



We Walk to Feel Fitter




Tuesday mornings meet at 10.20am for a 10:30am start.

Date	Meeting Place	All Routes 15min –1Hour
6/6/17 	Ancaster Square 10.20	NCR7 towards Kilmahog Wildflower Walk with guide -Steve Nunn
13/6/17	Ancaster Square 10.20 (Car Share)	River Teith Walk New Route
14/6/17	Ancaster Square 9.15 Wednesday (Car Share)	All groups get together with Callander Ramblers at Balloch. Please Book
20/6/17 	Ancaster Square 10.20 Medical Centre 10.30	Keltie Bridge
27/6/17	Ancaster Square 10.20 (Car Share)	Flanders Moss and Picnic
4/7/17 	Ancaster Square 10.20	Golf Club Walk



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Date	Meeting Place	Route
11/7/17	Ancaster Square 10.20 (Car Share)	Black Park Forest Walk New Route
18/7/17	Ancaster Square 10.20	NCR7 towards Kilmahog Summerfest Program
25/7/17	Ancaster Square 10.20	Bridgend and Meadows Summerfest Program
Until 20/9/17	Ancaster Square 7pm Every Wednesday	Summer Evening Stroll Town walk suitable for most abilities.

Walk in the Park provides a variety of short walks in and around Callander. 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 15 - 45 minutes. Walk at your own pace to suit you.

A session of Strength and Balance exercise suitable for older adults is held every Tuesday 2-3pm in the Fire Station , Callander, FK17 8LX followed by an optional 10min walk at 3pm
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.



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



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

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