

October to December 2011

put your **west foot** forward



Join us on our free walks to meet new friends, discover new walks in your area and improve your fitness



westlothian.gov.uk



West Lothian
Council



welcome to the Autumn edition of the
Put Your West Foot Forward walking programme.

Joining a local walking group can help you increase your activity level, while also meeting new people and finding new walks in your local area.

You don't need to book your place, just come along and meet the walk leader at any of the start points in our programme.

Children are welcome as long as they are with an adult but unfortunately dogs aren't allowed on the walks.

Information is available in Braille, tape,
Large print and community languages.
Please contact the Interpretation and
Translation Service on 01506 775000.

calendar of walks

October

when	time	where	meet	walk
Sat 1	10.30am	Broxburn/Uphall	Strathbrock Community Centre	Almondell Country Park
Mon 3	10.00am	Bathgate	Bathgate Partnership Centre	Birniehall
Tues 4	10.00am	Armadale	Armadale Community Centre	Town Walk West
Tues 4	10.00am	Whitburn	East Whitburn Comm Centre	Woodlands 2
Wed 5	10.00am	Broxburn/Uphall	Strathbrock Community Centre	The Brox Burn / Canal
Wed 5	10.00am	Linlithgow	County Buildings	Loch Circular
Wed 5	7.00	Livingston	Carmondean library	Route confirmed on day
Thurs 6	10.30am	Winchburgh	Tally Ho car park	TBC
Sat 8	10.30am	Broxburn/Uphall	Strathbrock Community Centre	Broxburn Community Woods
Mon 10	10.00am	Bathgate	Tesco	Pyramids
Tues 11	10.00am	Armadale	St Anthony's primary school	Railway Station
Tues 11	10.00am	Whitburn	Whitburn Library, West Main St	Whitburn Circular
Wed 12	10.00am	Broxburn/Uphall	Uphall Community Centre	Dechmont Law
Wed 12	10.00am	Linlithgow	County Buildings	Mill Lade
Wed 12	7.00	Livingston	Carmondean library	Route confirmed on day
Thurs 13	10.30am	Winchburgh	Tally Ho car park	TBC
Sat 15	10.30am	Broxburn/Uphall	Uphall Community Centre	Uphall Bing
Mon 17	10.00am	Bathgate	Balbardie Peace Park	Peace Park
Tues 18	10.00am	Armadale	St Anthony's primary school	East Fells
Tues 18	10.00am	Whitburn	Whitburn Library West Main St	Walkers' Choice
Wed 19	10.00am	Linlithgow	County Buildings	Around Town East
Wed 19	7.00	Livingston	Livi Inn car park	Route confirmed on day

October

when	time	where	meet	walk
Thurs 20	10.30am	Winchburgh	Tally Ho car park	TBC
Sat 22	10.30am	Broxburn/Uphall	Broxburn Sports Centre	Canal to Pyothall
Mon 24	10.00am	Bathgate	Lindsay site	Little Boghead
Tues 25	10.00am	Armadale	St Anthony's primary school	Blackmoss
Tues 25	10.00am	Craigshill	Craigsfarm	Mid Calder Town Walk
Tues 25	10.00am	Whitburn	Whitburn Library West Main St	Polkemmet Country Park 2
Wed 26	10.00am	Broxburn/Uphall	Calendar House car park, Falkirk	Calendar House/ Antonine Wall
Wed 26	10.00am	Linlithgow	County Buildings	Carmelite Friary
Wed 26	7.00	Livingston	Livi Inn car park	Route confirmed on day
Thurs 27	10.30am	Winchburgh	Tally Ho car park	TBC
Sat 29	10.30am	Broxburn/Uphall	Strathbrock Community Centre	Canal to Station Road
Mon 31	10.00am	Bathgate	Tesco	Kirkton Park

