

WALKING GROUPS THROUGHOUT THE SOUTHERN TRUST

Please contact the relevant group for more information

NEWRY & MOURNE AREA				
Group	Location	When	Contact	Telephone
Health & Wellbeing Walking Group	Warrenpoint Square	Monday 10.30 – 12 noon	Karen O'Connor	0787 050 7549 Karen.oconnor@clanryegroup.com
Health & Wellbeing Walking Group	Derrymore Forest	Tuesday 10.30 am – 12 noon	Karen O'Connor	0787 050 7549 Karen.oconnor@clanryegroup.com
Feet on the Street	The Bosco Social Club, Newry	Thursday 7.15 pm	Ciaran Mackin	0778 975 7285
Walk & Talk for people affected by Cancer	Newry Tow Path	Friday	Leo Cullan Linda Murphy	07976945078 07926747465
Adult Autism Services Walking Group	Silent Valley	Friday 31 st May 2024		028 3756 6777
Kilkeel Low Impact Walking Group	Bowling Green Car Park, Mourne Esplanade	Tuesday 10.15am	Jennifer Sophie	0786 455 6129 028 4125 8150

ARMAGH & DUNGANNON AREA				
Group	Location	When	Contact	Telephone
Health & Wellbeing Walking Group	Armagh Palace Stables	Monday 10.30am – 12 noon	Karen O'Connor	0787 050 7549 Karen.oconnor@clanryegroup.com

CRAIGAVON & BANBRIDGE AREA				
Group	Where	When	Contact	Telephone
U3A – Monday Walking Group	Upper Bann area	Monday – 9.45 am	Paddy Haughian	0756 893 6969
U3A – Strollers Group	Upper Bann area	Tuesday	Paddy Haughian	0756 893 6969
Drumellan Community Association	Craigavon – black paths	Monday – 1-2 pm	Mandy Rogers	028 3832 1415
T W G Plus	Craigavon area		Doreen	0773 472 3575
Clanrye – Walk & Talk for Carers	Mayfair Business Centre, Portadown	Tuesday – 10.30am – 12 noon	Karen O'Connor	0787 050 7549 Karen.oconnor@clanryegroup.com
Walk n talk	Car park, Ashley Street, Banbridge	1 st Friday of month @ 10.00 am	Jane	028 4062 0070
South Lake Chatty Walking Group	South Lakes Craigavon		Rebekah	027 3756 3946