

Walk with Braveheart

Weekly
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 Falkirk Weekly Walks

FREE. Suitable for individuals of all abilities. No need to book, just turn up!
Please come prepared for our Scottish climate

- ❖ **Monday- Polmont Woods, 10.30am** (1hr or 30min walk option)

Meet in Pedestrian Area behind Aldi



- ❖ **Monday- Callendar Park, 2pm** (1hr or 30min walk option)

Meet at Callendar House, Falkirk



- ❖ **Tuesday- Forth Valley Royal Hospital, 10.30am**

(1hr/45min/30min walk option) Meet at the Hospital front entrance



- ❖ **Tuesday- Polmont Canal, 7pm** (April – October)

Meet at Polmont Station by Bowling Club



- ❖ **Wednesday- Dawson, 10.30am**

Meet at The Carron Co-Op, Ronades Road

- ❖ **Wednesday- Bonnybridge, 10.30am** (1hr or 30min walk option)

Meet at the Royal Hotel, High Street



- ❖ **Thursday- Middlefield, 7pm** (April – October)

Meet at The Falkirk Community Stadium Car Park

- ❖ **Friday- Stenhousemuir, 10.30am** (1hr/45min/30min walk option)

Meet outside the Red Cross Charity Shop in Town Centre



- ❖ **Saturday- Callendar Park, 10.30am** (1hr or 30min walk option)

Meet at Callendar House, Falkirk

- ❖ **Sunday- Linlithgow Loch, 1.30pm**

Meet at the St Ninian's Way Car Park

Braveheart Walks Also Support:

Please contact for more information



For more information please contact:
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01324 673703 or 07795283508

Or visit: www.braveheart.uk.net
Also find us on Facebook

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