









# We Walk to Feel Fitter



**Callander**

Date	Meeting at 10.20 Tuesdays	All Routes: Walk from 20min – 1hour
5/6/18	Ancaster Square	Loch Venachar (car share)
12/6/18 	Ancaster Square	Lendick Hill to Brig o' Turk (car share)
19/6/18 	<b>Medical Centre</b>	Keltie Bridge
<b>Wednesday 20/6/18</b>	For details - Please book with Cathy	Big Fit Walk – Join with the other Walk in the Park groups at Arrochar (car share)
26/6/18 	Ancaster Square	NCR7 at Strathyre (car share)
3/7/18 	Ancaster Square	NCR7 toward Kilmahog
10/7/18 	Ancaster Square	Flanders Moss + Picnic (car share)
17/7/18 	Ancaster Square	<b>Golf Club Walk Summerfest Program</b>
24/7/18 	Ancaster Square	<b>Bridgend and Meadows Summerfest Program</b>
31/7/18 	<b>Medical Centre</b>	Keltie Bridge
<b>Every Wednesday</b>	Ancaster Square <b>7pm</b>	<b>Summer Evening Town Walk</b>

**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](mailto: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.

LOCH LOMOND  
& THE TROSSACHS  
COUNTRYSIDE  
TRUST



Forestry Commission  
Scotland

LOCH  
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& THE TROSSACHS  
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paths  
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A HAPPIER, HEALTHIER,  
GREENER, MORE ACTIVE  
SCOTLAND