jordan Mcgauchie | Ageing Well Coordinator
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Find us on social media:
Facebook: @AgeingWellEastLothian
Twitter: @AgeingWellELC.

Town	Time	Meeting Place	Duration	Cost
Monday				
Haddington	10.00-11.00	Outside Aubigny Sports Centre	10-week blocks 20 th Jan- 31 st Mar	Free
Athelstaneford	10.00-11.00	Outside Athelstaneford Parish Church	10-week blocks 20 th Jan- 31 st Mar	Free
North Berwick	13.30-14.30	Entrance to the Lodge Park (Last Mon of the month meet at Church Road bus stop)	Weekly – ongoing	Free
Tuesday				
Prestonpans	10.00-11.00	Outside Prestonpans Community Centre	10-week blocks 25 th Feb – 29 th Apr	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



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Wednesday				
Musselburgh	10.00-11.00	Outside Musselburgh Sports Centre Option of 2 walks: Short: 30 mins / Long: 1 hour	10-week block Restarting March	Free
Dirleton	10.00-11.00	Outside The Castle Inn	10-week 22 nd Jan – 2 nd Apr	Free
Friday				
Dunbar	10.00-11.00	Outside The Bleachingfield Centre	10-week block 24 th Jan – 4 th Apr	Free
Pencaitland	10.00-11.00	Outside The Pencaitland Pavilion & Bowling Club	10-week block 24 th Jan – 4 th Apr	Free
Saturday				
Musselburgh	10.30-11.30	Outside Musselburgh Sports Centre	10-week blocks (Date Starting TBC)	Free

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Each walk lasts about an hour, no equipment needed apart from a waterproof jacket and comfortable shoes. They are free but you may want to bring some money for a hot drink afterwards.