



Aberfoyle

We Walk to Feel Fitter

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

Date	Meeting Place	All Routes 15min –1Hour
2/10/17	Woolen Mill Car Park 10.20am (Car Share)	Loch Ard
9/10 	Woolen Mill Car Park 10.20am (Car Share)	Lodge Forest Visitor Centre
16/10 	Woolen Mill Car Park 10.20am	NCR7 to Rob Roy + loop
23/10	Woolen Mill Car Park 10.20am (Car Share)	Lochan Spring
30/10 	Woolen Mill Car Park 10.20am(Car Share)	Gartmore House



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Date	Meeting Place	Route
6/11	Woolen Mill Car Park 10.20am (Car Share)	Loch Ruskie
13/11	Woolen Mill Car Park 10.20am (Car Share)	Lodge Forest Visitor Centre
20/11	Woolen Mill Car Park 10.20	Ballaich Loop 45—90 min you choose!
27/11	Woolen Mill Car Park 10.20am (Car Share)	Lemahamish

Walk in the Park provides a variety of short walks in and around Aberfoyle. 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 - 1 hour. Walk at your own pace to suit you.

A session of Strength and Balance exercise suitable for older adults is held every Monday 12.15 – 1pm in the Forth Inn followed by an optional 10min walk at 1pm. Please contact the coordinator.

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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