

# We Walk to Feel Fitter



**Callander**

Date	Meeting at 10.20 Tuesdays	All Routes: Walk from 20min – 1hour	
4/12/18	Ancaster Square	NCR7 towards Kilmahog	
11/12/18	<b>Medical Centre</b>	Keltie Bridge Followed by Christmas Lunch at The Old Bank at Noon <b>Please Book</b>	
<b>18 /12/18 – 14/1/19</b>	Walk in the Park takes a break for Christmas and New year holidays		
15/1/19	Ancaster Square	Bridgend and Meadows	
22/1/19	Ancaster Square	NCR7 towards Leny Falls	
29/1/19	Ancaster Square	Golf Club Walk	

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

**For more information contact: Walk in the Park Project Coordinator**

**Cathy Scott: [cathy.scott@lochlomond-trossachs.org](mailto:cathy.scott@lochlomond-trossachs.org) tel. 01877 330055**



Car Share



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.

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& THE TROSSACHS  
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GREENER, MORE ACTIVE  
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