

# you're almost there!

don't give up now!



paths  
for all

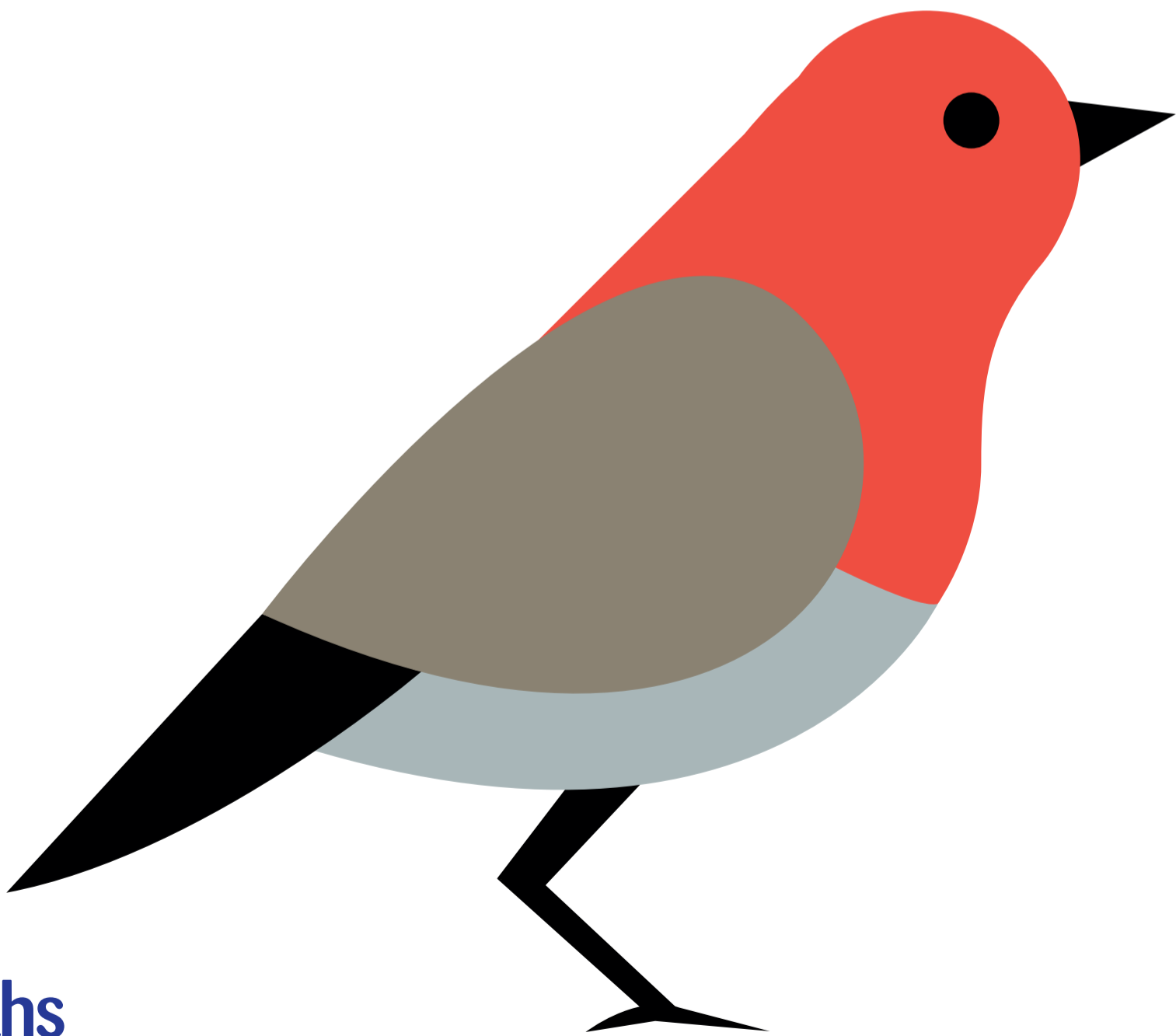
FOR A HAPPIER,  
HEALTHIER SCOTLAND

# smell the flowers



# listen to the birds

enjoy the simple things



# keep going!

**You are doing great!**



**paths  
for all**

FOR A HAPPIER,  
HEALTHIER SCOTLAND

# stop for a blether

there's plenty of time



# have a rest

take your time



# walk together

and enjoy the company



# get some fresh air

it's great to get out

