

## 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
2, 9, 16, 23, 30 April 7, 14, 21, 28 May	Bield Housing, Strathallan Crt, Cornton Road FK9 4BW
4, 11, 25 June	Bridge of Allan Library, Fountain Road FK9 4AT
18 June	Summer Outing TBC - All welcome!



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Scan the QR Code to become a member of RSVP's Walking Group!

## RSVP Forth Valley



### Walking Group Schedule April - June 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 6 volunteering projects across Forth Valley and we're always looking for new Volunteer Organisers, Walk Leaders, School Volunteers, Hospital Volunteers, Knitters, Handypersons and "Good Neighbour" volunteers.

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](mailto: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 Apr	Cambus (Near Cambus Inn)	River Circular
8 Apr	Battle of Bannockburn Centre	New Line Road
15 Apr	B & Q Stirling	Balquhiddar Road
22 Apr	Draggie Burn Park & Stride	Kilmadock River Walk
29 Apr	Battle of Bannockburn Centre	Swanswater Circular
6 May	Logie Kirk	Stirling University
13 May	Gartmorn Dam	Woodland Trail & Dam
20 May	Sheriffmuir Monument	Dykedale
27 May	Morrisons Car Park, Alloa	Towards Kennet
3 June	Sainsbury's Car Park, Raploch	Beheading Stone Walk
10 June	B & Q Stirling	Fallin Bing
17 June	Blair Drummond Community Hall	Blair Drummond
24 June	Haining Car Park, Dunblane	Laighills

## 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 or Tom 07419 122 291.

Date	Meeting Place	Description	Leader
2 Apr	Alva Parklands	Alva Glen	Sarah
9 Apr	Plean Country Park	Plean Country Park	Tom
16 Apr	Logie Kirk	Stirling University	Sarah
23 Apr	Battle of Bannockburn Centre	New Line Road	Paul
30 Apr	Scout Hall, Menstrie	Around Menstrie	Sarah
7 May	Gartmorn Dam	Gartmorn Dam	Carol
14 May	Kings Park Tennis Courts	Kings Park Circular	Tom
21 May	Woodlands Pendreich Car Park	Cockburn Reservoir	Carol
28 May	Blair Drummond Community Hall	Blair Drummond	Tom
4 June	Fisherman Car Park	River Forth Circular	Carol
11 June	Battle of Bannockburn Centre	Tinkers Loan	Paul
18 June	Lecropt, Under the Motorway	Lecropt	Paul
25 June	Stirling Rowing Club	Cambuskenneth	Tom

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