

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
1,8,15,22,29 October	Bridge of Allan Library, Fountain Road. FK9 4AT
5, 12, 19, 26 November	Bield Housing, Strathallan Crt, Cornton Road, Bridge of Allan. FK9 4BW
3,10 December	Bield Housing, Strathallan Crt, Cornton Road, Bridge of Allan. FK9 4BW
17 December	Bridge of Allan Library, Fountain Road. FK9 4AT

RSVP Forth Valley



Walking Group Schedule October - December 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 delivers 6 volunteering projects across Forth Valley, and we’re always looking for new Volunteer Organisers, Walk Leaders, School Volunteers, Hospital Volunteers, Knitters & Handypersons.

Interested? We’d love to hear from you!



rsvpforthvalley@gmail.com

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 Oct	B & Q Car Park Stirling	Thunderbridge & Bancokburn
14 Oct	Manor Powis	Blackrange R,Forth
21 Oct	Lecropt Bridge Of Allen	Keir House Circular
28 Oct	Draggie Burn Park & Stride	Community & Dune Ponds
4 Nov	Riverside Drive Stirling	Cambuskenneth Monumnet
11 Nov	Main Gate Kings Park	Homesteads
18 Nov	B&Q Car Park Stirling	Fallin Bing
25 Nov	Hanning Car Park Dublane	Kilbryde
2 Dec	University of Stirling	Circular starting at Logie Kirk
9 Dec	Pendrich Car Park	Cocksburn Reservoir
16 Dec	Gargunnock highst	Towards Waston House



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
1 Oct	Bruce Street Bannockburn	Bannockburn cir cular	Carol
8 Oct	Dobbies ar park	Chalmerston	Paul
15 Oct	Logie Kirk car park	University circular	Carol
22 Oct	Blair Drummond Community Centre	Blair Drummond Circular	Tom
29 Oct	Kings park tennis court	Around the golf course	Paul
5 Nov	Woodland car park Alva	Woodland walk	Carol
12 Nov	Tillicoultry Retail centre	Along old railway towards Dollar	Sarah
19 Nov	Battle of Bannockburn visitor centre	Swanswater	Paul
26 Nov	Forthbank Car Park	Forthbank river walk	Tom
3 Dec	Kings park tennis courts	Cambusbarron	Paul
10-Dec	Parklands, Alva	Walk around Alva	Sarah