

## SATURDAY WALK SCHEDULE July – September 2017

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

Date	Meeting Point	Walk Route
01.07.2017 08.07.2017	Scout Building, Menstrie	Local Paths in each area
15.07.2017 22.07.2017 29.07.2017	Battle of Bannockburn Heritage Centre	
05.08.2017 12.08.2017 19.08.2017	Doune Ponds Car Park	
26.08.2017 02.09.2017 09.09.2017	Plean Country Park	
16.09.2017 23.09.2017 30.09.2017	Kings Park, Stirling	

### 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](mailto:walking@activestirling.org.uk)

**VOLUNTEERING MATTERS**  
FOR RSVP



RSVP WALKS – KEEP WALKING

## RSVP WALKS – KEEP WALKING

### Walk Schedule July – September 2017

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 01259 928 088. 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.

**Volunteering Matters Forth Valley**  
Unit 7 Alloa Business Centre, The Whins, Alloa, FK10 3SA

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

Tel: 01259 928 088

## WEDNESDAY WALK SCHEDULE July – September 2017

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

Date	Meeting Point	Walk Route
05.07.2017	Lecropt (under motorway)	Keir Estate
12.07.2017	Sainsbury's Car Park	Old Brig & River Forth
19.07.2017	Blairforkie Drive, Bridge of Allan	Dam Road
26.07.2017	Logie Kirk Car Park	Towards Menstrie
02.08.2017	Battle of Bannockburn Car Park	Milton & Bannockburn
09.08.2017	Culross Car Park	Circular via Abbey (Summer outing)
16.08.2017	Gartmorn Dam	Brothy Burn & Dam
23.08.2017	The Haining Car Park, Dunblane	Moon Cottage
30.08.2017	Moray Park, Doune	Doune Wood & River Teith
06.09.2017	Cambusbarron Community Centre Car Park	Quarry Walk
13.09.2017	B & Q Car Park	Fallin Circular
20.09.2017	Battle of Bannockburn Car Park	Swanswater via Old Horse Charity Stables
27.09.2017	Gargunnoch High Street	Gargunnoch Circular

**Walk Description:**

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

**For Directions:**

Contact: Ray 01786 449 135  
Robert 07788 484 219

## THURSDAY WALK SCHEDULE July – September 2017

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

Date	Meeting Point	Walk Route
06.07.2017	Bannockburn Library Car Park	Bannockburn Heritage Trail
13.07.2017	B & Q Car Park	Thunder Bridge & Ladywell Park
20.07.2017	Wallace High School Car Park	River Forth
27.07.2017	Woodside Hotel, Doune	Doune Castle (Picnic)
03.08.2017	Gartmorn Dam	Circular
10.08.2017	S.S.P.C.A Fishcross	Surrounding Paths
17.08.2017	Dunblane High School	Old Road to Doune
24.08.2017	Bannockburn Centre	New Line road/Chartershall (circular)
31.08.2017	Scout Building, Menstrie	Local Paths
07.09.2017	Inglewood	Inglewood
14.09.2017	Cambus Village	Cycle Paths
21.09.2017	Logie Kirk Car Park	University Grounds
28.09.2017	Plea Country Park	Woodland Trail

**Walk Description:**

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

**For Directions:**

Contact: Sarah 01259 762 901 or 07549 036 670  
Alison 01786 833 388 or 07711 388 072