

# Nature Walks for Wellbeing



Where nature leads the way

## September

- 5th Tomnahurich Bridge CP
- 12th Muirtown Basin Swing bridge
- 19th Ness Islands
- 26th Merkich LNR



## October

- 3rd SNH GG house CP
- 10th Craig Phadrig CP
- 17th Dochgarroch Locks
- 24th Duck Pond
- 31st Ness Islands

## November

- 7th Tomnahurich Bridge CP
- 14th Muirtown Basin swing bridge
- 21st Merkinch LNR
- 28th Craig Phadrig CP



All walks on Thursdays 1.30 till 3pm

Hot drinks and snacks available during activities.

For more information email:

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[www.n4h.co.uk](http://www.n4h.co.uk)

No booking required