



We Walk to feel fitter
 Come and join us on **Thursday Mornings**
 Walk in the Park **Drymen & Croftamie**

Date	Meeting Place	Route
05/10/17 10.20am	Drymen Village Square, outside The Winnock Hotel	National Cycle Route 7
12/10/17 10.20am	Drymen Village Square, outside The Winnock Hotel	Buchanan Castle Loop Car-share to Buchanan Golf Club
19/10/17 10.20am	Drymen Village Square, outside The Winnock Hotel	Buchanan Home Farm
26/10/17 10.20am	Drymen Village Square, outside The Winnock Hotel	Red Bridge Walk Car-share to Buchanan Golf Club



For more information contact Lomond Coordinator Fran Crumley 07747038008
 fran.crumley@lochlomond-trossachs.org Registered Scottish Charity No: SC043266 Company Limited by Guarantee : 422457



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