



## RSVP Monday Health Walk JAN - MAR25

**Meeting Place** – Green Room, next to Royal Voluntary Service (RVS) Café, Outpatient Centre, Stirling Community Hospital, Livilands Gate, Stirling, FK8 2AU. Walk starts at **11.00 am** each Monday, please arrive ten minutes early to meet the group and register on the walk.

These short health walks are in small friendly groups. They are geared towards people's walking ability, lasting for up to 45 minutes, after which we return to the Community Hospital RVS café for tea/coffee.



## RSVP Thursday Strollers JAN - MAR25

These are slow walks in the vicinity of the meeting place with easy walking surfaces, friendly company, and a seat where possible.

For further details contact Alison Tel 07711 388072 or 01786 833388

We walk every Thursday from **10:30**. Walk lasts for 45mins to 1 hour.

Please arrive promptly.

Date	Meeting Point
<b>January</b> 9 <sup>th</sup> , 16 <sup>th</sup> , 23, 30 <sup>th</sup>	Bield Housing, Strathallan Court, Cornton Rd, Bridge of Allan, FK9 4BW
<b>February</b> 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>	Bridge of Allan Library
<b>March</b> 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>	Bield Housing, Strathallan Court, Cornton Rd, Bridge of Allan, FK9 4BW
<b>April 3rd 2025</b>	Bridge of Allan Library

Volunteering Matters is a registered charity in Scotland SCO39171, and in England and Wales no 291222

RSVP WALKS – KEEP WALKING – for friendship, fresh air and company



## RSVP WALKS Schedule January – March 2025

This brochure provides various options for walks within the Forth Valley Area. The walks are organised by the Retired and Senior Volunteer Programme (RSVP), a Volunteering Matters programme which focuses on the 50+ age group. RSVP walking group is a member of the Scottish Health Walk Network/Paths for All.

All walks are led by trained volunteer Walk Leaders and are free.

For more information and directions contact the walk leaders for the walk you have chosen (see the walk schedule) or contact the walk organiser 07474 206688.

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

### What do you need to walk with us?

Dress according to weather and wear comfortable walking shoes suitable for the route.

### How do you join?

- Simply turn up and register on the day
- Choose the walk that best suits your walking ability. To help you decide which walk is most suitable for you, a brief outline is provided at the top of each schedule.
- Arrive approximately 10 minutes before the walk to register and meet others in the group.



## RSVP Wednesday Walk JAN - MAR25

### Walk Description

Approximately 1.5 to 1.75 hours, moderate pace, some inclines and uneven surfaces. A few walks are 2 hours. For further information and directions contact Anne Marie 07474 206688 or Tom 07419 122291. Walk starts at 10.30 please arrive promptly

Date	Meeting Place	Walk Description	Leader
Jan 8th	Bannockburn Centre	Tinkers Loan	Alan
15th	Logie Kirk	University Grounds	Anne M
22nd	Sainsbury Car Park, Stirling	Rover walk towards Forth Valley College	tbc
29th	Riverside Drive, Stirling	Stirling Castle	Anne M
Feb 5th	Plean Country Park	Woodland Trail	Alan
12th	Retail Park Tillicoultry	Walk towards Dollar	Anne M
19th	Retail Park Tillicoultry	Walk towards Dollar	Anne M
26th	Gargunnoch High Street,	Towards Watson House	Alan
Mar 5th	Bannockburn Centre	Swanswater circular	Tom
12th	Moray Park, Doune	Commony and Doune Ponds	Alan
19th	Kings Park, Main gate	Homesteads and Kings Knot	Tom
26th	Retail Park Tillicoultry	Walk towards Dollar	Anne M



## RSVP Thursday Health Walk JAN - MAR25

### Walk Description

Approximately 1hour, moderate pace, some gentle inclines and uneven surfaces. For directions contact Paul 07592 198382 or Tom 07419 122291 Walk starts at 10.30 please arrive promptly.

Date	Meeting Place	Walk Description	Leader
Jan 9th	Battle of Bannockburn Centre	New Line Rd	Paul
16th	Retail Park Tillicoultry	Walk towards Dollar	Sarah
23rd	Gargunnoch Main Street	Gargunnoch House circular	Tom
30th	King's Park tennis courts, Stirling	King's Park Circular	Carol
Feb 6th	Logie Kirk	Stirling University circular	Jan
13th	Sainsbury Car Park, Stirling	Forth Valley College	Paul
20th	FVRH Purple Car Park, Larbert	Woodland walk	Tom
27th	Stirling Rowing Club	Cambuskenneth	Paul
Mar 6th	Fisherman's car park, next to new insurance building.	River walk	Carol
13th	Parklands, Alva	Walk around Alva	Sarah
20th	Cambus	Riverside walk	Tom
27th	Sherrifmuir Rd, Macrae Monument	Circular walk	Jan