






BALLOCH

We Walk to feel fitter

Wednesday Mornings, meet at 1020 for a 1030 start

Date	Meeting Place	Route
7/2/18	Balloch Tourist Information Centre 1020	Balloch Castle Country park Riverside Walk
14/2/18 	Balloch Tourist Information Centre 1020	Walled Garden
21/2/18 	Balloch Tourist Information Centre 1020	River Leven Tow Path
28/2/18 	Balloch Tourist Information Centre 1020	Lomond Shores
7/3/18	Gateway Centre, Lomond Shores 1020	Balloch Castle loop with Fairy Glen extension
14/3/18	Balloch Tourist Information Centre 1020	Town Loop

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



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Date	Meeting Place	Route
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29/3/18	Balloch Tourist Information Centre 1020	Balloch Castle Country Park Riverside Walk
Thursdays at 1.00pm	Moss O' Balloch	Live Active Walk

Walk in the Park Balloch and Live Active provide a variety of walks in and around the town and, occasionally, further afield.

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.

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.

Wednesday walks are followed by optional refreshments in a local coffee shop - please be prepared to pay for your own tea/coffee.

Walk in the Park Balloch Walk Leader: eian.barrie63@gmail.com
07748 135599
Or
Lomond Coordinator fran.crumley@lochlomond-trossachs.org
07747 038008
Live Active Coordinator: John Gardner - The Vale Swimming Pool




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