







BALLOCH

We Walk to feel fitter

Wednesday Mornings, meet at 1020 for a 1030 start

Date	Meeting Place	Route
05/12/18	Balloch Tourist Information Centre 1020	Balloch Castle Riverside Walk 
12/12/18	Balloch Tourist Information Centre 1020	Walled Garden 
12/12/18	Stables Restaurant Balloch 1230 for 1300	Christmas Lunch
19/12/18	The Shores Restaurant (previously The Gateway Centre) Lomond Shores 1020	Cameron House loop
26/12/18 02/02/19		No Walks
09/01/19	Balloch Tourist Information Centre 1020	Lomond Shores 
16/01/19	Balloch Tourist Information Centre 1020	Balloch Castle loop with Fairy Glen Extension 





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



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Date	Meeting Place	Route
23/01/19	Balloch Tourist Information Centre 1020	River Leven Tow Path
30/01/19	Balloch Tourist Information Centre 1020	Balloch Castle Riverside Walk

As the winter weather sets in please make sure you wrap up warm and keep an eye on your emails/phones in the mornings as walks may be cancelled at short notice due to inclement weather.

Walks are usually followed by optional refreshments in a local coffee shop - please be prepared to pay for your own tea/coffee.


 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.

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.

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Lomond Coordinator fran.crumley@lochlomond-trossachs.org
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