



Join our free, friendly, low-level weekly walks encouraging you to become more physically and socially active. Our walks are open to everyone, of all abilities, and we also support people living with long term conditions. No need to sign up, just turn up. Our locally trained Walk Leaders look forward to seeing you there. **For more information, please contact Eva, our Walking Development Officer by email on: eva.finlayson@nhs.scot OR call: 07795 283508.**

DAY	LOCATION	TIME	MEET	WALK OPTION
Monday	Polmont Woods	10.30AM	Pedestrian area outside Aldi	1hr medium pace
Monday	Callendar Park	2PM	Outside Callendar house	1hr brisk, 45mins medium or 30mins slow pace
Tuesday	Forth Valley Royal Hospital	10.30AM	Front entrance – bike racks	1hr brisk, 45mins medium or 30mins slow pace
Tuesday	Grangemouth	11AM	Community Education unit, next to sports complex	1hr medium or 30min slow pace
Tuesday	Polmont Canal (Apr – Oct)	6.30PM	Polmont Railway Station carpark	1hr medium pace
Wednesday	Dawson	10.30AM	Carpark across from Carron Medical Practice	1hr brisk or 1hr medium pace
Wednesday	Bonnybridge	10.30AM	Outside the Old Station Bar, High St	1hr medium or 45min slow pace
Thursday	The Helix Park (Apr – Oct)	7PM	Falkirk Stadium car park	1hr medium pace
Friday	Stenhousemuir	10.30AM	Outside the Plough Hotel	1hr brisk, 45min medium or 30min slow pace
Friday	Camelon	11.30AM	Forth Valley Sensory Centre garden	1hr medium / slow pace
Friday	Denny	2PM	Sports Centre car park	1hr medium pace
Saturday	Callendar Park	10.30AM	Outside Callendar House	1hr brisk/medium or 30min slow pace
Sunday	The Helix Park	1.30PM	Falkirk Stadium car park	1hr medium pace



The Braveheart Association is a Scottish Charitable Incorporated Organisation, No. SC034617. Visit us at: www.Braveheart.uk.net