

SATURDAY WALK SCHEDULE January – March 2017

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

Date	Meeting Point	Walk Route
07.01.2017 14.01.2017 21.01.2017	Wallace Monument car park, Stirling	Local Paths in each area
28.01.2017 04.02.2017 11.02.2017	Sainsbury's car park, Stirling	
18.02.2017 25.02.2017 04.03.2017	Cambus Village	
11.03.2017 18.03.2017 25.03.2017	Smith Museum, Stirling	

Walk Description:

Approximately 1¼ - 1½ hours, 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 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

January – March 2017

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

Date	Meeting Point	Walk Route
04.01.2017	Plean Country Park	Torwood, Larbert
11.01.2017	Hollybank Hotel car park, Stirling	Swanswater (New Year lunch)
18.01.2017	Moray Park, Doune	Railway circular
25.01.2017	Gargunnoch High Street	Gargunnoch circular
01.02.2017	Cambusbarron Community Centre	Quarry walk
08.02.2017	King's Park, Stirling (by Fountain)	Falleninch circular
15.02.2017	Haining car park, Dunblane	Kilbryde circular (2hrs)
22.02.2017	Blairforkie Drive, Bridge of Allan	Mine Wood
01.03.2017	Muircot Farm Shop, Coalsnaughton	Gartmorn Dam
08.03.2017	Lecropt under the motorway, Bridge of Allan	Lecropt Carse
15.03.2017	Logie Kirk car park, Stirling	University grounds
22.03.2017	Riverside Drive, Stirling	Cambuskenneth and Monument
29.03.2017	B&Q, Springkerse Retail Park, Stirling	Thunderbridge and Bannockburn

Walk Description:

Approximately 1¼ - 1½ hours, moderate pace, some gentle inclines and uneven surfaces

For Directions:

Contact: Ray 01786 449 135
Robert 07788 484 219

THURSDAY WALK SCHEDULE

January – March 2017

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

Date	Meeting Point	Walk Route
05.01.2017	King's Knot, Stirling	Town and Country
12.01.2017	Haining car park, Dunblane	Paths and Lanes
19.01.2017	B&Q, Springkerse Retail Park	Balquhiddelrock Wood walk
26.01.2017	Tillicoultry Retail Park	Devonway and Deer Park
02.02.2017	Smith Art Gallery, Stirling	Back Walk
09.02.2017	Cambus Village	Cycle Path
16.02.2017	Dunblane High School car park	Baxter's Loan
23.02.2017	Gargunnoch House (White Lodge on back road)	Snowdrop walk
02.03.2017	Ladysneuk Road, Cambuskenneth	Cambuskenneth Village
09.03.2017	Alloa Town Hall car park	Harbour and Waggonway
16.03.2017	Waitrose car park, Stirling	Livlands and Shirras Brae
23.03.2017	King's Park, Stirling (by Fountain)	West side, Stirling
30.03.2017	Blairforkie Drive, Bridge of Allan	Towards the Carse

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