

SATURDAY WALK SCHEDULE April – June 2017

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

Date	Meeting Point	Walk Route
01.04.2017 08.04.2017 15.04.2017	Blairforkie Drive, Bridge of Allan	Local Paths in each area
22.04.2017 29.04.2017 06.05.2017	Cambusbarron Library	
13.05.2017 20.05.2017 27.05.2017	Dobbies Car Park, Stirling	
03.06.2017 10.06.2017 17.06.2017	Haining Car Park, Dunblane	
24.06.2017	Scout Hut, Menstrie	

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

VOLUNTEERING MATTERS
FOR RSVP



RSVP WALKS – KEEP WALKING

RSVP WALKS – KEEP WALKING

Walk Schedule April – June 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
Tel: 01259 928 088

WEDNESDAY WALK SCHEDULE

April – June 2017

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

Date	Meeting Point	Walk Route
05.04.2017	Cambus Village	River Forth and Cycle Path
12.04.2017	Morrisons, Alloa	Clackmannan and RSPB Reserve (2hrs)
19.04.2017	Haining Car Park, Dunblane	Ashfield (2hrs)
26.04.2017	Inglewood House	Inglewood and Gubber Hill
03.05.2017	Manor Powis	Blackgrange
10.05.2017	Lecropt, under the motoway	Carse of Lecropt
17.05.2017	Morrisons, Alloa	Towards Kennet
24.05.2017	Dobbies, Stirling	Castle Business Park and River Forth
31.05.2017	Battle of Bannockburn, carp park	Towards Sauchieburn House (2hrs)
07.06.2017	Macrae Memorial	Gatherine Stone
14.06.2017	Moray Park, Doune	Woodlands and River Teith
21.06.2017	Riverside Drive, Stirling	Cambuskenneth and Monument
28.06.2017	Sainsbury's car park	Gowan Hill

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

April – June 2017

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

Date	Meeting Point	Walk Route
06.04.2017	Wallace High School car park	University Grounds
13.04.2017	King's Park, main gate	Local Lanes
20.04.2017	Tullibody Civic Centre	Delph Ponds
27.04.2017	Battle of Bannockburn, car park	Swanswater
04.05.2017	King's Park, main gate	Torbex Lanes
11.05.2017	Tillicoultry Retail car park	Cycle path towards Fishcross
18.05.2017	Haining car park	Paths and Lanes, Dunblane
25.05.2017	Woodlands car park, Alva	Local Lanes
01.06.2017	Fishermens car park	Kildean Loop
08.06.2017	White Lodge House, Gargunnoch	Gargunnoch Estate
15.06.2017	Blairlogie Meadows car park	Towards the Shepherds' Houses
22.06.2017	Haining car park	Laighills
28.06.2017	Morrisons car park, Alloa	Clackmannan

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