



RSVP Monday Health Walk July-Sep 24

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, email rsvpstirling@volunteeringmatters.org.uk



RSVP Thursday Strollers July-Sep 24

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
July 4th	Summer Outing. Contact Alison.
July 11 th , 18 th and 25 th	Bridge of Allan Library
August 1 st , 8 th and 15 th	Bield Housing, Strathallan Court, Cornton Rd, Bridge of Allan, FK9 4BW
August 22 nd , 29 th and September 5 th	Bridge of Allan Library
September 12 th and 19 th	Alison's House. Contact for information
September 26 th , October 3 rd and 10 th	Bield Housing, Strathallan Court, Cornton Rd, Bridge of Allan, FK9 4BW

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



RSVP WALKS Schedule July - September 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.

For more information.

Email: rsvpstirling@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 WALKS — KEEP WALKING - for friendship, fresh air and company



RSVP Wednesday Walk July-Sep 24

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
July 3rd	Car Park A84 north of Doune (by end of 30mph)	Riverside walk to Doune Castle	Anne Marie
10 th	FVRH Purple Car Park	Woodland walk	Tom
17 th	Cambus	Towards Alloa	Tom
24 th	B&Q Car Park, Sprinkerse, Stirling	Cycle paths to Fallin Bing	Anne Marie
31 st	Riverside Drive	Towards Wallace Monument	Anne Marie
August 7th	Alva Parklands Car Park	Alva Lanes	Alan
14 th	Kings Park Main entrance	Gowan Hill and Beheading stone	Alan
21 st	Logie Kirk Car Park	University Circular	Anne Marie
28 th	Manor Powis	Blackgrange	Alan
Sept 4th	Battle of Bannockburn Centre	Swanswater circular	Tom
11 th	Kings Park Main Gate	Homesteads	Alan
18 th	Lecropt under Motorway	Lecropt circular	Anne Marie
25 th	Battle of Bannockburn Centre	Milton and Bannockburn	Alan

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RSVP Thursday Health Walk July-Sep 24

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
July 4th	Plean Country Park	Plean Country Park	Tom
11 th	Glentana Mill (parking available at Parklands and Cochrane Park)	Alva Glen	Sarah
18 th	Car Park on left off Bruce Street, Bannockburn	Bannockburn Circular	Carol
25 th	SSPCA National Wildlife Centre, Alloa FK10 3AN	Paths around Fishcross	Sarah
August 1st	Kings Park Tennis Courts, Stirling	Kings Park Circular	Tom
8 th	Car Park at Macrae Monument	Gathering Stone	Jan
15 th	Fisherman's Car Park, River Forth beside new Insurance buildings	Kildean loop	Paul
22 nd	Woodland Car Park, Alva	Towards Tillicoultry	Sarah
29 th	Gartmorn Dam Car Park	Gartmorn Dam circular	Carol
Sept 5th	Cambus	Cambus Circular	Tom
12 th	Moray Park, Doune	Doune Castle	Anne
19 th	B&Q Car Park, Springkerse, Stirling	Thunderbridge	Paul
26 th	Logie Kirk	University Circular	Jan

