



**BALLOCH** 

## We Walk to feel fitter

Wednesday Mornings, meet at 1020 for a 1030 start

Date	Meeting Place	Route
06/06/18  Dementia O O Walking O O	Balloch Tourist Information Centre 1020	River Leven Tow Path
13/06/18  Dementia O D Walking Walking	Balloch Tourist Information Centre 1020	Balloch Castle Country Park Riverside Walk
20/06/18	Balloch Tourist Information Centre 0930	Big Fit Walk—Arrochar Mini-Bus/Car Share Two routes: 3 mile Next Step Walk & 45 minute Health Walk Refreshments at the Three Villages Hall. Minibus to return to Balloch upon completion of the event & all routes. (Please note due to the nature of the event there will be a later return time).
27/06/18	Balloch Tourist Information Centre 1020	RSPB Gartocharn Mini-Bus/Car Share (Please note due to the guided nature of this activity there may well be a later return time).

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





**BALLOCH** 

## We Walk to feel fitter

Wednesday Mornings, meet at 1020 for a 1030 start

Date	Meeting Place	Route
06/06/18  Dementia OD Walking OD Walking	Balloch Tourist Information Centre 1020	River Leven Tow Path
13/06/18 Dementia O O Walking	Balloch Tourist Information Centre 1020	Balloch Castle Country Park Riverside Walk
20/06/18	Balloch Tourist Information Centre 0930	Big Fit Walk—Arrochar Mini-Bus/Car Share
	0530	Two routes: 3 mile Next Step Walk & 45 minute Health Walk
		Refreshments at the Three Villages Hall.
		Minibus to return to Balloch upon completion of the event & all routes. (Please note due to the nature of the event there will be a later return time).
27/06/18	Balloch Tourist Information Centre 1020	RSPB Gartocharn Mini-Bus/Car Share (Please note due to the guided nature of this activity there may well be a later return time).

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





**BALLOCH** 

## We Walk to feel fitter

Wednesd	ednesday Mornings, meet at 1020 for a 1030 start		
Date	Meeting Place	Route	
06/06/18  Dementia O D Walking D	Balloch Tourist Information Centre 1020	River Leven Tow Path	
13/06/18 Dementia O O Walking	Balloch Tourist Information Centre 1020	Balloch Castle Country Park Riverside Walk	
20/06/18	Balloch Tourist Information Centre	Big Fit Walk—Arrochar	
	0930	Mini-Bus/Car Share	
	0330	Two routes: 3 mile Next Step Walk & 45 minute Health Walk	
		Refreshments at the Three Villages Hall.	
		Minibus to return to Balloch upon completion of the event & all routes. (Please note due to the nature of the event there will be a later return time).	
27/06/18	27/06/18 Balloch Tourist Information Centre 1020	RSPB Gartocharn	
		Mini-Bus/Car Share	
		(Please note due to the guided nature of this activity there may well be a later return time).	

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





**BALLOCH** 

## We Walk to feel fitter

Wednesday Mornings, meet at 1020 for a 1030 start

	Wednesday Mornings, meet at 1020 for a 1030 start		
•	Date	Meeting Place	Route
	06/06/18  Dementia O O O O O O O O O O O O O O O O O O O	Balloch Tourist Information Centre 1020	River Leven Tow Path
	13/06/18  Dementia () () () () () () () () () () () () ()	Balloch Tourist Information Centre 1020	Balloch Castle Country Park Riverside Walk
	20/06/18	Balloch Tourist Information Centre 0930	Big Fit Walk—Arrochar Mini-Bus/Car Share Two routes: 3 mile Next Step Walk & 45 minute Health Walk Refreshments at the Three Villages Hall. Minibus to return to Balloch upon completion of the event & all routes. (Please note due to the nature of the event there will be a later return time).
	27/06/18	Balloch Tourist Information Centre 1020	RSPB Gartocharn  Mini-Bus/Car Share (Please note due to the guided nature of this activity there may well be a later return time).

