


Walk Edinburgh Week 20-26 May 2011

Walk Edinburgh Week takes place next month to encourage  locals to explore the city while keeping active.

Whether you enjoy short, long, flat walks or hill climbing, Edinburgh Walk Week has something for all age ranges and ability levels.

Walks will be led by experienced walk leaders from 20-26 May.

There is a wide range of walks to choose from, including a walk along the Union Canal and Water of Leith, the Arthur's Amble which will include a brief history of Holyrood Park, and the Capital View walk which takes eager walkers to the remains of an Iron Age Hill Fort.

All walks are free and can be completed in anything between one and three hours.

Keeping active by walking has many health benefits including increasing energy levels, reducing symptoms of depression and anxiety and improves sleep and concentration.

You can register for a walk and learn more about keeping active in Edinburgh by [visiting the website](#).