K.P.P.C. WALKING

Good weather was with both walking groups in October and November. Aren’t we lucky!

In October 14 Strollers visited the James Hamilton Heritage Park in East Kilbride in almost spring like conditions while the Striders enjoyed a 5 mile walk in the environs of Troon including Dundonald Woods and the beach. Glorious!

In November we were “at home”, with both groups enjoying the beautiful autumn colours of the Dean Estate with a huge turnout of 25 Strollers – and 3 dugs! We then helped swell the numbers at the Lunch Break which had 90 clients who enjoyed the fare and a chat. Well worth a visit!

We would welcome anyone who fancies a bit of gentle exercise and a good blether!

Strollers normally meet at 9.30 in the church car park for a wander of about an hour.

Striders usually meet in the car park at 9.00 and walk for 1-2 hours with the occasional fuller day in some of the summer months.

Please note the following dates for Jan to June 2019 :

STROLLERS STRIDERS

Mon 7 January Mon 21 January Tues 5 February Tues 26 February Wed 6 March Wed 20 March Thurs 11 April Thurs 25 April Frid 10 May Frid 17 May Sat 8 June Sat 15 June

Bill Caldwell