

Saturday Walk Schedule

January – March 2012

Walks start at **10.30 am**, please arrive promptly.

Date	Meeting Point	Walk Route
14.01.2012 21.01.2012 28.01.2012	Dunblane, Haining car park	Local Paths in each area
04.02.2012 11.02.2012 18.02.2012	Raploch Community Campus, Stirling	
25.02.2012 03.03.2012 10.03.2012	Wallace High School, car park	
17.03.2012 24.03.2012 31.03.2012	Cambusbarron Community Centre	

Outline of Walks:

Time/Pace/Terrain: Approximately 1¼ – 1½ hours, moderate pace, some gentle inclines and uneven surfaces

Directions: Contact: Mary: 01786 823730, 07790 310077

KEEP WALKING – for community spirit, social wellbeing and improved fitness.

If you would prefer shorter walks and/or specifically Health Walks, please contact:

Tricia Cumming, Stirling Walking Network Co-ordinator
at Active Stirling on 0300 028 0101

*RSVP WALKS – KEEP WALKING

Walk Schedules January – March 2012

This brochure is designed to provide the various options for walks within the Stirling area.

What do you need?

- Dress according to the weather.
- Wear comfortable walking shoes suitable for the route.

How do you join?

- Contact the RSVP office, on 01786 475800. Ask for **Walks** information and leave contact details including email if available. The organiser will contact you regarding completing a simple form to join RSVP and the walks. Or turn up and join on the day.
- Choose the walk which best suits your walking ability.
- Arrive approximately 10 minutes before the walk to facilitate completing the walk register, and introduction to the group.

All walks are led by trained volunteer Walk Leaders and are free. To help you decide which walk is most suitable for you, a brief outline is provided at the bottom of each schedule.

***RSVP** – The Retired and Senior Volunteer Programme, is a free standing programme within CSV Community Service Volunteers and focuses on the 50+ age group.

RSVP Scotland,
4 King St, Stirling, FK8 1AY.
Email: rsvpscotstirling@csv.org.uk
Tel: 01786 475800

Wednesday Walk Schedule

January – March 2012

Walks start at **10.15 am**, please arrive promptly.

Date	Meeting Point	Walk Route
18.01.2012	Dunblane, Haining car park	Dykedale Wood
25.01.2012	Morrison's car park, Alloa	Alloa circular
01.02.2012	Cambus Village	River Forth
08.02.2012	Cambuskenneth Bridge, Riverside Drive	Causewayhead / River Forth
15.02.2012	Cambusbarron Community car park	Quarry walk
22.02.2012	Dunblane, Haining car park	Laighills towards Kinbuck
29.02.2012	Lecropt, under motorway bridge	Keir estate
07.03.2012	Blairforkie Drive, lower end, B. o Allan	Cornton/ University
14.03.2012	Gartmorn Dam	Gartmorn circular
21.03.2012	Smith Restaurant,	Thunder Bridge
28.03.2012	Blairforkie Drive, lower end, B. o Allan	Darn Road and Park of Keir

Outline of Walks:

Time/Pace/Terrain: Approximately 1¼ – 1½ hours, moderate pace, some gentle inclines and uneven surfaces.

Directions: Contact: Ray: 01786 449135, 07792 549363
Robert: 01259 215590, 07788 484219

Thursday Walk Schedule

January - March 2012

Walks start at **10.30 am**, please arrive promptly.

Date	Meeting Point	Walk Route
19.01.2012	Woodside Hotel, Doune	Doune Woodlands
26.01.2012	King's Knot corner, Stirling	Cambusbarron via King's Park
02.02.2012	Lecropt, under the motorway bridge	Lecropt carse
09.02.2012	Blairforkie Drive, lower end. B. o Allan	Bridge of Allan circular
16.02.2012	Gartmorn Dam, Sauchie	Gartmorn Woods – Schaw Park
23.02.2012	Vue Cinema car park, Stirling	Riverside and Cambuskenneth
01.03.2012	White Lodge House, Gargunnoch	Snow drop walk, Gargunnoch
08.03.2012	Cambus Village	Cambus, river circuit
15.03.2012	Alva Mills, Parklands car park	Alva Glen
22.03.2012	Haining car park, Dunblane	Dunblane old and new
29.03.2012	Plean country Park	Woodland trail

Outline of Walks:

Time/Pace/Terrain: Approximately 1 hour, moderate pace, some gentle inclines and uneven surfaces

Directions: Contact: Sarah: 01259 762901, 07549 036670
Mary: 01786 823730, 07790 310077
Alison: 01786 833388, 07711 388072