




BALLOCH

We Walk to feel fitter

Wednesday Mornings, meet at 1020 for a 1030 start

Date	Meeting Place	Route
04/10/17	Balloch Tourist Information Centre 0730	0830-1030 BBC Judging 11.00 Health Walk Balloch Minibus
11/10/17 	Balloch Tourist Information Centre 1020	Walled Garden
18/10/17	Balloch Tourist Information Centre 1020	Balloch Castle Country park Riverside Walk
25/10/17 	Balloch Tourist Information Centre 1020	Lomond Shores
01/11/17	Gateway Centre, Lomond Shores 1020	Cameron House Loop and Extension
08/11/17	Balloch Tourist Information Centre 1020	Town Loop

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



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Date	Meeting Place	Route
15/11/17	Balloch Tourist Information Centre 1020	River Leven Tow Path
22/11/17 	Balloch Tourist Information Centre 1020	Firkin Point Minibus/Car Share
29/11/17	Balloch Tourist Information Centre 1020	Balloch Castle Loop with Fairy Glen extension
Thursdays at 1.00pm	Moss O' Balloch	Live Active Walk

Walk in the Park Balloch and Live Active provide a variety of walks in and around the town and, occasionally, further afield.

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.

Walk in the Park welcomes people living with dementia and their carers on our walks. Routes identified with this logo are suitable for most abilities.  Please contact us for more details.

Wednesday walks are followed by optional refreshments in a local coffee shop - please be prepared to pay for your own tea/coffee.


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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