

## Walk details

Try a local walk, meet new people and improve your wellbeing on the way.

Active Stirling runs a variety of local walks led by qualified volunteers, allowing you to get fit and healthy whilst enjoying the outdoors.

### health walks **FREE**

are on good surfaced paths with only very gentle inclines. A health walk is a short, gentle and friendly led walk up to 2 miles (approx. 45 minutes) and a great way to meet new people and take the first steps towards a healthier lifestyle. Please note that the pace of these health walks is more suited to beginners.

### community walks

run each Thursday morning in different villages across West Stirling. They last up to an hour at a gentle pace. Each walk costs £1.00 – to join the walk please buy an Active Stirling walking card in advance. Please see the back page for how to buy your walking card.

### walk forward

are longer community based walks which take place every Tuesday morning. These walks are tailored for fitter walkers who can walk for 2 hours (approx. 8–10km) at a good pace and can tolerate rougher ground with inclines. Each walk costs £2.00 – to join the walk please buy an Active Stirling walking card in advance. Please wear sturdy footwear and bring water, a light snack and waterproof.

### RSVP **FREE**

in addition, the walking network supports walks for 50+ run through the Retired Senior Volunteer programme – contact 01786 475800. There are different levels of walks from one hour gentle walks on Thursday and Saturday mornings to more strenuous walks on Wednesday mornings lasting up to 1 hour 30 minutes.

**Walk in The Park** - walks run every Tuesday 10.30 am in Callander. Walks schedule found at : - <http://www.lochlomond-trossachs.org/living/walk-in-the-park/menu-id-899.html> or contact Wilma on 01389 727748

The Stirling Walking Network is supported by Paths For All.

For further details on this organisation please see [www.pathsforall.org.uk](http://www.pathsforall.org.uk)

## How to join in a walk

1. **To join in all you need to do is just turn up at the meeting point and at the start time**
2. **If it's your first time please arrive 10 minutes before your first walk to meet your Volunteer and complete a short questionnaire**
3. **Please dress appropriately for the weather and wear comfortable shoes for walking.**
4. **Walks are for adults – children under 16 are welcome but they need to be accompanied by an adult.**
5. **If weather is extreme, ie very heavy rain, ice or snow please call us in advance to check if walk is taking place that day**

### How to buy a walking card

1. **For paid walks you will need to buy a walking card.**
2. **Depending on the walk type cards cost £10.00 or £20.00 for 10 walks. Cards can be used any time within 12 months of purchase.**
3. **A walk leader stamps your card each time, at the start of a walk.**

**Head Office** No. 23  
15 Borrowmeadow Road  
Stirling FK7 7UW



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Before you buy a walking card, you are welcome to come along and try the walk first, free of charge.

You can buy the Active Stirling walking cards in person or by phone from:  
**Forthbank performance sport centre,**  
**T: 01786 448308**

### Become a walking volunteer!

If you'd like to join our team of volunteer walk leaders and receive free training and other benefits please get in touch with Walks Programme Leader below.

### For more details

Tricia Cumming  
**T: 0300 028 0024**  
**M: 07557 439111**  
[cummingp@activestirling.org.uk](mailto:cummingp@activestirling.org.uk)

All walks are detailed on our website [www.activestirling.org.uk](http://www.activestirling.org.uk) under the Active Communities section along with details of other health and fitness programmes.

If you require this information in large print contact Active Stirling on **0300 028 0101**

