



BALLOCH

## We Walk to feel fitter

Wednesday Mornings, meet at 1020 for a 1030 start

Date	Meeting Place	Route
6/12/17	Balloch Tourist Information Centre 1020	Balloch Castle Country park Riverside Walk
13/12/17 	Balloch Tourist Information Centre 1020	Walled Garden
13/12/17	<b>Stables Restaurant, Balloch 1240 for 1300</b>	<b>Christmas Lunch</b>
20/12/17 	Balloch Tourist Information Centre 1020	Lomond Shores
<b>No walks 27 December 2017 or 3 January 2018</b>		
10/1/18	Balloch Tourist Information Centre 1020	Balloch Castle Circular Walk with Fairy Glen extension.
17/1/18	Balloch Tourist Information Centre 1020	Cameron House Loop

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



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Date	Meeting Place	Route
24/1/18 	Balloch Tourist Information Centre 1020	River Leven Tow Path
31/1/18	Balloch Tourist Information Centre 1020	Luss Riverside Walk Minibus/Car Share
As the winter weather sets in please make sure you wrap up warm and keep an eye on your emails/phones in the mornings as walks may be cancelled at short notice due to inclement weather.		
Thursdays at 1.00pm	Moss O' Balloch	Live Active Walk
<p>Walk in the Park Balloch and Live Active provide a variety of walks in and around the town and, occasionally, further afield.</p> <p>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.</p> <p>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.</p> <p>Wednesday walks are followed by optional refreshments in a local coffee shop - please be prepared to pay for your own tea/coffee.</p>		



Walk in the Park Balloch Walk Leader: eian.barrie63@gmail.com  
07748 135599

Or  
Lomond Coordinator [fran.crumley@lochlomond-trossachs.org](mailto:fran.crumley@lochlomond-trossachs.org)  
07747 038008

Live Active Coordinator: John Gardner - The Vale Swimming Pool



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