

# We Walk to Feel Fitter



## Killin

Date	Meeting at 10.20am	All Routes: Walk from 15min – 1hour
7/2/18	McLaren Hall Car Park	Glen Lochay (car share) 45 minute health walk or 4 mile loop – you choose!
14/2/18	McLaren Hall Car Park	Glen Ogle to Viaduct (car share) Or Village walk
21/2/18	Capercaillie	Kinnell Circuit
28/2/18	McLaren Hall Car Park	NCR7 at Mhor 84 (car share)
7/3/18	Capercaillie	River Dochart/ Old railway
14/3/18	Capercaillie	Craignavie Road
21/3/18	McLaren Hall Car Park	NCR7 at Strathyre (car share)
28/3/18	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**

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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.

