

We **Walk** to Feel Fitter



Aberfoyle

Date	Meeting at 10.20am	All Routes: Walk from 15min – 1hour	
4/12/17	Woollen Mill Car Park	NCR7 to Rob Roy and Loop	
11/12/17	Woollen Mill Car Park	Ballaich Christmas lunch at Noon at the Forth Inn. Please pre-order your food.	
Winter Break			
15/1/18	Woollen Mill Car Park (car share)	The Lodge Forest Visitor Centre	
22/1/18	Woollen Mill Car Park	Ballaich Loop	
29/1/18	Woollen Mill Car Park	NCR7 to Rob Roy and loop	

No need to book, just turn up | social time after the walk (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 onto our walks. Routes identified with this logo are suitable for most abilities.

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