




We **Walk** to Feel Fitter



Date	Meeting at 10.20am	All Routes: Walk from 15min – 1hour	
5/6/17	Woollen Mill Car Park	Lodge Forest Visitor Centre (car share)	
12/6/17	Woollen Mill Car Park	Loch Ruskie (car share)	
Wednesday 14/6/17	Woollen Mill Car Park 9.30am	All groups and Ramblers walk at Balloch 45 min Health walk or Longer route available. Please book	
19/6/17	Woollen Mill Car Park	Lochan Spring (car share)	
26/6/17	Woollen Mill Car Park	Duchray Castle (car share)	
3/7/17	Woollen Mill Car Park	NCR7 to Rob Roy	
10/7/17	Woollen Mill Car Park	Lemahamish /Cobbleland (car share)	
17/7/17	Woollen Mill Car Park	Loch Katrine (car share)	
24/7/17	Woollen Mill Car Park	Ballaich Loop	
31/7/17	Woollen Mill Car Park	Lodge Forest Visitor Centre (car share)	

No need to book, just turn up | social time after the walk (optional)

For more information contact: Walk in the Park Project Coordinator

Cathy Scott: cathy.scott@lochlomond-trossachs.org tel. 01877 330055



Walk in the Park welcomes people living with dementia and their carers onto our walks. Routes identified with this logo are suitable for most abilities.

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