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

Date	Meeting Place	Route
04/07/18 Dementia () () () () () () () () () () () () ()	Balloch Tourist Information Centre 1020	Walled Garden
11/07/18  Dementia O O Walking O O	Balloch Tourist Information Centre 1020	Balloch Castle Loop with Fairy Glen Extension
18/07/18	Gateway Centre Loch Lomond Shores 1020	Cameron House Loop
25/07/18	Balloch Tourist Information Centre 1020	Lomond Shores
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.

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 <u>fran.crumley@lochlomond-trossachs.org</u>: 07747 038008

Live Active Coordinator: John Gardner - The Vale Swimming Pool





West Dunbartonshire

Health & Social Care Partnership











Date

04/07/18

11/07/18

riendly () Walking 00

18/07/18

25/07/18

Thursdays

at 1.00pm

LOCH LOMOND & THE TROSSACHS COUNTRYSIDE TRUST

Date

04/07/18

Friendly Walking

11/07/18

18/07/18

25/07/18

Thursdays

at 1.00pm

West Dunbartonshire

Health & Social Care Partnership

**Meeting Place** 

Information Centre

Information Centre

Balloch Tourist

**Balloch Tourist** 

**Gateway Centre** 

Loch Lomond Shores 1020

**Balloch Tourist** 

Moss O' Balloch

pace and go the distance that's right for you.

Information Centre

Walk in the Park Balloch and Live Active provide a variety of walks

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

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.

Wednesday walks are followed by optional refreshments in a local

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

Walk in the Park Balloch and Live Active provide a variety of walks

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

Walk in the Park welcomes people living with dementia and their carers on our walks. Routes identified with this logo are suitable for most abili-

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 <u>fran.crumley@lochlomond-trossachs.org</u>: 07747 038008

in and around the town and, occasionally, further afield.

Route

Walled Garden

Glen Extension

**Lomond Shores** 

Live Active Walk

Cameron House Loop

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 <u>fran.crumley@lochlomond-trossachs.org</u>: 07747 038008

Live Active Coordinator: John Gardner - The Vale Swimming Pool

paths

**Meeting Place** 

Information Centre

Information Centre

Information Centre

Moss O' Balloch

pace and go the distance that's right for you.

ties. Perentia (1) Please contact us for more details.

**Balloch Tourist** 

Balloch Tourist

**Gateway Centre** 

Loch Lomond Shores 1020 **Balloch Tourist** 

1020

1020

1020

in and around the town and, occasionally, further afield.

1020

1020

1020

Route

Walled Garden

Glen Extension

Lomond Shores

Live Active Walk

Cameron House Loop

Balloch Castle Loop with Fairy

West / Dunbartonshire

COUNCIL

Balloch Castle Loop with Fairy

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

Date	Meeting Place	Route
04/07/18  Dementia () () () () () () () () () () () () ()	Balloch Tourist Information Centre 1020	Walled Garden
11/07/18 Permentia O O Walking	Balloch Tourist Information Centre 1020	Balloch Castle Loop with Fairy Glen Extension
18/07/18	Gateway Centre Loch Lomond Shores 1020	Cameron House Loop
25/07/18	Balloch Tourist Information Centre 1020	Lomond Shores
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.

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.

07748 135599 Or Lomond Coordinator <u>fran.crumley@lochlomond-trossachs.org</u>: 07747 038008

Live Active Coordinator: John Gardner - The Vale Swimming Pool





West Dunbartonshire

Health & Social Care Partnership





















	Dementia (1) Friendly Walking 9 8	Information Centre 1020	Walled Garden
	11/07/18  Demenbla O O Walking Walking	Balloch Tourist Information Centre 1020	Balloch Castle Loop with Fairy Glen Extension
	18/07/18	Gateway Centre Loch Lomond Shores 1020	Cameron House Loop
	25/07/18	Balloch Tourist Information Centre 1020	Lomond Shores
I	Thursdays at 1.00pm	Moss O' Balloch	Live Active Walk

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 Balloch Walk Leader: eian.barrie63@gmail.com:

Live Active Coordinator: John Gardner - The Vale Swimming Pool

LOCH LOMOND & THE TROSSACHS COUNTRYSIDE TRUST

