

Kings Park Stirling



Dementia friendly walks

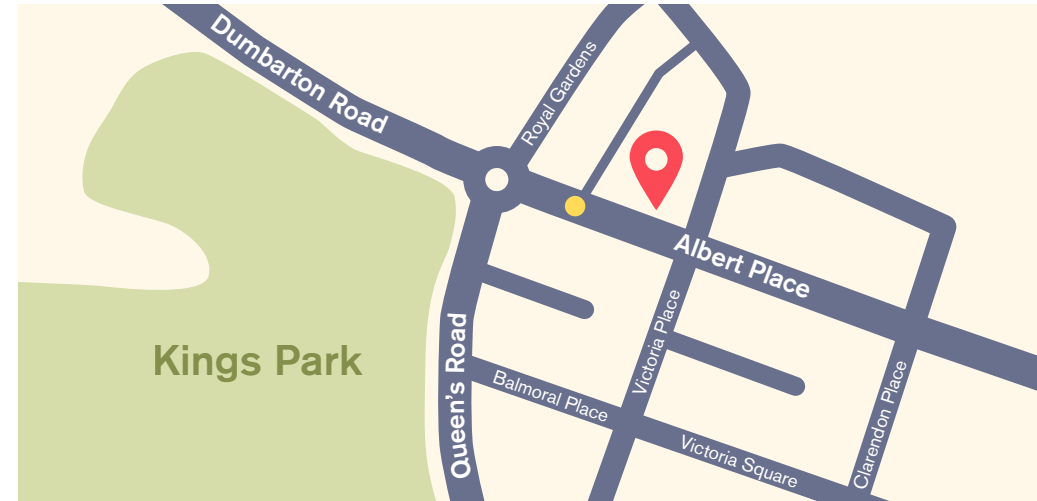
A weekly health walk, run by Stirling Walking Network centres on Kings Park. Led by trained volunteer walk leaders, the walk takes place every Tuesday. Walkers meet at the front of the Smith Art Gallery and Museum at 1.45pm to leave on the walk at 2.00pm. Walkers return to the Smith café for tea/ coffee after the walk. For more information, please contact Active Stirling.

Active Stirling
www.activestirling.org.uk
walking@activestirling.org.uk
 01786 273 555

Where the walk starts
 Smith Art Gallery and Museum
 40 Albert Place, Stirling FK8 2RQ. Walkers arriving by car can use the car park at the Art Gallery and Museum.



Bus services
 The B12, C12A and P2 bus services all stop on Albert Place near the Smith Art Gallery and Museum



Places to eat

Kings Park is a 10-15 minute walk from Stirling city centre, where there are many shops and restaurants. The closest cafés are at the Smith Art Gallery and Museum (closed Mondays) and the Albert Halls.



Getting to Kings Park

Kings Park is only a short 10-15 minute walk from the south-west of the city centre. The route is signposted.

You can travel to Kings Park by car. There is a combination of free parking (restricted to 3 hours) and metered street parking close to entrances. Please note that the free parking spaces require individuals to walk on the road to reach the park entrances.



Metered parking on Victoria Place



Free parking on Park Avenue

Things to do

Kings Park is a vibrant and friendly space to be enjoyed by all generations.

At weekends, and outside of school times, it proves popular with families enjoying the opportunity to explore the vast open spaces and playpark. Visitors can also enjoy free use of the public tennis courts, skatepark and outdoor gym. There's an opportunity to take a stroll around the Peace of Mind Garden or visit the orchard, which contains apple trees native to the local area.

Kings Park includes a good path network and is popular with walkers and dog owners (with dogs often having the freedom to run loose). There are various walks available around Kings Park, which suit people of all levels of fitness; please refer to the map overleaf.

Visitors who enjoy gardening can join the Friends of Kings Park once a month (normally the last Friday of each month) to help with maintaining the Peace of Mind Garden. Please see www.facebook.com/Friends-of-Kings-Park-Stirling for details of planned gardening days.



