



### We Walk to Feel Fitter

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

Date	Meeting Place	All Routes 15min –1Hour
7/6/17 	McLaren Hall Car Park 10.20am (Car Share)	Glen Lochay
14/6/17	McLaren Hall Car Park 9am (Car Share)	All groups get together with Callander Ramblers at Balloch. <b>Please Book</b>
14/6/17 	Capercaillie 10.20am	Kinnell Circuit
21/6/17 	McLaren Hall Car Park 10.20am (Car Share)	NCR 7 at Strathyre
28/6/17 	McLaren Hall Car Park 10.20am (Car Share)	Golf Club Walk



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Date	Meeting Place	Route
5/7/17	McLaren Hall Car Park 10.20am	Loch Circuit
12/7/17 	McLaren Hall Car Park 10.20am (Car Share)	Tyndrum <b>New Path</b>
19/7/17 	McLaren Hall Car Park 10.20am (Car Share)	Moirlanich Longhouse
26/7/17 	Capercaillie 10.20am	River Dochart and Old Railway
<p>Walk in the Park provides a variety of short walks in and around Killin. 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.</p> <p><b>A session of Strength and Balance exercise suitable for older adults is held every Wednesday 1.30—2.30pm in the Killin Hotel.</b></p> <p><b>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.</b> </p>		

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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