

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 July	Bield Housing, Strathallan Crt, Cornton Road, Bridge of Allan. FK9 4BW
6, 13, 20, 27 August	Bield Housing, Strathallan Crt, Cornton Road, Bridge of Allan. FK9 4BW
3, 10, 17, 24 September	Bridge of Allan Library, Fountain Road FK9 4AT



Supported by players of



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

RSVP Forth Valley



Walking Group Schedule July - September 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

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 July	Draggie Burn Park & Stride	Argaty
8 July	Ladysneuk Road Stirling	Cambuskenneth Village
15 July	FVRH Purple Car Park	Woodland Walk
22 July	Bannockburn Heritage Centre	Tinkers Loan
29 July	SSPCA Fishcross	Cycle Path Retail Park
5 Aug	Sainsbury's Car Park	Forth Valley College & River
12 Aug	Cambusbarron Community Car Park	Cambusbarron Quarry
19 Aug	Bannockburn Heritage Centre	Swanswater Circular
26 Aug	King's Park Main Entrance	Falleninch & Back Walk
2 Sept	Haining Car Park, Dunblane	Ashfield
9 Sept	Battle of Bannockburn Centre	Milton & Bannockburn
16 Sept	Draggie Burn Park & Stride	Kilmadock
23 Sept	Gartmorn Dam	Brothy Burn & Dam
30 Sept	Lecropt Under Motorway Bridge of Allan	Lecropt Circular

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 Tom 07419 122 291 or Paul 07592 198 382

Date	Meeting Place	Description	Leader
2 July	Cambus	Cambus River Walk Circular	Tom
9 July	Gargunnock Main Street	Gargunnock House Grounds	Anne
16 July	Logie Kirk	University Circular	Carol
23 July	Battle Bannockburn Visitor Centre	Swanswater	Paul
30 July	Parklands, Alva	Around Alva	Sarah
06 Aug	Plean Country Park	Plean Country Park	Tom
13 Aug	Draggie Burn Park & Stride	River Teith by the Castel	Anne
20 Aug	King Park Tennis Court	Kings Park Circular	Carol
27 Aug	B&Q Springkerse	Thunderbridge	Paul
3 Sept	FVRH Purple Car Park	FVRH Woodlands Walk	Tom
10 Sept	Gillies Hill	Polmaise Castle Circular Walk	Anne
17 Sept	Gartmorn Dam	Gartmorn Dam	Carol
26 Sept	Draggie Burn Park & Stride	Doune Ponds	Paul

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