

Walk About STIRLING



Details of Walking Groups each week

Day & time	Meeting Point	Length and nature of walk
MONDAY AFTERNOON 1.45pm (to leave at 2.00pm)	STIRLING BUS STATION Meet inside the foyer by the cafeteria tables.	APPROX 30-45 MINUTES Mostly along pavements, no inclines, gentle pace
TUESDAY MORNING 10.30am WALK IN THE PARK	Contact Tricia for Walking Schedule or go to www.activestirling.org.uk	APPROX 45MINS-1HR Walks in the Callander area gentle pace.
WEDNESDAY MORNING 10.15am	Contact Tricia for walking Schedule or go to www.activestirling.org.uk	APPROX 1HR - 1½ Hours For reasonably fit people. Can be on countryside paths with gentle inclines.
THURSDAY MORNING 10.30am	Contact Tricia for walking Schedule or go to www.activestirling.org.uk	APPROX 50 MINS-1 HOUR Moderate pace, some gentle inclines.
THURSDAY MORNING 11.00am RURAL WALKS- West Stirlingshire	Contact Tricia for walking Schedule or go to www.activestirling.org.uk	APPROX 50 MINS-1 HOUR Moderate pace, some gentle inclines.
SATURDAY EVENING 6.30pm From 4 th October walks will start at 10.30am till end of March 2009	Contact Tricia for walking Schedule or go to www.activestirling.org.uk	APPROX 1 HR – 1 HR 15 MINS Moderate pace, some gentle inclines.

All walks are led by trained walk leaders and are free but it is advisable to come along to the Monday Group first to assess suitability of the longer walks. There is no need to register in advance of joining a group. Please ensure you come along early on day of your first walk to complete a questionnaire and remember to wear sensible footwear.

For further details contact Tricia Cumming on (01786) 432323 or mobile 07717 544773 or e-mail cummingp@activestirling.org.uk

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