

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. 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 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 bike racks
(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 in car park adjacent to Carron Medical Centre
(1hour brisker or 1hour medium/ slow paced walk option)

Wednesday- Bonnybridge, 10.30am

Meet behind 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 the Plough Hotel, 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)

Friday- Denny, 2pm

Meet in Denny Sports Centre car park
(1hour medium or 30min slow paced walk option)

Saturday- Callendar Park, 10.30am

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

Sunday- The Helix Park, 1.30pm

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



For more information please contact eva.finlayson@nhs.scot / 01324 673703 / 07795283508

