



Connect with the Scottish Health Walk Network

Many local authority areas have a SHWN member that has an area wide support and coordination remit, but not all. We have identified members who provide area coordination or deliver multiple walks. They can be a great first point of contact to find out more about what's happening locally or to work in partnership to signpost to existing Health Walks or set up new opportunities.

Key points of contact grouped in NHS Health Board regions.

QUICK LINKS:

- [Arran and Ayrshire](#)
- [Dumfries and Galloway](#)
- [Fife](#)
- [Forth Valley](#)
- [Greater Glasgow and Clyde](#)
- [Grampian](#)
- [Highland](#)
- [Lanarkshire](#)
- [Lothian](#)
- [Orkney](#)
- [Scottish Borders](#)
- [Shetland](#)
- [Tayside](#)
- [Western Isles](#)

For general enquiries related to members of the SHWN, setting up a Health Walk or training please contact shwn@pathsforall.org.uk in the first instance. You will be linked with the walking for Health Development Officer that supports your region.

ARRAN AND AYRSHIRE

East Ayrshire

- [Ayrshire Independent Living Network](#)

North Ayrshire

- [KA Walks](#)

South Ayrshire

- [South Ayrshire Walking Development](#)

DUMFRIES AND GALLOWAY

Dumfries and Galloway

- [Dumfries and Galloway Walking Project](#)

FIFE

- [Bums Off Seats](#)

FORTH VALLEY

Falkirk

- [Walk with Braveheart Falkirk](#)
- [Step Forth \(Falkirk Council\)](#)

Stirling

- [Active Stirling Walking Network](#)

Loch Lomond and Trossachs

- [Walk in the Park](#)

Clackmannanshire

- [Wee County Walkers](#)

GREATER GLASGOW & CLYDE

East Dunbartonshire

- [Walk Well East Dunbartonshire](#)

East Renfrewshire

- [Walk-ER](#)

Glasgow:

- [Good Move Walking \(Glasgow Life\)](#)

Inverclyde

- [Inverclyde Bothy \(Cycling UK\)](#)

Renfrewshire

- [OneRen](#)

West Dunbartonshire

- [Health Walks West Dunbartonshire](#)

GRAMPIAN

Aberdeen City

- [Walk Aberdeen](#)

Aberdeenshire

- [Aberdeenshire and Live Life Aberdeenshire Health Walks](#)

Moray

- [Walk Moray](#)
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HIGHLAND

Highland

- [Think Nature Health Walks](#)
- [Partnerships for Wellbeing](#)
- [Active Cairngorms Health Walks](#)

Argyll and Bute

- Live Argyll and Local partners are working to place Health Walks in future models of delivery. Contact shwn@pathsforall.org.uk and the area Walking for Health officer can help you make connections.
- Various members meeting local needs with different levels of delivery in this area [LINK](#)

Mid-Argyll

- [MACPool Health Walks](#)
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LANARKSHIRE

North and South Lanarkshire:

- [Get Walking Lanarkshire](#)
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LOTHIAN

West Lothian

- [Ageing Well](#)

East Lothian

- [Ageing Well](#)
- [RNIB Welcome Walks](#)

Midlothian

- [Ageing Well](#)
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LOTHIAN continued

Edinburgh

There is no city-wide coordination at present. These are members who provide multiple walks in the city and may be a good first point of contact:

- [Ageing Well](#)
- [Edinburgh and Lothian Greenspace Trust](#)
- [The Health Agency](#)

There are many other members in the Edinburgh area: [LINK](#)

ORKNEY

- [Voluntary Action Orkney](#)
 - [Rural Connections](#)
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SCOTTISH BORDERS

- [Walk It](#)
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SHETLAND

- [Shetland Recreational Trust](#)
 - [Walk Da Rock \(NHS\)](#)
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TAYSIDE

Angus

- [Healthy Steps](#)

Dundee

- [Steps to Health](#)

Perth and Kinross

- [Stride for Life](#)
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WESTERN ISLES

- [Walk on Hebrides](#)
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ALL SHWN MEMBERS

- [Find a Health Walk](#)