







We Walk to Feel Fitter



Killin

Date	Meeting at 10.20am	All Routes: Walk from 15min – 1hour
6/6/18	McLaren Hall Car Park	Loch Circuit
13/6/18	McLaren Hall Car Park	Strathyre(car share) 
20/6/18	Capercaillie	River Dochart / Old Railway 
Home or away – your choice!	For details – Please pre- book with Cathy	Big Fit Walk – Join with the other Walk in the Park groups at Arrochar (car share)
27/6/18	McLaren Hall Car Park	Mhor 84 
4/7/18	Capercaillie	Craignavie Road 
11/7/18	McLaren Hall Car Park	Golf Club Walk (car share) 
18/7/18	McLaren Hall Car Park	Loch Circuit
25/7/18	McLaren Hall Car Park	Moirlanich Longhouse (car share) 
1/8/18	No walks or strength and balance session today Highland Games	

No need to pre- book, just turn up | social time after the walk in a café

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 on our walks. Routes identified with this logo are suitable for most abilities.

