

**Monthly
Walks**

Braveheart
For healthy lives

2022

Come and join our free, friendly, Monthly Walks encouraging everyone to become more physically and socially active within our community. Our walks are open to everyone, of all abilities, and we also support people living with long term conditions. Our Monthly Walks are a great way to explore further afield. Both a 3 and 4 mile walk option. Booking is essential, no later than one week before.

For more information or to book please contact Walking D.O may.richmond@nhs.scot / 07795283804

Date	Location	Meet	Active Travel
Tuesday 22 nd February	Secret Falkirk	1.30pm start from meeting point Please contact for specific meeting point information on the same month as walk date Booking is essential – please book your place no later than one week before walk date	We encourage active travel to the start locations of each of our walks. i.e. using public transport or car share For active travel support please contact for specific information on the same month as walk date
Thursday 24 th March	Pretty Polmont		
Tuesday 26 th April	Delightful Denny		
Thursday 26 th May	Bo'ness Foreshore		
Tuesday 28 th June	Mystery Tour - TBC		
Thursday 28 th July	Grangemouth Greenspace		
Tuesday 23 rd August	Falkirk Stadium to Beancross		
Thursday 22 nd September	Braveheart's Annual Sponsored Walk TBC		
Tuesday 25 th October	Fallin		
Thursday 24 th November	Bonnybridge Centre		

Visit us:
www.braveheart.uk.net



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