





BALLOCH

We Walk to feel fitter

Wednesday Mornings, meet at 1020 for a 1030 start

Date	Meeting Place	Route
06/06/18 	Balloch Tourist Information Centre 1020	River Leven Tow Path
13/06/18 	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



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Date	Meeting Place	Route
04/07/18 	Balloch Tourist Information Centre 1020	Walled Garden
11/07/18 	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. 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.

Walk in the Park Balloch Walk Leader: eian.barrie63@gmail.com: 07748 135599 Or Lomond Coordinator fran.crumley@lochlomond-trossachs.org: 07747 038008

Live Active Coordinator: John Gardner - The Vale Swimming Pool



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