



BALLOCH

## We Walk to feel fitter

Wednesday Mornings, meet at 1020 for a 1030 start

Date	Meeting Place	Route
06/02/19	Balloch Tourist Information Centre 1020	Walled Garden 
13/02/19	The Shores Restaurant (previously The Gateway Centre) Lomond Shores 1020	Cameron House Loop 
20/02/19	Balloch Tourist Information Centre 1020	Garabhan Forest Walk Minibus/Car Share See Note*
27/02/19	Balloch Tourist Information Centre 1020	Lomond Shores 
06/03/19	Balloch Tourist Information Centre 1020	Balloch Castle loop with Fairy Glen Extension 
13/03/19	Balloch Tourist Information Centre 1020	River Leven Tow Path 






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



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Date	Meeting Place	Route
20/03/19	Balloch Tourist Information Centre 1020	Balloch Castle Riverside Walk
27/03/19	Balloch Tourist Information Centre 1020	Luss Riverside Walk Mini Bus/Car Share See Note*
* Please note that, due to the nature of this walk, there will be a later return time		
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.		
<p>The walks are led by trained Volunteer Walk Leaders and are a fun, safe and easy way to get fit, whilst enjoying the wonderful countryside and making new friends. Walks last between 45 - 60 minutes. Walk at your own pace and go the distance that's right for you.</p>		

Walk in the Park Lomond Coordinator Fran Crumley  
[fran.crumley@lochlomond-trossachs.org](mailto:fran.crumley@lochlomond-trossachs.org) 07747 038008




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