Life is busy, time is precious. But taking 30 minutes for a walk will help you feel better - mentally and physically. Even 15 minutes will have a benefit, when you can't find the time to do more. Walking helps you feel more energetic and more able to deal with the business of life! Walking also helps us to get fitter and at the same time encourages us to get outdoors - and it’s right on your doorstep!

At this Walking Hub you will find 3 short circular walks of different lengths - Bronze, Silver & Gold Medal Routes. You don’t need any special equipment to do these walks and they are all planned out on paths - see the map and instructions on the inside.

Simple pleasures, easily found.
Walking & talking is one of life’s simple pleasures. We don’t need to travel far, we can visit green spaces where we live, make new friends, see how things change through the seasons, feel closer to nature - and have fun!

Go on, get to your nearest Walking Hub - Walk the Walk! Challenge yourself to 'give it a go'. Grab a friend, grab your children and get outdoors!

Here is a handy little table to get you started during the first few weeks of walking. Simply mark on the table which Medal Route you walked on which day - can you build up to Gold?

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<th>Week</th>
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Let the Glasgow 2014 Commonwealth Games inspire you to get more active. Walking is a great way to get fit - 30 minutes of brisk walking, 5 times a week helps to maintain good health. Your local Medal Routes can help you to get outdoors more often.

If you have enjoyed these Medal Routes, why not look for others around your area? All Medal Routes maps are available to download from:

www.ramblers.org.uk/scotland

Enjoy Scotland’s outdoors responsibly
- take responsibility for your own actions
- respect the interests of other people
- care for the environment.

Let’s go walking
Stirling University Campus

Ramblers Scotland
Medal Routes is a Ramblers Scotland project. Ramblers have been promoting walking and representing the interests of walkers in England, Scotland and Wales since 1935. We have 54 local groups across Scotland so there’s sure to be one near you.

Why not join us to make more walking friends and support our campaigning work? Call 01577 861 222 or visit online:
www.ramblers.org.uk/join

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Medal Routes in Stirling

Bronze Route Stirling University Campus
A level walk round the western end of Airthrey Loch.
From the Gannochy Sports Centre, cross the road to the open, grassy area beside the lochside path. This is a good place to watch the many ducks and swans which inhabit the loch. Walk round the loch in a clockwise direction and soon you will be on the broad George Forrest walk, named after a prominent plant collector for the Botanic Gardens. At the footbridge, cross and enter the MacRobert Arts Centre. Walk past the shops, cross the atrium then descend the stairs to the exit door. Once outside, walk up the pavement on the right hand side of the road and take the surfaced path on the right which descends to the water’s edge and continues to the sports centre.

Silver Route Stirling University Campus
An attractive walk, on some unsurfaced paths, round the quiet east end of Airthrey Loch.
From the Gannochy Sports Centre, cross the road to the waterside path and turn right. Follow the path as it rises to join the road. Turn left on the pavement and walk down to the MacRobert Arts Centre. Enter through the doors signed ‘The Atrium’. Ascend the stairs and walk across the atrium, towards the shops. Follow the corridor between the shops and exit onto the footbridge. Cross over then take a path on the right hand side which descends to the water’s edge. Follow this path clockwise round the shoreline, all the way back to the start, looking out for the many species of birds which inhabit Airthrey Loch and the campus.

Gold Route Stirling University Campus
A pleasant walk round the university campus and Airthrey Loch.
Follow the directions for the Bronze Route to the far side of the footbridge then ascend the surfaced path to the right which leads towards some residential blocks. Take the first surfaced path on the right and shortly ascend some steps and follow until the path reaches a road. Cross the road to a path in the trees. Turn right and continue until you meet another road. Cross over and continue on the ‘Joyce Dunn Walk’, to a path junction, then descend to the right and emerge onto the road. Turn left and look for the ‘Gardener’s Memorial Garden’ sign. Go through the gate and walk through the Memorial Garden, passing a small pond. Exit by the labyrinth, at the far end of the garden, and turn right. Take the first path on the right, at the residences, and follow to the road. Turn left and then take the track off to the right. This skirts the playing fields and eventually reaches the loch. Turn left on the shore path and follow it all the way back to the start.

Walking Map

Times based on an average walking speed of 3 miles per hour.

For more information on Medal Routes across Scotland, contact Ramblers Scotland on www.ramblers.org.uk/scotland