


We **Walk** to Feel Fitter



Aberfoyle

Date	Meeting at 10.20am	All Routes: Walk from 15min – 1hour
4/2/19	Woollen Mill Car Park	Loch Ard 
11/2/19	Woollen Mill Car Park	Loch Ruskie 
18/2/19	Woollen Mill Car Park	Lemahamish /Cobbleland  
25/2/19	Woollen Mill Car Park	Lochan Spring or Duchray Road 
4/3/19	Woollen Mill Car Park	Kinlochard  
11/3/19	Woollen Mill Car Park	NCR7 to Rob Roy + loop  
18/3/19	Woollen Mill Car Park	Lodge Forest Visitor Centre  
25/3/19	Woollen Mill Car Park	Balleich Loop 45min or 70 min – you choose! 

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

For more information contact: Walk in the Park Project Coordinator

Cathy Scott: cathy.scott@lochlomond-trossachs.org tel. 01877 330055



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.

