

Please note the pace of these walks may be too slow for regular fit walkers.



Walk About STIRLING



Walk Schedules July - September 2009



This brochure is designed to provide the various options for health walks within the Stirling area, including the west Stirlingshire villages and The National Park. All walks are free.

If you require this information in larger print contact

cummingp@activestirling.org.uk

01786 432323

www.activestirling.org.uk

All walks are detailed on the above website under Active Communities

We hope you find this new booklet helpful and enjoy all the walks that you join in the future!

What do you need: -

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

How do you join: -

- Read through this brochure to choose the walk best suited to your walking ability.
- Please arrive 10 minutes before your first walk in order to complete a Health Walk Questionnaire.
- If unsure which walk to join, the Monday group provides a good starting point.



Introduction to the walk programme

All walks are lead by volunteer Walk Leaders and are free. To help you choose the walk most suitable for you, we have used the following colour codes for the title of each walk: -

Green = 45 minutes to 1 hour. No inclines, gentle pace.

Orange = 1 ¼ - 1 ½ hour. Some gentle inclines, moderate pace.

Red = 2 hours. Inclines, fast pace.

Details of **Monday Walking Group**

The Monday walk is the shortest walk lasting approximately **45 minutes** and **always leaves from the café inside Stirling bus station at 2pm**. The route is mostly along pavements with no inclines and is at a gentle pace. It is ideal for individuals who are new to walking and want to become more active.

Dates	Meeting Point	Walk Routes
Monday	Café inside Stirling Bus Station	Riverside Kings Park
Monday	Café inside Stirling Bus Station	Raploch River Walk Beechwood
Monday	Café inside Stirling Bus Station	Lower Back Walk

Walk About STIRLING



The aim of Walk About Stirling is to encourage those who have been less active to start enjoying regular walks within their community.

This booklet provides various options for health walks, and also outlines a pathway for timescales, ability level, and progressions onto new walks. Guidance on moving from health walks will be provided by our trained volunteer Walk Leaders.

When walking with the group, please:

- Have fun 😊
- Arrive in plenty of time
- Be kind to others
- Let the walk leader know if you leave before the end
- Please stay behind the front leader and in front of the back leader



Aberfoyle Walking Group

July – August 2009

The July – August schedule for the health walks project in Aberfoyle is listed below. All walks start at **10.30am**, and are led by qualified walk leaders. Anyone wishing to improve their physical and mental well-being is welcome to attend, **including visiting friends and family members**. Contact Craig on **07834 446871** or Tricia on **01786 432323** or **07717 544773** for more information.

Date	Meeting Point	Walk Route
1st July	Benches in the car park by the Trossachs Discovery Centre - Aberfoyle	Woodland walk to Loch Ard
8th July	As above	Lochan Spring Walk
15th July	As above	Railway walk
22nd July	As above	Doune hill
29th July	As above	Wildlife Site Walk
5th August	As above	Lochan Spring
12th August	As above	Railway walk to Doune hill

Thursday Group Walk Schedule July, August, Sept. 2009

All walks start at 10:30am - Please be at the meeting point prompt

Day	Meeting Point	Walk Route
2 nd July	Alva Woodland Park Car Park	Alva towards Tillicoultry
9 th July	King's Knot, Dumbarton Road, Stirling	To King's Park via Falleninch Farm and Homesteads.
16 th July	Dunblane High School Car Park	Anchorcross towards Doune
23 rd July	Klondyke Garden Centre, Glasgow Road, Stirling.	Milton of Bannock Burn
30 th July	The Inn, Main Street, Gargunnoch.	The Beeches circular (New walk)
6 th August	Allan Water Café, Bridge of Allan	Café to Glen Road.
13 th August	Tillicoultry Retail Park entrance.	Devon Way towards Dollar
20 th August	Corner entrance of King's Park at the fountain.	King's Park circuit
27 th August	Plean Country Park	Heritage and Nature Trail
3 rd September	Wallace Monument Car Park	Stirling University
10th September	Gatmorn Dam, Sauchie	Damside and Woodland Loop
17 th September	Cambusbarron Bowling Club Car Park	Upper Quarry Path.
24 th September	Moray Park, Doune	Doune Railway Line and Argyat Triangle.

