



# We **Walk** to Feel Fitter



## Aberfoyle

Date	Meeting at 10.20am	All Routes: Walk from 15min – 1hour
3/12/18	Woollen Mill Car Park	NCR7 to Rob Roy and Loop 
10/12/18	Woollen Mill Car Park	Balleich Christmas lunch at Noon at the Forth Inn. Please pre-order your food. 
<b>Winter Break</b>		
14/1/19	Woollen Mill Car Park	The Lodge Forest Visitor Centre  
21/1/19	Woollen Mill Car Park	Balleich Loop 
28/1/19	Woollen Mill Car Park	NCR7 to Rob Roy and loop 

No need to book, just turn up | social time after the walk (optional)

For more information contact: Walk in the Park Project Coordinator

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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.

