









We Walk to Feel Fitter



Callander

Every Wednesday	Meeting at 7pm Ancaster Square	Summer Evening Town Walks Starting Wednesday 4 th April Various routes : 20 -45 min	
Every Tuesday	Meeting at 10.20am	All Routes: Walk from 20min – 1hour	
Tue 3/4/18	Ancaster Square	NCR7 towards Kilmahog	
Tue 10/4/18	Ancaster Square	Loch Venachar (car share)	
Tue 17/4/18	Ancaster Square	Ballochallan Forest (car share)	
Tue 24/4/18	Ancaster Square	10 th Birthday Celebration Bridgend and Meadows. Followed by tea /coffee and scones in The Old Bank £3.85pp	
Tue 1/5/18	Ancaster Square	Loch Ruskie (car share)	
Tue 8/5/18	Ancaster Square	Wildlife walk around Callander Meadows with Steve 30 – 90 min	
Tue 15/5/18	Ancaster Square	NCR7 at Strathyre(car share)	
Tue 22/5/18	Ancaster Square	Moss Wood (car share)	
Tue 29/5/18	Ancaster Square	Doune Ponds + Picnic (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

Cathy Scott: cathy.scott@lochlomond-trossachs.org tel. 07852 334272



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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& THE TROSSACHS
COUNTRYSIDE
TRUST



Forestry Commission
Scotland

LOCH LOMOND
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NATIONAL PARK

NHS
Forth Valley

paths
for all
A HAPPIER, HEALTHIER,
GREENER, MORE ACTIVE
SCOTLAND