

Points of Interest on Walk:

The urban routes generally follow tarmac paths. One walk passes the parish churchyard which contains the remains of Bruce of Kinnaird, the explorer who found the source of the White Nile. The station was once the junction of the North British Railway and Caledonian Railways.

The red sandstone tenement beside the station was built by Caledonian Railways for their workers. It was remodelled in the 1970s to remove the fourth floor level and to incorporate modern apartments.



Walk with Braveheart Forth Valley Royal Hospital, Larbert.



For more information regarding any of our walks,
please contact Braveheart on **01324 673703**.
Or visit: www.braveheart.uk.net

Falkirk Community Hospital
Majors Loan
Falkirk FK1 5QE

The Braveheart Association is a Scottish Charitable Incorporated Organisation. Charity No. SCO 34617.



Scottish Natural Heritage
Dualchas Nàdair na h-Alba

For inspiration go to
snh.gov.uk/simplepleasures
Search for
'scottish natural heritage'
on Facebook.



Wildlife:



This selection of walks takes in a mixture of urban and rural routes. The rural routes pass through mature and new woodland, with both deciduous and conifer trees. Within the hospital grounds we can occasionally see grey squirrels and red deer. The lochan in front of Larbert House is home to swans and mallard ducks and is covered in water lilies in late summer. Birds of all kinds including buzzards can be found in the wooded and open areas around the hospital. During October and November the skies overhead are filled with the sounds of geese on their annual migration and either heading to or away from the flatlands along the River Forth and the bird sanctuary at Skinflats.

Walk Information:

Distance:

1.5 to 3 miles

Grade:

Easy.



Risks:

Slight ascents and descents.

Facilities:

Toilets and refreshments can be found in Forth Valley Royal Hospital. Benches and occasional picnic tables are located around the loch and on the trails around Larbert house.

The walks offer views across the surrounding countryside to the Falkirk Wheel, the Ochills and Cockelroy Hill outside Linlithgow.

FVRH map 1

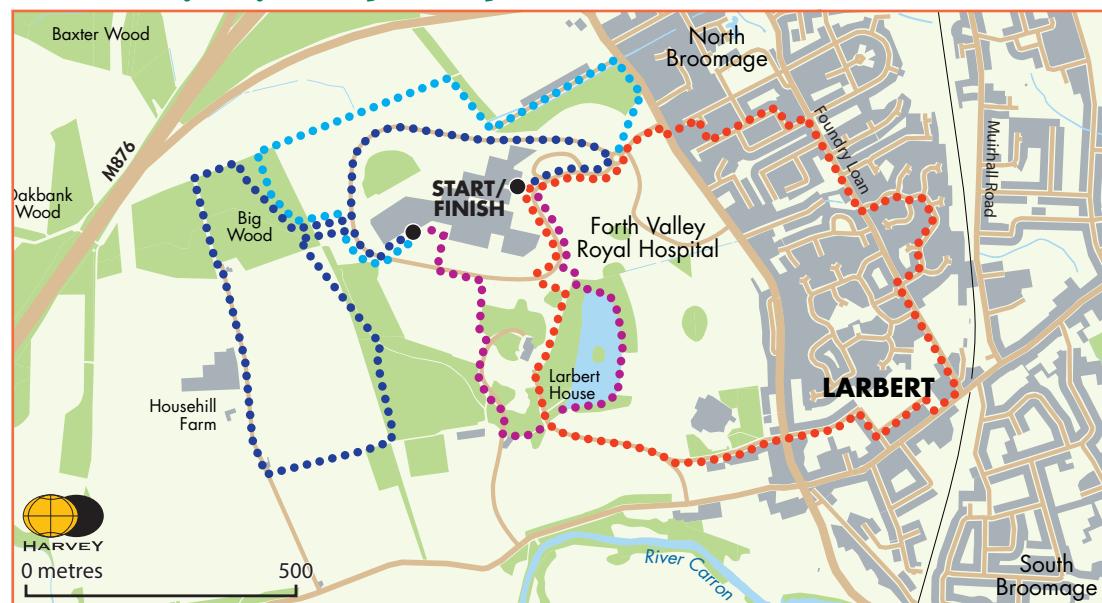
- Blue = 30mins
- Purple = 30mins
- Red = 1 hour
- Dark Blue = 30mins

FVRH map 2

- Blue = 1 hour
- Red = 30mins
- Green = 1 hour
- Purple = 1 hour

Short health and scenic walks in Falkirk

Forth Valley Royal Hospital map 1



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Forth Valley Royal Hospital map 2



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Local Knowledge & History:



Forth Valley Royal Hospital is set in the grounds of Larbert House. The house was built by Sir Gilbert Stirling in 1822 and it was destroyed by fire in 2006. For a period the house was used for people with learning disabilities and formed part of the Royal Scottish National Hospital Complex. There was a series of buildings on the site of the current hospital, called 'The Colony' which housed administration staff and additional wards. These buildings were demolished to make way for the new hospital. Larbert House is currently being restored to provide flats. The stable block has already been converted to housing and the new tenants, people not horses, are due to start revitalising this area of the park.