



We **Walk** to Feel Fitter



Aberfoyle

Date	Meeting at 10.20am	All Routes: Walk from 15min – 1hour
5/2/18	Woollen Mill Car Park	Loch Ard (car share)
12/2/18	Woollen Mill Car Park	Loch Ruskie (car share)
19/2/18	Woollen Mill Car Park	Lemahamish /Cobbleland (car share)
26/2/18	Woollen Mill Car Park	Lochan Spring or Duchray Road (car share)
5/3/18	Woollen Mill Car Park	Gartmore House (car share)
12/3/18	Woollen Mill Car Park	NCR7 to Rob Roy + loop 
19/3/18	Woollen Mill Car Park	Lodge Forest Visitor Centre (car share) 
26/3/18	Woollen Mill Car Park	Balleich Loop 45min or 70 min – you choose! 

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

For more information contact: Walk in the Park Project Coordinator

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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.