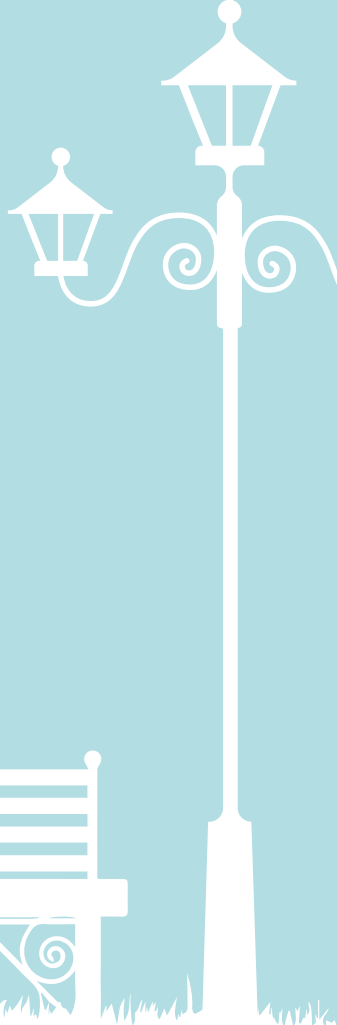
About Kings Park

Kings Park is located beneath Stirling Castle. It includes over 400 acres of agricultural land and a public park. Kings Park is a site of historical significance and is Scotland's oldest Royal Park. It was first recorded as a royal hunting ground in 1166/7. An information board at the main entrance includes more details about historical events in Kings Park.

Inclusive park

Significant investment has been made to Kings Park to improve access for all. Paths are primarily of a sealed surface and accessible to wheelchairs, scooters and prams.

In 2017/18, Kings Park was made more accessible to visitors, including people living with dementia, through the provision of additional seating, the installation of a handrail, toilet signage, and the production of this leaflet. This work was funded by the William Grant Foundation and supported by Stirling Council.



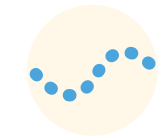
Walks in Kings Park

There is a variety of path networks within Kings Park. Walkers can appreciate various wildflowers, spectacular views of Stirling Castle, and pass by sites of key historical significance.

Walkers should bring wind/waterproof clothing. Walkers are also encouraged to bring refreshments (as there is currently no café within the park). To protect the beauty and nature of the park, walkers are asked to dispose of their rubbish in litter bins. Dog owners are required to bag dog waste, which can then be placed in any of the litter bins in the park.



Details of walks in Kings Park



The Playing Fields, Water Fountain, Orchard and Peace of Mind Garden
This walk will take 10-15 minutes, walking at a moderate pace. The paths are a flat, sealed surface. Paths are generally free from obstacles, although in places there may be some shadows cast by trees. Dogs may be running loose around the playing fields. This route provides views of Stirling Castle, and passes the water fountain, Peace of Mind Garden and orchard.



The upper path to lower path
This walk will take 25-30 minutes, walking at a moderate pace. The route includes some steep ascents, descents, and steps. This route provides spectacular views of Stirling Castle, and Kings Park golf course. It also passes the outdoor gym and tennis courts.



The upper path
Continue on upper path to walk around the golf course and back into Kings Park. The walk takes around 1.5 hours at a moderate pace and includes some steep ascents and descents.



The lower path
Continue on the lower path to the Homesteads before retracing your steps or following the main road (which can get very busy) back to Kings Park. This walk will take around 1 hour at a moderate pace.

Contacts

For more information about Dementia Friendly Kings Park Please contact Paths for All:

www.pathsforall.org.uk
dementiafriendly@pathsforall.org.uk
01259 21 88 88

For general enquires about Kings Park please contact Stirling Council:

www.stirling.gov.uk
info@stirling.gov.uk
01786 40 40 40

What's in the park?



1. Kings Park Main Entrance
The main entrance through the B listed railings into the historically significant Kings Park. Further details about the history of Kings Park is included on the information panel close to this entrance.



2. Outdoor Gym
An area of the park is set aside for outdoor gym equipment that is free to use and suitable for users 14 years and over. Seating is available near to the outdoor gym equipment.



3. Peace of Mind Garden
An accessible planted garden created in 2010 that supports biodiversity and wildlife. The Peace of Mind Garden is located in the community garden area, near to the play area. Picnic tables are also available nearby.



4. Kings Park Drinking Fountain
This Victorian style ornamental drinking fountain is the only one of this design known to be in existence in Scotland. Smaller Victorian drinking fountains are located along the park boundary.



5. Toilets
Open February to November.



6. Tennis courts
The tennis courts were built in 1923 and are free for visitors to use.



7. Orchard
The orchard was planted in 2012 and contains a variety of native heritage apple trees, including Scotch Bridget, Stobo Castle, Bloody Ploughman, Katy and a locally cultivated 19th century variety, Stirling Castle.



8. Small mosaic features
The small mosaic designs represent historical events in the park and were created by local school children.