

Chairman's Welcome

It's a proven fact that regular walking not only boosts fitness and wellbeing, but also helps banish depression and make you happier. And what better way to walk regularly than join a walking club?

At NICS Ramblers, you can be sure of a warm welcome and meet some new friends. We offer a planned programme of varied walks for all ages, interests and levels of fitness combined with a number of social activities; each walk is led by a competent and experienced leader.

The club also organizes a number of walking holidays every year in Great Britain and Ireland and further afield; recent foreign countries visited includes France, Morocco, Portugal, Poland and Spain.

Joining couldn't be simpler; simply contact our membership secretary whose details can be found on the contact page. And you don't have to be a civil servant to join.

So I look forward to meeting you on one of our walks very soon – as a “taster” check us out by coming along to a walk before joining.

Happy rambling!

Jim Hamilton
Chairman