



Are you interested in Walking? Why not join a Walk It walk in the Borders. A Walk It walk is a Health Walk – Short, Safe, Social, Low Level, Led and Free.

**Chirnside**

Every fortnight on a Thursday at 10am. Meet at the Bus Shelter at Crosshill.  
Contact Walk Leader – Annette - 01890 818769

**Coldstream**

Every fortnight on a Thursday at 10am. Meet just outside the Community Centre in Coldstream.  
Contact Walk Leader – Guy – 07717547861

**Darnick**

Weekly - every Tuesday at 10am. Meet outside Darnick Community Garden, Tower Road.  
Contact Walk Leader – Lisa – 07502128247

**Duns**

Every Fortnight on a Monday at 10am.  
Meet at the Mercat Cross in Duns Square.  
Contact Walk Leader - Myra on: 07837451486

**Earlston**

Weekly - every Thursday at 9.30am. Meet outside Rhymers Tower Café (next to Rutherford's Garage on the A68). Contact Walk Leader - Mary – 07717706931

**Eyemouth**

Weekly - every Tuesday at 10am. Meet at Eyemouth Community Centre. Contact Walk Leader – Sheila – 01890 750870

**Galashiels - Centre**

Weekly every Wednesday at 10am. Meet just outside the Focus Centre, Livingstone Place, Galashiels.  
Contact Walk Leader – Robert - 01896 752375.

**Galashiels - Tweedbank**

Fortnightly - every 1<sup>st</sup> and 3<sup>rd</sup> Monday at 10am. Meet outside Herges in Tweedbank  
Contact Walk Leader – Maureen – 01896 757634

**Hawick - Burnfoot**

Weekly – every Friday at 10.30am. Meet at Burnfoot Health Flat. Contact - 01450 375730.

**Hawick – Town Centre**

Weekly – every Wednesday at 10.00am. Meet at Lawson's Bridge, Common Haugh.  
Contact Walk Leader – Bill on 01450 870837

**Innerleithen**

Weekly - every Friday at 10am. Meet outside the Whistle Stop Café..Contact Walk Leader – Shirley - 07717547843

**Jedburgh**

Weekly – every Monday at 10am. Meet outside the Tourist Information Office in Jedburgh.  
Contact – Denise - 07813535394

**Kelso**

Weekly – Every Tuesday and Friday at 10am. Meet outside the Tourist Information in the square in Kelso.  
Contact Walk Leader – Ray for Tuesdays on 01573 226261 or Peter for Fridays on – 01573 224037

**Lauder**

Weekly - every Wednesday at 10.am. Meet outside Lauder Leisure Centre, Lauder.  
Contact Walk Leader – John - 01578 722207

**Newtown St Boswells**

Third Thursday in every month at 10am. Meet outside Milestone Garden Centre. NT582313.  
Contact Walk Leader – Susan – 07717547858.

**Newstead, Melrose and Gattonside**

Monthly last Friday of every Month at 2pm – Meet outside the Edinburgh Woollen Mill, Melrose. Contact Walk Leader - Isobel on 07976 276 796

**Melrose**

Weekly every Thursday at 10am – Meet at Market Square Melrose – Contact Denise - 07813 535394

**Peebles**

Weekly every Monday at 10am. Meet outside the Eastgate Theatre, Peebles.  
Contact Walk Leader – Carleton - 01896 830198.

**Reston**

Monthly on First Sunday of the Month. Meet at the front of Reston Village Hall at 2pm.  
Contact Walk Leader - Ruth on: 07806 765216

**Selkirk**

Weekly every Monday at 10am. Meet outside the community wing of Philiphaugh primary school  
Contact Walk Leader - Dougie – 07717547849

**St Boswells**

First Thursday in every month at 10am. Meet at St Boswells Bus Station.  
Contact Walk Leader Susan - 07717547858

**Walkerburn**

Weekly - every Wednesday at 9.45am. Meet at the Walkerburn parking area. Contact Walk Leader – Bill on Nancy - 01896 870586

If you are interested in joining a walk or want to find out more about Walk It, please contact Denise Carmichael on 01835 825060

