















We Walk to Feel Fitter



Callander

Date	Meeting at 10.20 Tuesdays	All Routes: Walk from 20min – 1hour		
5/2/19	Ancaster Square	NCR7 at Strathyre		
12/2/19	Ancaster Square	Bridgend and Meadows		
19/2/19	Ancaster Square	Black Park Forest walk		
26/2/19	Ancaster Square	NCR7 Kilmahog to Lenny Falls		
5/3/19	Medical Centre	Keltie Bridge		
12/3/19	Ancaster Square	Golf Club Walk		
19/3/19	Ancaster Square	Loch Venachar		
26/3/19	Ancaster Square	Doune Ponds		
2/4/19	Ancaster Square	NCR7 towards Kilmahog		
4/4/19	Ancaster Square	Summer Evening walks start Wednesday Evenings 7pm		

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 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.

LOCH LOMOND
& THE TROSSACHS
COUNTRYSIDE
TRUST



Forestry Commission
Scotland

LOCH LOMOND
& THE TROSSACHS
NATIONAL PARK

NHS
Forth Valley

paths
for all
A HAPPIER, HEALTHIER,
GREENER, MORE ACTIVE
SCOTLAND