





# We Walk to Feel Fitter



**Killin**

Date	Meeting at 10.20am	All Routes: Walk from 20min – 1hour
1/8/18	<b>No walk or strength and balance session today Highland Games</b>	
8/8/18	Capercaillie	Kinnell Circuit
15/8/18	McLaren Hall Car Park	Tyndrum River walk (car share) 
22/8/18	Capercaillie	Craignavie Road 
29/8/18	McLaren Hall Car Park	Glen Lochay (car share) 
5/9/18	McLaren Hall Car Park	Balquidder <b>new route</b> (car share)
12/9/18	Capercaillie	River Dochart / Old Railway 
Home or away – your choice!	For details – Please pre- book with Cathy	All groups and Ramblers walk at Drymen. Health walk or 3mile route (car share)
19/9/18	McLaren Hall Car Park	Golf Club walk (car share)
26/9/18	McLaren Hall Car Park	Loch Circuit

**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](mailto: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.

