

SATURDAY WALK SCHEDULE January – March, 2018

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

Date	Meeting Point	Walk Route
06.01.2018	Smith Museum, Stirling	Local Paths in each area
13.01.2018 20.01.2018 27.01.2018	Mayfield, St Ninians	
03.02.2018 10.02.2018 17.02.2018	Dobbies Garden Centre, Stirling	
24.02.2018 03.03.2018 10.03.2018	Vue Cinema, Forthside, Stirling	
17.03.2018 24.03.2018 31.03.2018	Blairforkie Drive, Bridge of Allan	

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

RSVP WALKS – KEEP WALKING Walk Schedule

January – March, 2018

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 January – March, 2018

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

Date	Meeting Point	Walk Route
03.01.2018	Blairforkie Drve, B of A	Birds and Bees, Cornton
10.01.2018	Hollybank (New Year Lunch)	Swanswater
17.01.2018	Cambus Village	Menstrie Circular
24.01.2018	Meadows Car Park, Blairlogie	Alva Circular
31.01.2018	Manor Powis	River Forth & Blackgrange
07.02.2018	Battle of Bannockburn Centre	New Line Road
14.02.2018	Riverside Drive	Cambuskenneth & Monument
21.02.2018	Gartmorn Dam	Woodland Trails
28.02.2018	Logie Kirk	University Grounds
07.03.2018	B & Q, Springkerse	Fallin Circular
14.03.2018	SSPCA Car Park	Cycle Paths
21.03.2018	Plean Country Park	Woodland Trails
28.03.2018	Battle of Bannockburn Centre	Woodland Trails

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 January – March, 2018

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

Date	Meeting Point	Walk Route
04.01.2018	Haining Car Park, Dunblane	2 "C's" Walk
11.01.2018	Muirpark Farmshop, Coalsnaughton	Gartmorn Dam
18.01.2018	Blairforkie Drive, Bridge of Allan	Glen Road, Bridge of Allan
25.01.2018	Scout Hall, Menstrie	Cycle Paths
01.02.2018	Parkland C P Alva	Alva Lanes
08.02.2018	Doone Ponds Carpark	Village and Paths
15.02.2018	Battle of Bannockburn Centre	Milton & Bannockburn
22.02.2018	Waitrose, Stirling	Braehead, St Ninians
01.03.2018	Tillicoultry Retail Park	Devon Way
08.03.2018	Kings Park, Main Gate	Homesteads Back walk
15.03.2018	Meadows Car Park, Blairlogie	Local Area
22.03.2018	Under Motorway Bridge, Lecropt	Blue Pool
29.03.2018	Smith Museum, Stirling	Top of the Town

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