


We Walk to Feel Fitter



Aberfoyle

Date	Meeting at 10.20am	All Routes: Walk from 15min – 1hour
4/6/18	Woollen Mill Car Park	Lochan Spring / Duchray Road (car share)
11/6/18	Woollen Mill Car Park	Loch Ruskie (car share)
18/6/18	Woollen Mill Car Park	Flanders Moss +picnic (car share) 
Wednesday 20/6/18	For details - Please book with Cathy	Big Fit Walk – Join with the other Walk in the Park groups at Arrochar (car share)
25/6/18	Woollen Mill Car Park	The Lodge Forest Visitor Centre (car share) 
2/7/18	Woollen Mill Car Park	Balleich 
9/7/18	Woollen Mill Car Park	Lemahamish and Cobbleland (car share) 
16/7/18	Woollen Mill Car Park	NCR7 Cycle Track to Gartmore Junction Extended walk for those who want to walk a bit further – choice of distance. 
23/7/18	Woollen Mill Car Park	Loch Ard (car share)
30/7/18	Woollen Mill Car Park	The Lodge Forest Visitor Centre (car share) 

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