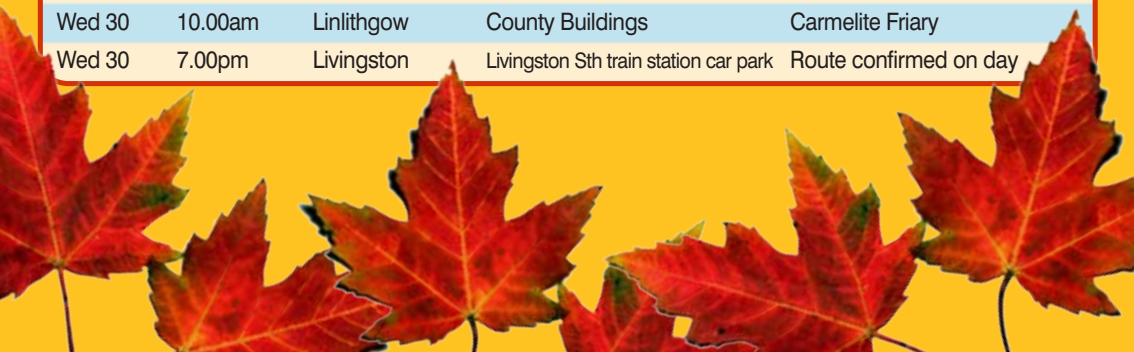


November

when	time	where	meet	walk
Tues 1	10.00am	Armadale	Armadale Community Centre	The Glen
Tues 1	10.00am	Craigshill	Craigsfarm	Civic Centre Circuit
Tues 1	10.00am	Whitburn	Hilcroft Hotel Car Park	Woodlands 3
Wed 2	10.00am	Broxburn/Uphall	Broxburn Sports Centre	Canal to Winchburgh
Wed 2	10.00am	Linlithgow	County Buildings	Linlithgow Bridge
Wed 2	7.00	Livingston	Livi Inn car park	Route confirmed on day
Thurs 3	10.30am	Winchburgh	Tally Ho car park	TBC
Sat 5	10.30am	Broxburn/Uphall	Uphall Community Centre	Beebraigs Country Park
Mon 7	10.00am	Bathgate	Tesco	Cycle Path
Tues 8	10.00am	Armadale	Armadale Community Centre	Town Walk East
Tues 8	10.00am	Craigshill	Livingston Rugby Club	Almondell Visitor Centre
Tues 8	10.00am	Whitburn	Whitburn Library West Main St	Blaeberryhill Park
Wed 9	10.00am	Broxburn/Uphall	Strathbrock Community centre	Mystery walk
Wed 9	10.00am	Linlithgow	County Buildings	Springfield via Loch
Wed 9	7.00	Livingston	Livi Inn car park	Route confirmed on day
Thurs 10	10.30am	Winchburgh	Tally Ho car park	TBC
Sat 12	10.30am	Broxburn/Uphall	Strathbrock Community Centre	Middleton Hall
Mon 14	10.00am	Bathgate	Balbardie Peace Park	Belvedere
Tues 15	10.00am	Armadale	St Anthony's Primary School	Armadale Academy
Tues 15	10.00am	Craigshill	Craigsfarm	Secret Garden
Tues 15	10.00am	Whitburn	Hilcroft Hotel Car Park	Woodlands 1
Wed 16	10.00am	Broxburn/Uphall	Uphall Community Centre	Uphall Wood
Wed 16	10.00am	Linlithgow	County Buildings	Town Circular
Wed 16	7.00	Livingston	Livingston Sth train station car park	Route confirmed on day

