



RSVP Monday Health Walk APRIL – JUNE 25

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 APRIL – JUNE 25

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 3 rd , 10 th , 17 th , 24 th	Bridge of Allan Library
May 1 st , 8 th , 15 th , 22 nd	Bield Housing, Strathallan Court, Cornton Rd, Bridge of Allan, FK9 4BW
May 29 th	Alison's House
June 5 th , 12 th , 19 th	Bridge of Allan Library
June 26 th	Summer Outing – TBD

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



RSVP WALKS Schedule April - June 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)

For more information on all our projects, visit [RSVP \(Forth Valley\) - Volunteering Matters](#) website or visit our Facebook page RSVP Forth Valley (Retired and Senior Volunteer Programme)

Email: 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 APRIL – JUNE 25

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
April 2 nd	Battle of Bannockburn Visitor Centre	Milton and Bannockburn	Alan
9 th	Lecropt, Bridge of Allan, underneath the motorway	Lecropt circular	Tom
16 th	Cambus	Cambus Forth river path circular	Tom
23 rd	Riverside Drive, Cambuskenneth Bridge, Stirling	Cambuskenneth and Wallace Monument	AnneM
30 th	Morrisons Car Park, Alloa	Towards Kennet	Alan
May 7 th	Gargunnoch High Street,	Towards Watson House	AnneM
14 th	B&Q Retail Car Park, Stirling	Cycle path towards Fallin	AnneM
21 st	Sainsbury Car Park, Stirling	Beheading Stone and Back Walk	Tom
28 th	Blairforkie Drive, Bridge of Allan	Woodland paths via Lecropt Nursery	Alan
Jun 4 th	Draggie Burn Park and Stride, Doune	Chain Lodge and River Teith	AnneM
11 th	Macrae Monument Car Park, Sheriffmuir	Gathering Stone and Dykedale	AnneM
18 th	FVRH Purple Car Park, Larbert	Woodlands walk	Tom
25 th	Alva Parklands Car Park. Alva	Alva lanes	Alan

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RSVP Thursday Health Walk APRIL – JUNE 25

Walk Description

Approximately 1 hour, 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 3 rd	SSPCA, Fishcross, FK10 3AN	Around Fishcross	Sarah
10 th	King's Park tennis Courts, Stirling	King's Park Circular	Tom
17 th	Draggie Burn Park and Stride, Doune	Doune Ponds	Jan
24 th	Lecropt, Bridge of Allan, underneath the motorway	Lecropt	Paul
May 1 st	Cambus	Circular Walk	Carol
8 th	FVRH Purple Car Park, Larbert	Woodland walk	Tom
15 th	Battle of Bannockburn Visitor Centre	Swanswater	Paul
22 nd	Haining Car Park, Dunblane Cathedral	Dunblane Holme Hill and Lighthills Park	Anne
29 th	Gargunnoch Main Street	Gargunnoch House circular	Tom
Jun 5 th	Parklands, Alva	Walk around Alva	Sarah
12 th	Draggie Burn Park and Stride, Doune	Doune to Kilmadock Church	Anne
19 th	Battle of Bannockburn Centre	Tinkers Loan	Paul
26 th	Gartmorn Dam Car Park	Gartmorn Dam Circular	Carol

