

# Nature Tours for Wellbeing



Where nature leads the way

A new adventure that takes the benefits of Nature Walks out of the city to other beautiful greenspaces in the Highlands. We will travel by minibus and go to fossil sites, amazing beaches, forests, hills and beyond. Kelly kettle tea and cake will all be part of the day. Spaces will be limited to eleven participants and we will try to spread that fairly to allow all regular 'Nature Walkers' to get out with us at some point before Christmas. We have made the November trips a little more challenging!

## October

8th Brora fossil beaches  
22nd Ullapool coastal explore



## November

5th Glenmore Lochan Uiane walk (6km)  
19th Alness Fyrish hill (6km, 300m ascent)

## December

3rd Fort Augustus canal  
17th Grantown Anagach woods



All Tours on Tuesdays - picking up  
at 10am and returning for 4pm.

Pick up/ drop off point by the Muirtown  
swing bridge - Inverness

Hot drinks and snacks available during activities.

Participants are required to bring their own packed lunch.

For more info and booking:

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01667 459400

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

Booking required to ensure  
space on the minibus