



## Walk About A Bit 2019

Celebrating 15 years of this partnership event

Saturday 17<sup>th</sup> August 2019

**Route** – Canal Street Paisley – Castle Semple Lochwinnoch  
via the cycle track (multi use path)

**Duration** – 10 miles

Accessibility – Flat and suitable for all abilities

**Time** – Registration – 9.30am  
Start – 10.00am

**Start** – Canal Street Station Restaurant

**Finish** – Castle Semple Lochwinnoch

**Not a race, everyone walking at their own pace**

**Entry Fee – FREE**

This walk is designed to suit all abilities. The 10 miles route is divided into 2 mile sections with water stations and exits points. Walkers can start and finish at any point along the route as all stations are manned

Everyone from the beginner to the more advanced walker can take part, walkers can test their fitness and see how far they can walk.

The event is in partnership with Clyde Muirshiel Regional Park Rangers.

## **Route**

Start – Canal Street

Water station 1 – Elderslie

Water station 2 – Johnstone

Water station 3 – Kilbarchan

Water station 4 – Howwood

Finish – Castle Semple, Lochwinnoch