



## RSVP Monday Health Walk JUL-SEP 25

**Meeting Place** – Green Room, next to Royal Voluntary Service (RVS) Café, Outpatient Centre, Stirling Community Hospital, Livlands 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 JUL-SEP 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 Walk Leader, Alison 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>July</b> 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup>	The Bield, Strathallan Court
<b>August</b> 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup>	Bridge Of Allan Library
<b>September</b> 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>	The Bield, Strathallan Court



## RSVP WALKS Schedule July – September 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.

Health Walks are walks of up-to one hour duration, on accessible walking paths. All Health walks are led by 'Paths for All' trained volunteer Walk Leaders and are free of charge.

The Wednesday Walking Group walks are longer than Health walks. They are 1.5 hours to 1.75 hours duration, with moderate pace, some inclines, and uneven surfaces. A few walks are 2 hours.

For more information on all our walks and our other projects:

Website: [RSVP \(Forth Valley\) - Volunteering Matters](https://www.volunteeringmatters.org.uk/forth-valley-rsvp/) website

Facebook page: RSVP Forth Valley (Retired and Senior Volunteer Programme)

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 there is a brief walk description at the top of each schedule.
- Arrive approximately 10 minutes before the walk to register and meet others in the group.



## RSVP Wednesday Walk JUL-SEP 25

### Walk Description

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

Date	Meeting Place	Walk Description
<b>July 2<sup>nd</sup></b>	Draggieburn Park&Stride, Doune	Deanston Lade AG
9 <sup>th</sup>	Draggieburn P&S	Kilmadock TS
16 <sup>th</sup>	Lecropt Under Motorway	Keir Estate TS
23 <sup>rd</sup>	Community Car Park near Smiddy, Blairdrummond	Woodland Paths
30 <sup>th</sup>	Blairforkie Drive, Bridge of Allan	Mine Woods
<b>Aug 6<sup>th</sup></b>	SSPCA, Fishcross	Cycle Path towards Retail Park AG
13 <sup>th</sup>	Alva Woodland Car Park	To Tillicoultry
20 <sup>th</sup>	Sainsbury Car Park, Stirling	College and River Forth AG
27 <sup>th</sup>	Bannockburn Centre, Stirling	Tinkers Loan and New Park Farm
<b>Sep 3<sup>rd</sup></b>	Plean Country Park	Woodland Trail
10 <sup>th</sup>	Gartmorn Dam Car Park	Paths and Brothy Burn
17 <sup>th</sup>	Cambusbarron Community Centre Car Park	Quarry and Polmaise Rd
24 <sup>th</sup>	Draggie Burn Park and Stride, Doune	Old Railway Line AG



## RSVP Thursday Health Walk JUL-SEP 25

### Walk Description

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

Date	Meeting Place	Walk Description	Leader
<b>July 3<sup>rd</sup></b>	Plean Country Park, Car Park	Plean Country Park	Tom
10 <sup>th</sup>	Dunblane Cathedral	Laighills Park & River Allan Circular	Anne
17 <sup>th</sup>	Car park off Station Rd	Bannockburn Circular	Carol
24 <sup>th</sup>	Kings Park Tennis Courts, Stirling	Kings Park Circular	Tom
31 <sup>st</sup>	Woodland car park, Alva	Towards Tillicoultry	Sarah
<b>Aug 7<sup>th</sup></b>	Scout Hall, Menstrie	Around Menstrie	Sarah
14 <sup>th</sup>	Wallace Place, Gillies Hill, Cambusbarron	Gillies Hill to grounds of Polmaise Castle	Anne
21 <sup>st</sup>	Draggie Burn Park & Stride Doune	Doune Ponds	Jan
28 <sup>th</sup>	Cambus	Cambus Circular	Carol
<b>Sep 4<sup>th</sup></b>	Gartmorn Dam, Car Park	Gartmorn Dam	Tom
11 <sup>th</sup>	Fisherman's Car Park at the pipe bridge, River Forth. On the A84, the turning is at Prudential offices between the two roundabouts (after Shell Garage and before Dobbies)	Kildean Loop	Paul
18 <sup>th</sup>	Purple Car Park, FVHB, Larbert	Woodlands Walk	Tom
25 <sup>th</sup>	B&Q Car Park, Stirling	Thunderbridge	Paul