







Callander

We Walk to Feel Fitter

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





Date	Meeting Place	All Routes 15min –1Hour
3/10/17 	Ancaster Square 10.20	NCR7 at Strathyre (car share)
10/10 	Ancaster Square 10.20	Keltie Bridge
17/10 	Ancaster Square 10.20	Black Park Forest (car share)
24/10	Ancaster Square 10.20	Gartmore House New
31/10 	Ancaster Square 10.20	Callander Meadows Autumn wildlife walk with Steve. 45min or 90 min—you choose!



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

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


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Date	Meeting Place	Route
7/11	Ancaster Square 10.20	Bracklinn Falls (Car Share)
14/11 	Ancaster Square 10.20	Bridgend and Meadows
21/11 	Ancaster Square 10.20	Golf Club
28/11 	Ancaster Square 10.20	Kilmahog to Lenny Falls (Car Share)




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 15min—1 Hour. 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 and exercise sessions. 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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