GCOD MOVE Walking



Join us for FREE walks to discover the city's hidden treasures, its culture, art, architecture, wildlife and history.

All walks last around 2 hours with no stops.

The walks will start and finish at the same point unless otherwise stated.

Booking is essential as places are limited.

- Due to demand, a maximum of 4 bookings allowed per person to let as many people attend as possible.
- Make your own transport arrangements and bring a snack / water
- · Wear flat comfortable shoes and dress for the weather
- If you need 1:1 support please bring a buddy
- Children are welcome if accompanied by an adult but some walks will not be suitable please check first

For more info and to book Call: 0141 287 3831 email: <u>walking@glasgowlife.org.uk</u> Please leave a message incl your name, number & walk date.

For Further information: 0300 343 0400 www.goodmoveglasgow.com



January/February Themed Walks

January

Thu 16 th	<u>Calton Heritage Trail</u> Uncover Calton's industrial past and impressive buildings. Meet: 11am, People's Palace, Glasgow Green
Fri 24 th	Canals, Rivers and Parks A lovely circular route that is a haven for wildlife. Meet: 11am, Anniesland Library, Crow Road
Wed 29 th	<u>'It Wisnae Us'</u> Explore the mansions built by Glasgow's Tobacco Lords and investigate their involvement in the slave trade and its abolition. Meet: 11am, GOMA, Royal Exchange Square
February	
Mon 3 rd	River Kelvin & West End Tenements A gentle saunter along the river then a gander at the beautiful architecture of the area. Meet: 11am, Kibble Palace, Botanic Gardens
Thu 13 th	Park Circus to GarnethillFrom the glorious old Victorian townhouses of Park Circusto the tenements of Garnethill.An area packed with interest.NOTE: this is a hilly walkMeet : 11am, Kelvingrove Tennis and Bowling Pavilion, Kelvin Way
Wed 19 th	<u>City Centre Statues and Sculptures</u> To appreciate Glasgow fully you 'need to look up'! Enjoy Glasgow's amazing buildings and take a gander at the well known, and not so well known, statues and sculptures. Meet: 11am, GOMA, Queen Street
Tues 25 th	<u>'It Wisnae Us'</u> Explore the mansions built by Glasgow's Tobacco Lords and investigate their involvement in the slave trade and its abolition Meet: 11am, GOMA, Royal Exchange Square

Spaces limited, booking essential!