

Smart Move with Braveheart

Come and join our free, friendly, low level weekly walks encouraging everyone to become more physically and socially active within our community, along with promoting active travel. 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...our locally trained Walk Leaders look forward to seeing you there. We then all enjoy tea & chat in the cafe after our walk!

Monday- Polmont Woods, 10.30am

Meet in pedestrian area behind Aldi
(1hour medium or 45min medium paced walk option)

Monday- Callendar Park, 2pm

Meet at Callendar House
(1hour brisker/ medium or 30min slow paced walk option)

Tuesday- Forth Valley Royal Hospital, 10.30am

Meet at hospital front entrance
(1hour brisker, 45min medium or 30min slow paced walk option)

Tuesday- Polmont Canal, 6.30pm (April- October)

Meet in main car park at Polmont Railway Station
(1hour medium paced walk option)

Wednesday- Dawson, 10.30am

Meet outside Lidl, Ronades Road
(1hour brisker or 1hour medium/ slow paced walk option)

Wednesday- Bonnybridge, 10.30am

Meet at the Royal Hotel, High Street
(1hour medium or 45min slower paced walk option)

Thursday- The Helix Park, 7pm (April-October)

Meet at Falkirk Stadium Car Park
(1hour medium paced walk option)

Friday- Stenhousemuir, 10.30am

Meet outside Red Cross Charity Shop, Town Centre
(1hour brisker, 45min medium or 30min slow paced walk option)

Friday- Camelon, 11.30am

Meet at Forth Valley Sensory Centre
(1hour medium/ slow paced walk option)

Saturday- Callendar Park, 10.30am

Meet at Callendar House
(1hour brisker/ medium or 30min slow paced walk option)

Sunday- Linlithgow Loch, 1.30pm

Meet at St Ninian's Way car park (1hour medium paced walk option)



We have an exciting new partnership with Cycling Without Age Scotland- are you unable to walk far but would like to join a group? please contact CWA on 01324 467272



Smart Move with Braveheart

Come and join our free Monthly walks, similar to our Weekly walks however we venture further afield! These walks are between 2-4miles long with various options available. Travel plan information for you to reach the start of our walk will be available- we encourage & support active travel. **BOOKING IS ESSENTIAL**- please call / email from the 1st of each month to book your place.



January-Tuesday 28th
Carron Loop



February-Tuesday 25th
Broch Woods & Castle, Torwood



March-Tuesday 24th
Inner Forth Landscape Walk



April-Tuesday 28th
Town & Wetlands, Alloa



May-Tuesday 26th
Linlithgow Loch



June-Tuesday 23rd
Inner Forth Landscape Walk



July-Tuesday 28th
Tillicoultry Trail



August-Tuesday 25th
Riverside, Stirling



September-Tuesday 22nd
Braveheart's Sponsored Walk



October-Tuesday 27th
Inner Forth Landscape Walk



November-Tuesday 24th
Falkirk Wheel



For more information please contact Walking Development Officer:
eva.finlayson@nhs.net / 01324 673703 or 07795283508
Or visit: www.braveheart.uk.net Also find us on Facebook

We're based at Falkirk Community Hospital, Majors Loan, Falkirk, FK1 5QE