

# We Walk to Feel Fitter



**Killin**

Date	Meeting at 10.20am	All Routes: Walk from 15min – 1hour
6/2/19	McLaren Hall Car Park	Finlarig Castle 
13/2/19	Capercaillie	Craignavie Road 
20/2/19	McLaren Hall Car Park	NCR7 at Mhor 84 (car share)  
27/2/19	McLaren Hall Car Park	Glen Lochay Loop  
6/3/19	Capercaillie	River Dochart/ Old Railway 
13/3/19	McLaren Hall Car Park	Strathyre  
20/3/19	Capercaillie	Kinnell Circuit 
27/3/19	McLaren Hall Car Park	Tyndrum (Car share)  

**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**



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.



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