# Stirling walking network timetable

Monday 16 January –  
Saturday 28 April 2012



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	Walk type	Day/ Walk Leader	Walk time	Meeting Point														
				w/c Mon 16 Jan	w/c Mon 23 Jan	w/c Mon 30 Jan	w/c Mon 6 Feb	w/c Mon 13 Feb	w/c Mon 20 Feb	w/c Mon 27 Feb	w/c Mon 5 Mar	w/c Mon 12 Mar	w/c Mon 19 Mar	w/c Mon 26 Mar	w/c Mon 2 Apr	w/c Mon 9 Apr	w/c Mon 16 Apr	w/c Mon 23 Apr
health walks	<b>FREE</b> Stirling health walk	Each Monday	2.00pm – 2.45pm	Stirling Bus Station	Stirling Bus Station	Stirling Bus Station	Stirling Bus Station	Stirling Bus Station	Stirling Bus Station	Stirling Bus Station	Stirling Bus Station	Stirling Bus Station	Stirling Bus Station	Stirling Bus Station	Stirling Bus Station	Stirling Bus Station	Stirling Bus Station	Stirling Bus Station
	<b>FREE</b> Plean health walk	Each Monday contact Fran on 07902 308451	1.00pm – 2.00pm	No walk this week	No walk this week	No walk this week	No walk this week	No walk this week	No walk this week	No walk this week	No walk this week	Plean Country park car park	Plean Country park car park	Plean Country park car park	Plean Country park car park	Plean Country park car park	Plean Country park car park	Plean Country park car park
walk forward	Walk forward £20 for 10 walks with Active Stirling walking card	Each Tuesday contact Steve on 07802 200964	10.30am – 12.30pm	DUNBLANE. Cathedral car park	ABERFOYLE. Tourist Information building	BRIDGE OF ALLAN. Corner of Blairforkie Drive and Henderson St	GARGUNNOCK. The Inn, Main Street	CAMBUSBARRON. Top of Quarry Road	KILMAHOG. Bochastle car park	STIRLING. Dobbies - park at main road end of the car park	MILTON. Forestry car park, 1 mile west of Aberfoyle on B829	CAMBUS. Devon Place	KIPPEN. The Cross Keys, Main Street	BRIDGE OF ALLAN. Corner of Blairforkie Drive and Henderson St	BRIG O'TURK. Byre Inn car park	ALVA. Alva Woodland Park car park	CALLANDER. Bracklinn Falls car park	STIRLING. Dobbies - park at main road end of the car park
health walks	<b>FREE</b> Dunblane health walk	Each Wednesday	10.30am – 11.15am	No walk this week	No walk this week	No walk this week	Front of Dunblane Cathedral	Front of Dunblane Cathedral	Front of Dunblane Cathedral	Front of Dunblane Cathedral	Front of Dunblane Cathedral	Front of Dunblane Cathedral	Front of Dunblane Cathedral	Front of Dunblane Cathedral	No walk this week	No walk this week	Front of Dunblane Cathedral	Front of Dunblane Cathedral
	<b>FREE</b> Bridge of Allan health walk	Each Wednesday Contact Steve 07802 200964	2.00pm – 2.30pm or 2.00pm – 3.00pm	Bridge of Allan Health Centre	Birds & Bees	Macrobert arts centre, Stirling University	Bridge of Allan Health Centre	Macrobert arts centre, Stirling University	Bridge of Allan Health Centre	Macrobert arts centre, Stirling University	Birds & Bees	Macrobert arts centre, Stirling University	Carse of Lecropt road, under motorway bridge.	Macrobert arts centre, Stirling University	Cambuskenneth Abbey	No walk this week	Top of Glen Road	Carse of Lecropt road, under motorway bridge
community walks	Thursday rural walks £10 for 10 walks with Active Stirling walking card	Each Thursday contact Ann on 07746 453840	11.00am – 12.00pm	GARGUNNOCK. Main Street near the shop	BLANEFIELD. Church car park behind War Memorial	DOUNE. Bridge over the River Teith, signposted Deanston	KILLEARN. Black Bull	GARTMORE. Black Bull	MUGDOCK COUNTRY PARK. East car park	ABERFOYLE. Behind the Visitor centre	STRATHBLANE. car park opposite the Church	FINTRY. Sports Centre	BALLOCH. Car park in main street, opposite chip shop	KIPPEN. Opposite Cross Keys	EASTER. No walk	EASTER. No walk	GARTOCHARN. The Guide Hut	MILTON. Forest Car Park
health walks	<b>FREE</b> Mayfield health walk	Each Thursday	11.30am – 12.30pm	Mayfield Centre	Mayfield Centre	Mayfield Centre	Mayfield Centre	Mayfield Centre	Mayfield Centre	Mayfield Centre	Mayfield Centre	Mayfield Centre	Mayfield Centre	Mayfield Centre	Mayfield Centre	Mayfield Centre	Mayfield Centre	Mayfield Centre
	<b>FREE</b> Killearn & Blane field health walk	Each Thursday contact Shelagh on 01786 550836	2.00pm – 2.45pm	KIPPEN. opposite Cross Keys	KILLEARN. Beech Tree	DRYMEN. Garadhban Forest	KILLEARN. Health Centre	BALFRON. Car park beside Co-op	MUGDOCK. East Car Park	GARTMORE. Black Bull	BLANEFIELD. War Memorial	BALMAHA. Visitor Centre Car Park	KILLEARN. Black Bull	KILLEARN. Oakwood Garden Centre	EASTER. No walk	EASTER. No walk	ABERFOYLE. Behind the Visitor Centre	DALMARY. Old Drymen Road Car Park
other	<b>FREE</b> Stirling University Partnership walk	Each Saturday contact Tricia 07557 439111	10.30am – 12.00pm	Macrobert arts centre	Macrobert arts centre	Macrobert arts centre	Macrobert arts centre	Macrobert arts centre	Macrobert arts centre	Macrobert arts centre	Macrobert arts centre	Macrobert arts centre	Macrobert arts centre	Macrobert arts centre	EASTER. No walk	Macrobert arts centre	Macrobert arts centre	Macrobert arts centre

This timetable is subject to change – please check our website or call the number below if you are coming to a walk for the first time or you have not attended for a while. In the event of bad weather, walks will be cancelled – call number below to check before you set out.