

## Buggy and bump walks in Stirling

Meet new parents and babies, improve your fitness and join us at one of our new buggy walks. Walks take place across Stirling, are **FREE** and are led by qualified walk leaders. Walks are also suitable for mums-to-be. Each walk finishes at a venue where you can stop for a coffee and chat afterwards, and share your new parent experiences with others.

**There is no need to pre book** – join our facebook group for latest details on walks: at **[facebook/groups/buggywalkingstirling](https://www.facebook.com/groups/buggywalkingstirling)**

Mondays 10.30am – 11.30am Cowie Community Centre, Cowie

Tuesdays 10.30am -11.30am Raploch Community Campus, Raploch

Wednesdays 10.30am – 11.30am Bridge of Allan Jam Jar, Bridge of Allan

Thursdays 2.00pm – 3.00pm Battle of Bannockburn, Heritage Centre, Bannockburn

Fridays 10.30am – 11.30am Dunblane Centre, Dunblane

**Please note** – walks may occasionally leave from different starting points – please check our Facebook page for more details.