



We Walk to feel fitter

Come and join us on Wednesday Mornings

Walk in the Park Balloch

Date	Meeting Place	Route
07/06/17 10.20am	Balloch Tourist Information Centre	Lomond Shores
14/06/17 10.20am	Balloch Tourist Information Centre	All Groups Walk. See separate details
21/06/17 10.20am	Balloch Tourist Information Centre	Town Loop
28/06/17 10.20am	Balloch Tourist Information Centre	Luss riverside and the Glebe Minibus/Car Share
05/07/17 10.20am	Balloch Tourist Information Centre	Balloch Castle Country park Riverside Walk

In association with: LOCH LOMOND & THE TROSSACHS COUNTRYSIDE TRUST NHS Greater Glasgow and Clyde West Dunbartonshire Council LIVE active REFERRAL SCHEME

Registered Scottish Charity No: SC043266 Company Limited by Guarantee : 422457

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Date	Meeting	Route
12/07/17 10.20.am	Balloch Tourist Information Centre	River Leven Tow Path
19/07/17 10.20am	Balloch Tourist Information Centre	Balloch Castle Riverside Walk
26/07/17 10.20am	Balloch Tourist Information Centre	Walled Garden
27/07/17 09.30am	NP Headquarters	Next Step Walk, Drymen Minibus/Car Share
Thursdays at 1.00pm	Moss O' Balloch	Live Active Walk
<p>Walk in the Park Balloch and Live Active provide a variety of walks in and around the town and, occasionally, further afield.</p> <p>Led by trained volunteer walk leaders they are a fun, safe and easy way to get fit, enjoy the wonderful countryside and make new friends. Walks last between 45 - 60 minutes. Walk at your own pace and go the distance that's right for you.</p> <p>Wednesday walks are followed by optional refreshments in a local coffee shop - please be prepared to pay for your own tea/coffee.</p>		

For more information contact:

**Walk in the Park Balloch Walk Leader: eian.barrie63@gmail.com
07748 135599**

Or

**Lomond Coordinator fran.crumley@lochlomond-trossachs.org
07747 038008**

Live Active Coordinator: John Gardner - The Vale Swimming Pool



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