November

when	time	where	meet	walk
Thurs 17	10.30am	Winchburgh	Tally Ho car park	TBC
Sat 19	10.30am	Broxburn/Uphall	Strathbrock Community Centre	Broxburn Community Woodland
Mon 21	10.00am	Bathgate	Bathgate Partnership Centre	Birniehill
Tues 22	10.00am	Armadale	Armadale Community Centre	Town Walk West
Tues 22	10.00am	Craigshill	Craigsfarm	Lizzie Bryce Walk
Tues 22	10.00am	Whitburn	Whitburn Library West Main St	Whitburn Circular
Wed 23	10.00am	Broxburn/Uphall	Strathbrock Community Centre	Ryal in reverse
Wed 23	10.00am	Linlithgow	County Buildings	Mill Lade
Wed 23	7.00pm	Livingston	Livingston Sth train station car park	Route confirmed on day
Thurs 24	10.30am	Winchburgh	Tally Ho car park	TBC
Sat 26	10.30am	Broxburn/Uphall	Broxburn Sports Centre	Canal to Winchburgh
Mon 28	10.00am	Bathgate	Tesco	Pyramids
Tues 29	10.00am	Armadale	St Anthony's Primary School	Armadale Station
Tues 29	10.00am	Craigshill	Craigsfarm	Dedridge Pond
Tues 29	10.00am	Whitburn	Whitburn Library West Main Street	Town Walk
Wed 30	10.00am	Broxburn/Uphall	Uphall Community Centre	Middleton Hall / Uphall Bing
Wed 30	10.00am	Linlithgow	County Buildings	Carmelite Friary
Wed 30	7.00pm	Livingston	Livingston Sth train station car park	Route confirmed on day



December

when	time	where	meet	walk
Thurs 1	10.30am	Winchburgh	Tally Ho car park	TBC
Sat 3	10.30am	Broxburn/Uphall	Strathbrock Partnership Centre	Broxburn Comm Woodland
Mon 5	10.00am	Bathgate	Balbardie Peace Park	Peace Park
Tues 6	10.00am	Armadale	St Anthony's Primary School	East Fells
Tues 6	10.00am	Craigshill	Livingston Rugby Club	Mid Calder River Walk
Tues 6	10.00am	Whitburn	Hillcroft Hotel car park	Woodlands 1
Wed 7	7.00	Livingston	Livingston Sth train station car park	Route confirmed on day
Thurs 8	10.30am	Winchburgh	Tally Ho car park	TBC
Sat 10	10.30am	Broxburn/Uphall	Strathbrock Partnership Centre	Brox Burn Walk
Mon 12	10.00am	Bathgate	Tesco	Boghall
Tues 13	10.00am	Armadale	St Anthony's Primary School	Blackmoss
Tues 13	10.00am	Craigshill	Craigsfarm	Almond Amble
Tues 13	10.00am	Whitburn	Whitburn Library, West Main St	Whitburn circular
Wed 14	7.00	Livingston	Carmondean library	Route confirmed on day
Thurs 15	10.30am	Winchburgh	Tally Ho car park	TBC
Mon 19	10.00am	Bathgate	Lindsay site	Easton Bing
Tues 20	10.00am	Armadale	Armadale Community Centre	The Glen
Tues 20	10.00am	Whitburn	Whitburn Library, West Main St	Blaeberry Hill Park

Walks may be cancelled at short notice if weather conditions make the walk unsafe. Please use common sense before leaving for a walk, and if in any doubt please call 01506 775626 to find out if the walk is still on.

our walks

Our walks meet at different places during the week. At the moment we have nine regular led walks across West Lothian.



Day

Area

Meet Time

Monday	Bathgate	10.00am
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Tuesday	Craigshill	10.00am
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Tuesday	Armadale	10.00am
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Tuesday	Whitburn	10.00am
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Wednesday	Broxburn/Uphall	10.00am
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Wednesday	Linlithgow	10.00am
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Wednesday	Livingston	7.00pm
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Thursday	Winchburgh	10.30am
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Saturday	Broxburn/Uphall	10.30am
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Walks meet at different start points each week to let you explore different parts of the area. Our walk calendar will show you walks that are on each week, and give you meet point and route information.

You can contact Laura Dunkel, Health Walk Coordinator on **01506 771896** or **laura.dunkel@westlothian.gov.uk** if you have any questions.