








We **Walk** to Feel Fitter



Callander

Date	Meeting at 10.20 Tuesdays	All Routes: Walk from 20min – 1hour	
6/2/18	Ancaster Square	NCR7 at Strathyre (car share)	
13/2/18	Ancaster Square	Bridgend and Meadows	
20/2/18	Ancaster Square	Black Park Forest walk (car share)	
27/2/18	Ancaster Square	NCR7 Kilmahog to Lenny Falls (car share)	
6/3/18	Ancaster Square	Keltie Bridge	
13/3/18	Ancaster Square	Golf Club Walk	
20/3/18	Ancaster Square	Gartmore House New (car share)	
27/3/18	Ancaster Square	Bracklinn Falls (car share)	
3/4/18	Ancaster Square	NCR7 towards Kilmahog	
4/4/18	Ancaster Square	Summer Evening walks start Wednesday Evenings 7pm	

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 onto our walks. Routes identified with this logo are suitable for most abilities.

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GREENER, MORE ACTIVE
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