



RSVP Monday Health Walk Apr-Jun24

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.

For further details contact Walk Coordinator on 07935 911156 or email rsvpstirling@volunteeringmatters.org.uk



RSVP Thursday Strollers Apr-Jun24

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
April 4 th , 11 th	Inside Bield Housing, Strathallan Court, Cornton Rd, Bridge of Allan, FK9 4BW
April 18 th and 25 th May 2 nd	Bridge of Allan Library
May 9 th and 16 th	Alison's House. Contact for information.
May 23 rd and 30 th and June 6 th	Bield Housing, Strathallan Court, Cornton Rd, Bridge of Allan, FK9 4BW
June 13 th , 20 th and 27 th	Garden at Blairforkie Drive

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

VOLUNTEERING MATTERS

FOR RSVP

RSVP WALKS Schedule April - June 2024

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.

What do you need?

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
- Or for further information you can contact any of the walk leaders on the numbers given for each walk.
- 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.

Contact us:

Email: rsvpstirling@volunteeringmatters.org.uk



RSVP Wednesday Walk Apr-Jun24

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 Tel Walk Coordinator 07935 911156.

Walk starts at 10.30 please arrive promptly

Date	Meeting Place	Walk Description
April 3rd	Alva Parklands Car Park	Alva Lanes
10 th	Manor Powis	Black Grange
17 th	Battle of Bannockburn Visitor Centre	New Line Rd
24 th	Haining Car Park, Dunblane	Moon Cottage
May 1st	Moray Park, Doune	Doune Woods
8 th	Gartmorn Dam Car Park	Woodland Trail
15 th	Riverside Drive, Stirling	Old Stirling Bridge
22 nd	Forth Valley Royal, Larbert. Purple Car Park, (3 rd exit on roundabout as you enter the Hospital premises)	Woodlands Walk
29 th	Battle of Bannockburn Visitor Centre	Tinkers Loan, New Park Farm
June 5th	Cambus Village	Towards Alloa, River Forth
12 th	Haining Car Park, Dunblane	Kilbryde
19 th	Tillicoultry Retail Park	Devon Way
26 th	Gargunnock High Street	Towards Watson House

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RSVP Thursday Health Walk Apr-Jun24

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
April 4th	Battle of Bannockburn Visitor Centre	New Line Road	Paul
11 th	Car Park A84 north of Doune (by end of 30mph)	Doune to Kilmadock	Anne
18 th	Kings Park Tennis Courts, Stirling	Kings Park Circular	Tom
25 th	Bridge of Allan, Lecropt park under Motorway	Lecropt	Paul
May 2nd	Easter Cornton Rd before the 'Birds and Bees'	River Forth Walk	Carol
9 th	Cambus	Circular Walk	Tom
16 th	Blair Drummond Community Hall	Circular past graveyard	Jan
23 rd	Gartmorn Dam Car Park	Gartmorn Dam circular	Carol
30 th	Forth Valley Royal, Larbert. Purple Car Park	Woodlands walk	Tom
June 6th	Battle of Bannockburn Visitor Centre	Tinkers Loan	Paul
13 th	Menstrie Scout Hall	Around Menstrie	Sarah
20 th	Battle of Bannockburn Visitor Centre	Swanswater	Tom
27 th	Doune Ponds Car Park	Doune Ponds	Jan

