

# We Walk to Feel Fitter



**Killin**

Date	Meeting at 10.20am	Route - Walk from 20min – 1hour
5/12/18	Capercaillie	Village walk 
12/12/18	Capercaillie	Craignavie Road Followed by Christmas Lunch at Noon in the Capercaillie – Please pre-order your food 
Winter Break		
16/1/19	McLaren Hall car park	Moirlanich Longhouse  
23/1/19	McLaren Hall car park	Golf Club walk  
30/1/19	Capercaillie	River Dochart / Old railway 

**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.



Car share

