

We Walk to Feel Fitter



Killin

| Date | Meeting at 10.20am | All Routes: Walk from 15min – 1hour | |
|----------|-----------------------|--|--|
| 4/10/17 | McLaren Hall Car Park | Glen Lochay (car share) 45 minute health walk or 4 mile loop – you choose! | |
| 11/10/17 | McLaren Hall Car Park | Glen Ogle to Viaduct (car share) | |
| 18/10/17 | Capercaillie | River Dochart/ Old railway | |
| 25/10/17 | McLaren Hall Car Park | Kenmore (car share) | |
| 1/11/17 | McLaren Hall Car Park | Pier Road and Finlarig Castle | |
| 8/11/17 | Capercaillie | Craignavie Road | |
| 15/11/17 | McLaren Hall Car Park | NCR 7 at Strathyre (car share) | |
| 22/11/17 | Capercaillie | Kinnell Circuit | |
| 29/11/17 | McLaren Hall Car Park | Tyndrum New Path(Car share) | |

No need to book, just turn up | social time after the walk in a café (optional)

For more information contact: Walk in the Park Project Coordinator

Cathy Scott: cathy.scott@lochlomond-trossachs.org tel. 01877 330055



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.

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