

SATURDAY WALK SCHEDULE

April - June, 2018

Saturday Walk Schedule

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

Date	Meeting Point	Walk Route
07.04.2018 14.04.2018 21.04.2018	King's Park Corner Main Gate	Local Paths in each area
28.04.2018 05.05.2018 12.05.2018	Battle of Bannockburn Visitor Centre Car Park	
19.05.2018 26.05.2018 02.06.2018	Haining Car Park at Cathedral Dunblane	
09.06.2018 16.06.2018 23.06.2018	Sainsbury Car Park first parking area on the left	
30.06.2018	Plean Country Park Car Park	

Walk Description:

Approximately 1 hour, moderate pace, some gentle inclines and uneven surfaces
For Directions: Contact: Alison: 01786 833 388 or 07711 388 072

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 Stirling Walking Network Co-ordinator at Active Stirling on 0300 028 0101 or email walking@activestirling.org.uk



RSVP WALKS – KEEP WALKING

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Walk Schedule

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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 on **07757765067**. 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 simply turn up and join on the day.

- Choose the walk which best suits your walking ability.

Arrive approximately 10 minutes before the walk to register and meet others on 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.

RSVP c/o SVE, Jubilee House, Forthside Way, Stirling

Email: rsvpstirling@volunteeringmatters.org.uk

Telephone 07757765067 (10 a.m-3.00 p.m)

WEDNESDAY WALK SCHEDULE

April – June, 2018

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

Date	Meeting Point	Walk Route
04.04.2018	Alva Parkland Car Park	Towards Tillicoultry
11.04.2018	Manor Powis	Menstrie and Blairlogie
18.04.2018	B & Q Springkerse Retail Car Park	Fallin Circular
25.04.2018	Cambus Village	Cycle Path and River Forth
02.05.2018	Battle of Bannockburn Centre	Pirnhall and Bannockburn
09.05.2018	Gartmorn Dam	Woodland Paths
16.05.2018	Cambusbarron Car Park	Quarry Walk
23.05.2018	Morrisons Car Park	River Forth, Old Bridge and Kildean
30.05.2018	Scout Hut, Menstrie	Village and Cycle Path
06.06.2018	Haining Car Park, Dunblane	Ashfield
13.06.2018	Sainsburys Car Park	Gowan Hill and Back Walk
20.06.2018	Logie Kirk	University Grounds
27.06.2018	Riverside Drive	Causewayhead and Cornton

Walk Description:

Approximately 1.5 to 1.75 hours, moderate pace, some gentle inclines and uneven surfaces

For Directions: Contact: Ray 01786 449 135

Thursday Walk Schedule

April - June, 2018

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

Date	Meeting Point	Walk Route
05.04.2018	Dobbies Car Park	Chalmerston
12.04.2018	Ally's Curry Palace	Fallin Bing
19.04.2018	Bannockburn Heritage Centre	Swanswater
26.04.2018	Haining Car Park, Dunblane	Dunblane Circular
03.05.2018	Kings Park	Stirling Lanes
10.05.2018	Blairforkie Drive, Bridge of Allan	Bluebell Woods
17.05.2018	Alva Woodland Park	Woodlands towards Tillicoultry
24.05.2018	B&Q Springkerse Car Park	Thunderbridge
31.05.2018	Pendreich Forest Car Park (NS 810 975)	Cocksburn Reservoir Circular
07.06.2018	Meadows Car Park, Blairlogie	Hillfoots Shepherd's Walk
14.06.2018	Alloa Town Hall Car Park	Alloa Harbour
21.06.2018	Haining Car Park, Dunblane	New Lighthills Paths
28.06.2018	Stirling Golf Club (park elsewhere)	King's Park Circular

Walk Description

Approximately 1 hour, moderate pace, some gentle inclines and uneven surface

For Directions: Contact: Sarah 01259 762901 or Alison 01786 833 388 or 07711 388 072