

DO YOU WANT TO GET FIT?

**ARE YOU FED UP WITH THE
SAME OLD WORK OUT?**

THEN

**COME ALONG
AND WALK WITH
US!**

**HAVE FUN!
MAKE NEW FRIENDS!
RE-DISCOVER SCOTLAND!**

OUR SUMMER PROGRAMME IS NOW RUNNING
WITH WALKS MOST WEEKENDS. THE BUS
PICKS UP IN AIRDRIE AND COATBRIDGE.
CHECK OUT OUR WEBSITE OR CONTACT
CHRISTINE ON 01698 833983 FOR MORE
DETAILS.

**MONKLANDS RAMBLERS &
HILL WALKERS**



AWARDS
FOR ALL
SCOTLAND

LOTTERY FUNDED

VISIT OUR WEBSITE:

WWW.MONKLANDSRAMBLERS.ORG.UK



ramblers scotland
at the heart of walking