

# SATURDAY WALK SCHEDULE

October - December 2016

Walks start at **10.30 am**, please arrive promptly.

Date	Meeting Point	Walk Route
01.10.2016 <b>OCT 8-29<sup>th</sup> NO WALKS</b>	Blairforkie Drive, Bridge of Allan	Local Paths in each area
05.11.2016 12.11.2016	Logie Kirk	
19.11.2016 26.11.2016	Main Street, Clackmannan	
03.12.2016 10.12.2016 17.12.2016	Waitrose, Burghmuir Retail, Stirling	
<b>07.01.17</b>	<b>Wallace Monument car park</b>	

## Outline of Walks:

**Time/Pace/Terrain:** Approximately 1 hour, moderate pace, some gentle inclines and uneven surfaces

**Directions:** Contact: Alison: 01786 833388, 07711388072

**KEEP WALKING** – for friendship, fresh air and company

Volunteering Matters' Retired & Senior Volunteer Programme (RSVP) Forth Valley focuses on the 50+ age group. If you would prefer shorter walks and/or specifically Health Walks, please contact Tricia Cuming, Stirling Walking Network Co-ordinator at Active Stirling on 0300 028 0101

**VOLUNTEERING MATTERS**  
FOR RSVP



RSVP WALKS – KEEP WALKING

## \*RSVP WALKS – KEEP WALKING

### Walk Schedules October – December 2016

This brochure is designed to provide the various options for walks within the Stirling area.

### What do you need?

- Dress according to the weather.
- Wear comfortable walking shoes suitable for the route.

### How do you join?

- Contact the RSVP office, 01259 928088. Ask for **Walks** information and leave contact details including email if available. The organiser will contact you regarding completing a simple form to join RSVP and the walks. Or turn up and join on the day.
- Choose the walk which best suits your walking ability.
- Arrive approximately 10 minutes before the walk to facilitate completing the walk register, and introduction to the group.

All walks are led by trained volunteer Walk Leaders and are free. To help you decide which walk is most suitable for you, a brief outline is provided at the bottom of each schedule.

\*RSVP – The Retired and Senior Volunteer Programme, is a Volunteering Matters programme which focuses on the 50+ age group.

**Volunteering Matters Forth Valley**  
The HUB, The Whins, Alloa, FK10 3SA

Email: [rsvpscotland@volunteeringmatters.org.uk](mailto:rsvpscotland@volunteeringmatters.org.uk)

Tel: 01259 928088

## Wednesday Walk Schedule October - December 2016

Walks start at **10.15 am**, please arrive promptly.

Date	Meeting Point	Walk Route
05.10.2016	Inglewood park, Alloa	Inglewood and Gubber Hill
12.10.2016	Battel of Bannockburn Centre	Towards Cultenhove and Tinker's Loan
19.10.2016	Maining car park, Dunblane	Ashfield (2hr)
26.10.2016	Morrisons , Alloa	Towards Kennet
02.11.2016	Battle of Bannockburn centre	Towards Sauchieburn House (2hr)
09.11.2016	Moray Park, Doune	Doune and Deanston Lade
16.11.2016	Haining car park, Dunblane	Moon Cottage
23.11.2016	King's Park, main gate	Cambusbarron circular
30.11.2016	Springkerse Retail Park, by B&Q	Thunderbridge
07.12.2016	Moray Park, Doune	Argaty
14.12.2016	King's Park, main gate	Gowan Hill
21.12.2016	Tillicoultry Retail Park	Devon Way
<b>04.01.2017</b>	<b>Plean Country Park</b>	<b>Torwood</b>

### Outline of Walks:

**Time/Pace/Terrain:** Approximately 1¼ – 1½ hours, moderate pace, some gentle inclines and uneven surfaces.

**Directions:** Contact: Ray: 01786 449135, 07792 549363  
Robert: 07788484219

## Thursday Walk Schedule October - December 2016

Walks start at **10.30 am**, please arrive promptly.

Date	Meeting Point	Walk Route
06.10.2016	Near Stirling Rowing Club	Orchards and Riverside
13.10.2016	Dunblane High School car park	Murdoch's Ford
20.10.2016	Plean Country Park	Autumn Colours
27.10.2016	Gartmorn Dam	Woodland walk
03.11.2016	Vue Cinema (parking fee)	Around Stirling
10.11.2016	Woodland car park, Alva	Alva Glen
17.11.2016	Fishermens car park, Kildean	River Forth
24.11.2016	Balirforkie Drive, Bridge of Allan	Heron Walk
01.12.2016	Wallace Monument car park	University Grounds
08.12.2016	King's Park main gate	Street walk
15.12.2016	Scout Hut, Menstrie	Menstrie local paths
22.12.2016	Woodside Hotel, Dound	Railway walk
<b>05.01.2017</b>	<b>King's Knot</b>	<b>Town and Country</b>

### Outline of Walks:

**Time/Pace/Terrain:** Approximately 1 hour, moderate pace, some gentle inclines and uneven surfaces

**Directions:** Contact: Sarah: 01259 762901, 07549 036670  
Alison: 01786 833388, 07711 388072