Details of Walks:

Time/Pace/Terrain - Approx 1hr, moderate pace, some gentle inclines.

Progression Pathway - Suitable as a progression for Monday group walkers and for those who are able to walk for up to an hour at a moderate pace

Directions - Contact Alison on 01786 833388, 07711388072



Wednesday Group Walk Schedule for July, August, Sept. 2009

All Walks Start at 10.15 am – Please be at the meeting point prompt

Day	Meeting Point	Walk Route
1 st July	Bridge of Allan Park under motorway bridge by Lecropt Kirk	Lecropt Carse
8 th July	Car park at the back of the Bannockburn Heritage Centre	Swanswater Circular
15 th July	Park near by MacCrae Memorial, Sherrifmuir	Sherrifmuir Paths
22 nd July	Front main entrance to Kings Park, Stirling	Kings Knott and Cambusbarron
29 th July	Car park at Gartmorn Dam	Dam Circular and surrounding paths
5 th August	Cambusbarron Community Centre	Around the quarry
12 th August	Meet at bottom corner Old Doune Road, Dunblane	Dunblane-Laighills
19 th August	Cambus Village	Cambus and River Front
26 th August	Logie Kirk car park	Lower Hermitage Hill
2 nd September	Roads adjacent to Moray Park, Doune	Doune-Railway Line
9 th September	Car park at the back of the Bannockburn Heritage Centre	New Line Road and surrounding paths
16 th September	Meet at Wallace Monument Visitor Centre	New Paths around Abbey Craig
23 rd September	Layby opposite the Inn, main street, Gargunnoch	Paths around Gargunnoch
30 th September	Meet at the bottom corner Old Doune Road, Dunblane	Kilbryde Walk

Details of Walks:

Time/Pace/Terrain - Approx 1¼ - 1½ hr, moderate pace, some gentle inclines and uneven surfaces

Progression Pathway - Suitable as a progression for Thursday group walkers and for those who are able to walk for up to 90 minutes at a moderate pace

Directions - Contact Ray on 01786 449135, 07792 549363



Callander Walking Group

July – August 2009

The July – August schedule for the health walks project in Callander is listed below. All walks start at **10.30am**, and are led by qualified walk leaders. Anyone wishing to improve their physical and mental well-being is welcome to attend, **including visiting friends and family members**. Contact Tricia on **01786 432323** or **07717 544773** for more information.

Date	Meeting Point	Walk Route
7 th July	Foresty Car Park, Coihallan Wood	Invertrossachs Road and Loch Venachar
14 th July	Callander Meadows Car Park	Town Circular, Tulipan Crescent, Ancaster Road, Main Street
21 st July	Ancaster Square	Roman Camp & Riverside
28 th July	GP Surgery	NCR 76 East to Keltie Bridge
4 th August	Ancaster Square	Town Circular – South Church St, Creep, Bridgend and Meadows
11 th August	Callander Meadows Car Park	NCR 7 towards Kilmahog
18 th August	Callander Meadows Car Park	Town Circular - Main St, Leny Feus, Meadows
25 th August	Foresty Car Park, Coihallan Wood	Invertrossachs Road and Loch Venachar



Walk About STIRLING



There are many proven health benefits from walking and a summary is listed below:

- Reduce the risk of coronary heart disease and stroke
- Lower blood pressure
- Reduce high cholesterol and improve blood lipid profile
- Reduce body fat
- Enhance mental well being
- Help to control body weight
- Help osteoarthritis
- Help flexibility and co-ordination hence reducing the risk of falls

Walking for general health and longevity

For general health, experts recommend accumulating a total of 30 minutes of brisk walking on most, preferably all days of the week

Walking to increase fitness

For the more technically minded, you should aim for your heart rate 'training zone'. To calculate this, take your age away from 220. Then try to walk so that your heart rate is at least 45% of this figure. So for example a 40 year old would be aiming to have a heart rate of at least 81 beats per minute (220 - 40 x 0.45).

