

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 & Stragglers



Slow walks in Bridge of Allan, 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
8, 15, 22, 29 January 5, 12, 19, 26 February	Bield Housing, Strathallan Crt, Cornton Road FK9 4BW
5, 12, 19, 26 March	Bridge of Allan Library, Fountain Road FK9 4AT
2 April	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 January - March 2026

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
7 Jan	B&Q Stirling	Fallin Bing
14 Jan	Haining Car Park, Dunblane	Moon Cottage
21 Jan	Battle of Bannockburn Centre	Swanswater Circular
28 Jan	Pendreich Car Park, Pendriech Road	Cockburn Reservoir
4 Feb	Draggie Burn Park & Stride, Doune	Old Railway Line
11 Feb	Haining Car Park, Dunblane	Laighills
18 Feb	Purple Car Park, FV Royal Hospital	Woodland Walk
25 Feb	Alva Parklands Car Park	Woodland and Alva Link Rd
4 Mar	Blair Drummond Community Centre	Blair Drummond Circular
11 Mar	Sainsburys Car Park, Stirling	Back Walk
18 Mar	Blairforkie Drive, Bridge of Allan	Darn Road
25 Mar	Lecropt, under the motorway	Keir Estate

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
8 Jan	Battle of Bannockburn Centre	New Line Road	Paul
15 Jan	Kings Park Tennis Courts	Kings Park Circular	Tom
22 Jan	Woodland Car Park, Alva	Towards Tillicoultry	Sarah
29 Jan	Draggie Burn Park & Stride, Doune	River Teith	Anne
5 Feb	Bruce Street Car Park, Bannockburn	Bannockburn Circular	Carol
12 Feb	Cambus	Cambus River Circular	Tom
19 Feb	Sainsbury's Car Park	River Forth	Paul
26 Feb	Birds and Bees	River Forth Circular	Carol
5 Mar	Stirling Rowing Club	Cambuskenneth	Paul
12 Mar	Plean Country Park	Plean Country Park	Tom
19 Mar	SSPCA Fishcross	Old Railway & Around	Sarah
26 Mar	Dunblane Cathedral	Dunblane Circular	Anne