



GROUP	WHEN	WHERE	CONTACT
Ards Walking Group	Tuesday @ 10am	Contact for information	T: 07484 663901 E: jeanmiller28@btinternet.com
Ards Wednesday Walking Group	Wednesday @ 10am	Ards Blair Mayne Wellbeing & Leisure Complex	M: 07762 059058 E: yvonnecampbell9@yahoo.co.uk
Ballycrochan Walking Group Bangor	1 st & 3 rd Saturday of each month @ 11am	Various locations (as per planned programme)	M: 07733 328085 E: khmccaw@gmail.com
Ballywalter Let's Walk & Talk	Monday @ 10.30am	Ballywalter Village Hall	M: 07445 988814 E: sandra@countydownrcn.com
Bangor Community Walking Group	Tuesday @ 3.30pm	Contact for information	M: 07977 197825 E: meghan.dowdsroddy@setrust.hscni.net E: julie.walker@setrust.hscni.net
Bangor Sure Start (registered families only - new members welcome)	Various (seasonal)	Various	T: 028 9145 7248 E: bangorreception@brysonsurestart.org
Cloughey Walkers	Tuesday @ 10am	Various locations	M: 07794 843390 E: ceehatfield@outlook.com
Dee Ramblers	Wednesday @ 10.30am	Varies – notes on walking programme	M: 07377 690448 E: ruthjillings@outlook.com
Donaghadee Wellbeing Walking Group	Tuesday @ 10.30am	The Commons, Donaghadee	E: sonia.weatherup@setrust.hscni.net
Donaghadee Methodist Walking Group	Monday @ 6.30pm (Summer) Thursday @ 1pm (Winter)	Contact for details	M: 07751 795044 E: brookvalefarm@hotmail.com
Hollywood Shared Town Walking For Health Group	Thursday @ 11am	Maypole Corner, High Street, Hollywood	M: 07785 106890 E: bill@lockhartpsychology.com
Hub Walkers	Monday @ 10am	Bangor Bus Station	T: 028 9146 1386 E: ndcncommunityhealth@gmail.com
Kilcooley Walkie Talkies	Friday @ 10am	Old Market House, 77 Main Street, Bangor BT20 5AF	M: 07706 332914 E: dawn.mcelroy@kilcooleywomenscentre.co.uk
Peninsula Healthy Living Walking Group	Monday @ 10am	Various peninsula areas	M: 07519 379428 E: allan@peninsulahealthyliving.org
Portaferry Wellbeing Walking Group	Friday @ 11am-12noon (March-December)	Portaferry Community Centre	M: 07872 419434 E: gabriel.carlin@setrust.hscni.net
Russian Speaking Community NI Walking Group	Saturday (Seasonal summer months)	Various	E: RSCNI@hotmail.co.uk
Surestart Ards (registered families only)	Contact for details	Contact for details	T: 028 4273 9322 E: grace.moore@setrust.hscni.net