

Monday Health Walks



Small, friendly groups geared towards people’s walking ability, normally up to 45 minutes. Afterwards, please join us at the RVS Cafe for tea, coffee, and chat.

11am each Monday - please arrive 10 minutes beforehand to register.

Meeting Place - RVS Cafe, Outpatients Centre, Stirling Community Hospital

Thursday Strollers - Bridge of Allan



Slow walks in the vicinity of the meeting place, up to 1 hour with easy walking surfaces, friendly company and a seat where possible. We enjoy socialising after the walk with a cup of tea or coffee at the meeting place.

10.30am start time - please arrive 10 minutes beforehand to register.
For further details contact Alison 07711 388 072 / 01786 833 388

Dates	Meeting Place
2, 9, 16, 23, 30 October	Bridge of Allan Library, Fountain Road FK9 4AT
6, 13, 20, 27 November	Bield Housing, Strathallan Crt, Cornton Road FK9 4BW
4, 11, 18 December	Bridge of Allan Library, Fountain Road FK9 4AT
8 January	Bield Housing, Strathallan Crt, Cornton Road FK9 4BW



RSVP is part of Volunteering Matters, a Registered Charity in Scotland (SC039171) and a company limited by guarantee (1435877)

RSVP Forth Valley



Walking Group Schedule October - December 2025

The Retired & Senior Volunteer Programme (RSVP) provide the opportunity for people aged 50+ to volunteer and keep active. Our Walking Groups meet 4 times weekly across Forth Valley and are free to take part. Each walk is led by a trained Volunteer Walk Leader.

RSVP are members of Walking Scotland and some of our walks are part of the Scottish Health Walk Network - up to 1 hour in duration, on accessible paths. Some other RSVP walks are longer (1.5 - 2 hours) with moderate pace, slight inclines and some uneven surfaces.

For all walks, it is essential that you dress according to weather conditions and wear suitable and comfortable walking shoes. You may want to bring some water along with you. To Join:

- Choose the group that best suits your walking ability
- Register 10 minutes before the start time at the meeting place
- Please note unfortunately we do not allow dogs on our RSVP walks

Our other exciting opportunities

RSVP deliver a range of volunteering projects across Forth Valley and we’re always looking for new Volunteer Organisers, Walk Leaders, School Volunteers, Hospital Volunteers, Knitters, and even Handypersons!

Interested? We’d love to hear from you!

- Search online for RSVP Forth Valley - or join our Facebook Group!
- 01259 928 088
- scotinfo@volunteeringmatters.org.uk

Please consider the environment before printing this programme, our latest version can always be found on the RSVP Forth Valley page, on the Volunteering Matters website

Wednesday Walkers

Start time 10.30am - please arrive 10 minutes beforehand to register.
Approx 1.5 - 2 hours, moderate pace, some inclines and uneven surfaces.

For further details contact Tom 07419 122 291.

Date	Meeting Place	Description
1 Oct	Forth Valley Royal Hospital (Purple Car Park)	Woodland Walk
8 Oct	B&Q Stirling Car Park	Thunderbridge & Bannockburn
15 Oct	Cambus High Street	River Forth
22 Oct	Lecropt Under Motorway	Keir House Circular
29 Oct	Kings Park Main Gate	Homesteads Back Walk
5 Nov	Haining Car Park, Dunblane Cathedral	Kilbryde
12 Nov	Logie Kirk	University Grounds
19 Nov	Kings Park Main Gate	Gallow Hill
26 Nov	Manor Powis	River Forth
3 Dec	Draggie Burn Park & Stride - Doune	Commonty & Doune Ponds
10 Dec	Riverside Drive	Cambuskenneth & Monument
17 Dec	Draggie Burn Park & Stride - Doune	Kilmadock
7 Jan	B&Q Stirling Car Park	Fallin Bing

Thursday Walkers



Start time 10.30am - please arrive 10 minutes beforehand to register.
Approx 1 hour, moderate pace, some inclines and uneven surfaces.

For further details contact Paul 07592 198 382 , Tom 07419 122 291.

Date	Meeting Place	Description	Leader
2 Oct	Gargunnock Main Street	Gargunnock House Circular	Tom
9 Oct	Logie Car Park	University Circular	Carol
16 Oct	Dobbies Car Park	Chalmerston	Paul
23 Oct	Woodland (Pendreich) Car Park	Cockburn Reservoir	Carol
30 Oct	Draggie Burn Park & Stride, Doune	River Teith	Anne
6 Nov	Stadium Car Park (The Peak)	Forth Bank Stadium Circular	Tom
13 Nov	Fishermans Car Park	River Forth Circular	Carol
20 Nov	Menstrie Scout Hall	New Cycle Path	Sarah
27 Nov	Dunblane Cathedral	Dunblane Holmhill	Anne
4 Dec	Kings Park Tennis Crts	Kings Park Circular	Tom
11 Dec	Kings Park Tennis Crts	Cambusbarron	Paul
18 Dec	Alva Parklands	Towards Menstrie	Sarah
8 Jan	Battle of Bannockburn Centre	New Line Road	Paul