



## RSVP Monday Health Walk OCT - DEC 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.



## RSVP Thursday Strollers OCT - DEC 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
Oct 3 <sup>rd</sup> and 10 <sup>th</sup>	Bield Housing, Strathallan Court, Cornton Rd, Bridge of Allan, FK9 4BW
Oct 17 <sup>th</sup> , 24 <sup>th</sup> and 31 <sup>st</sup>	Bridge of Allan Library
Nov 7 <sup>th</sup> , 14 <sup>th</sup> and 21 <sup>st</sup>	Bield Housing, Strathallan Court, Cornton Rd, Bridge of Allan, FK9 4BW
Nov 28 <sup>th</sup>	Alison's House. Contact for information
Dec 5 <sup>th</sup> , 12 <sup>th</sup> and 19 <sup>th</sup>	Bridge of Allan Library
<b>No walks until</b>	
January 9 <sup>th</sup> 2025	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 — KEEP WALKING - for friendship, fresh air and company



## RSVP WALKS Schedule October - December 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 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: [rsvpstirling@volunteeringmatters.org.uk](mailto: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 Wednesday Walk OCT - DEC 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
<b>Oct 2nd</b>	Car Park A84 north of Doune (by end of 30mph)	Chain Lodge and River Teith	Alan
9 <sup>th</sup>	Car Park, Sherrifmuir Rd on left before Dumyat Car Park	Cocksburn Reservoir	Anne Marie
16 <sup>th</sup>	FVRH Purple Car Park	Woodland walk	Tom
23 <sup>rd</sup>	Macrae Monument Car Park	Gathering Stone circular	Anne Marie
30 <sup>th</sup>	Sainsbury Car Park, Stirling	Beheading Stone and Back O Hill Walk	Tom
<b>Nov 6<sup>th</sup></b>	Blairforkie Drive	Darn Rd	Anne Marie
13 <sup>th</sup>	Inglewood House	Inglewood	Alan
20 <sup>th</sup>	Cambus	Riverside walk	Tom
27 <sup>th</sup>	B&Q Car Park, Stirling	Fallin Bing	Alan
<b>Dec 4<sup>th</sup></b>	Battle of Bannockburn Visitor Centre	Swanswater	Tom
11 <sup>th</sup>	Wallace Monument Car Park	University Circular	Anne Marie
18 <sup>th</sup>	Lecropt under Motorway	Lecropt Circular	Alan
No walks until			
Jan 8 <sup>th</sup>	Kings Park Main Gate, Stirling	Kings Knot and Back Walk	Anne Marie

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## RSVP Thursday Health Walk OCT - DEC 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
<b>Oct 3rd</b>	Fisherman's Car Park, River Forth beside new Insurance buildings	Kildean loop	Paul
10 <sup>th</sup>	FVRH Purple Car Park	Woodland walk	Tom
17 <sup>th</sup>	Woodland Car Park, Sherrifmuir Rd	Cocksburn Reservoir	Carol
24 <sup>th</sup>	Ladywell Park War Memorial, Bannockburn	Bannockburn circular walk	Anne
31 <sup>st</sup>	New Car Park A84 north of Doune (by end of 30mph)	Doune Ponds	Jan
<b>Nov 7<sup>th</sup></b>	Kings Park Tennis Courts, Stirling	Kings Knot and Back walk	Carol
14 <sup>th</sup>	Kings Park Tennis Courts, Stirling	Kings Park Circular	Tom
21 <sup>st</sup>	Parklands Car Park, Alva	Towards Menstrie	Sarah
28 <sup>th</sup>	Moray Park, Doune	Along the R. Teith	Anne
<b>Dec 5<sup>th</sup></b>	Menstrie Scout Hut	Towards Alva	Sarah
12 <sup>th</sup>	Cambus	Riverside walk	Tom
19 <sup>th</sup>	Kings Park Tennis Courts, Stirling	Cambusbarron	Paul
No walks until			
Jan 9 <sup>th</sup>	Battle of Bannockburn Centre	New Line Rd	Paul