Walking for weight control

Walking one mile (1.6km) can burn up at least 100kcal (420kJ) of energy and walking two miles (3.2km) a day, three times a week, can help reduce weight by one pound (0.5kg) every three weeks.

Financial benefits as well!

Walk about Stirling walkers, on production of this leaflet, will be entitled to a 10% discount off full price merchandise, subject to availability, at Millets at 20 – 22 Murray Place, Stirling.

WALK FORWARD STIRLING Schedule for July, August, Sept. 2009

All walks start at 10:30am - Please be at the meeting point prompt

Day	Meeting Point	Walk Route
Tues 14 th July	DOUNE Information Centre	Doune Castle and Deanston
Tues 28 th July	GARTMORN DAM Car park	Paths around the dam
Tues 11 th Aug	ABERFOYLE Woollen Mill	Fairy Knowe/Lochan Sping
Tues 25 th Aug	Car park at the back of the Bannockburn Heritage Centre	New Line Road and surrounding parts
Tues 8 th Sep	KILMAHOG Bochastle car park (Forestry Commission car park)	Falls of Leny
Tues 22 nd Sep	WALLACE MONUMENT car park	Stirling Bridge via Cambuskenneth (a flight of steps is incorporated on this walk)

PLEASE NOTE DUE TO THE SUCCESS OF THIS WALK THERE IS CURRENTLY NO SPACE FOR NEW WALKERS. TO REGISTER YOUR INTEREST PLEASE CONTACT TRICIA CUMMING ON 01786 432323 OR EMAIL cummingp@activestirling.org.uk

Details of Walks:

Time/Pace/Terrain - Approx 2 hrs, faster pace, some gentle inclines, uneven surfaces and rough ground. Please ensure you wear sturdy footwear and bring water, a light snack and a waterproof.

Progression Pathway - Suitable as a progression for Wednesday group walkers and for those who are able to walk for up to 2 hrs at a faster pace

Directions - Contact Alison on 01786 833388, 07711388072 or Ann on 07746453840



Thursday Rural Group Walk Schedule for July, August, Sept. 2009

All walks start at 11.00am – Please be at the meeting point prompt

Day	Meeting Point	Walk Route
2 nd July 13 th August inclusive	Break for Summer Holidays	No Walks
20 th August	KILLEARN Car Park at Beech Tree	West Highland way
27 th August	ABERFOYLE Park near the Wollen Mill	Local paths
3 rd September	STRATHBLANE Park at church (left at roundabout after Kirkhouse Inn)	Cycle path to Lennoxtown
10 th September	KILLEARN Park at the top of Branziert Road	Pipe Track from Killearn to Blanefiled
17 th September	ABERFOYLE Forest Drive car park, Dukes Pass Trossachs Road	Trossachs Walk
24 th September	DRYMEN Forest car park up hill beyond school	Drymen Forest Walk

Details of Walks:

Time/Pace/Terrain - Approx 1 hr, gentle pace, some gentle inclines

Directions - Contact Ann on 07746 453840 or Susi on 01360 440849, 07895 512266 or Lindsey on 01360 440471, 07836 786259

Saturday Group Walk Schedule for July, August, Sept. 2009

All Walks Start at 6.30 pm – Please be at the meeting point prompt

Dates	Meeting Point	Walk Route
4 th July 11 th July 18 th July	Bridge of Allan Railway Station by the steps	Routes around Bridge of Allan and Lecropt Carse
25 th July 1 st August 5 th August	Mill Row car park Dunblane	Laighills Baxters Loan Dykedale
15 th August 22 nd August 29 th August	Main entrance to Kings Park by the fountain	Various routes incorporating Kings Park, Kings Knot, Cambusbarron
5 th September 12 th September 19 th September 26 th September	Car park at the back of the Bannockburn Heritage Centre, Stirling	New Line Road Swanswater, Bannockburn Circular, Tinker's Loan

Details of Walks:

Time/Pace/Terrain - Approx 1 - 1¼ hrs, moderate pace, some gentle inclines and uneven surfaces.

Progression Pathway - Suitable as a progression for Thursday group walkers and for those who are able to walk for up to 75 mins at a moderate pace

Directions - Contact Ray on 01786 449135, 07792 549363

