

# Braveheart Weekly Walks

For healthy lives

Join our free, friendly, low level Weekly Walks encouraging everyone 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, Dementia, and sensory impairments. No need to sign up, just turn up. We then enjoy tea & chat in the cafe after our walk!



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Day	Location	Time	Meet	Walk Option
Monday	Polmont Woods	10.30am	Meet in pedestrian area behind Aldi	1 hour medium pace
Monday	Callendar Park	2pm	Meet outside Callendar House	1 hour brisk, 45min medium or 30 min slow pace
Tuesday	Forth Valley Royal Hospital	10.30am	Meet at front entrance bike racks	1 hour brisk, 45min medium or 30 min slow pace
Tuesday	Grangemouth	11am	Meet outside Community Education Unit (next to Sports Complex)	1 hour medium or 30 min slow pace
Tuesday	Polmont Canal (April – Oct)	6.30pm	Meet in car park at Polmont Railway Station	1 hour medium pace

Please turn over

Day	Location	Time	Meet	Walk Option
Wednesday	Dawson	10.30am	Meet in car park adjacent to Carron Medical Centre	1 hour brisk or 1 hour medium pace
Wednesday	Bonnybridge	10.30am	Meet beside the Old Station Bar, High St	1 hour medium or 45 min slow pace
Thursday	The Helix Park (April – Oct)	7pm	Meet in Falkirk Stadium car park	1 hour medium pace
Friday	Stenhousemuir	10.30am	Meet outside The Plough Hotel	1 hour brisk, 45min medium or 30 min slow pace
Friday	Camelon	11.30am	Meet in F.V Sensory Centre garden / café	1 hour medium / slow pace
Friday	Denny	2pm	Meet in Sports Centre car park	1 hour medium or 30 min slow pace
Saturday	Callendar Park	10.30am	Meet outside Callendar House	1 hour brisk/ medium or 30 min slow pace
Sunday	The Helix Park	1.30pm	Meet in Falkirk Stadium car park	1 hour medium pace