

# Walk with Braveheart

Monthly  
Walks  
2018



Walk in the **heart** of nature by joining **Braveheart's**  
free guided walks, designed to support adults in  
becoming more active

# Braveheart

For healthy lives



# 2018 Monthly Walks

**FREE.** Suitable for individuals of all abilities with a 3.5-mile or 2-mile (approx) walk option on all walks

Our walks start around 1.30pm with **FREE** transport often available- please call/email to reserve your seat at the start of each month. **FREE** bus pick ups from Camelon Education Centre at 1pm & Carron Co-op at 1.10pm

❖ January, Tuesday 23 <sup>rd</sup>	The Sensory Centre to Carmuir
❖ February, Tuesday 27 <sup>th</sup>	Polmont Loop
❖ March, Tuesday 27 <sup>th</sup>	Preston House, Valleyfield
❖ April, Tuesday 24 <sup>th</sup>	Pittencrief Park, Dunfermline Glen
❖ May, Tuesday 22 <sup>nd</sup>	Palace Rig Loch, Cumbernauld
❖ June, Tuesday 26 <sup>th</sup>	Doune Ponds
❖ July, Tuesday 24 <sup>th</sup>	Limekilns & Charlestown
❖ August, Tuesday 28 <sup>th</sup>	Gartmorn Dam
❖ September, Tuesday 25 <sup>th</sup>	Cramond
❖ October, Tuesday 23 <sup>rd</sup>	Clacks & Kincardine Bridges
❖ November, Tuesday 27 <sup>th</sup>	The Kelpies to Bothkennar



**Braveheart & Inner Forth  
Landscape Initiative Walks**



Please refer to above information

**FREE** Monthly walks for those who would like to see more of the Inner Forth area

❖ February, Wednesday 14 <sup>th</sup>	Bo'ness Foreshore
❖ March, Wednesday 14 <sup>th</sup>	Kennetpans
❖ April, Wednesday 11 <sup>th</sup>	Cambus
❖ May, Wednesday 9 <sup>th</sup>	Blackness Loop
❖ June, Wednesday 13 <sup>th</sup>	Bandeath
❖ July, Wednesday 11 <sup>th</sup>	Culross
❖ August, Wednesday 8 <sup>th</sup>	Black Devon Wetlands

For more information please contact:  
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Or visit: [www.braveheart.uk.net](http://www.braveheart.uk.net)  
Also find us on Facebook

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