

Explore Stirling & Falkirk Area Guide with Maps

Bridge of Allan, Dunblane and Clackmannanshire

2010/2011

www.explorescotland.net



- Places to visit
- Eating Out
- Gifts & Galleries
- Shops & Services
- Sports & Recreation

TOP ATTRACTIONS TO VISIT



The National Wallace Monument - Stirling's famous landmark and the high point of your visit to the city. Packed with fascinating exhibits and displays, this is where you can come face to face with Scotland's national hero - Sir William Wallace. Listen in on his trial, and see his magnificent battle sword. Visit The Hall of Heroes, trace the story of Building The Monument, and take in the panoramic views from The Crown. Free parking, courtesy bus service to/from The Monument, Audio Tour, Woodland Walks and Nature Trails (Complimentary trail map available), Picnic Area, Souvenir and Gift Shops. Relax in Legends Coffee House, set directly beneath the

Monument, and serving speciality coffees, soft drinks, freshly made sandwiches, baguettes, paninis, and cakes. **Open** daily all year (Closed Christmas Day, Boxing Day, New Year's Day). *Abbey Craig, Hillfoots Road, Causewayhead, Stirling FK9 5LF.*

Tel: (01786) 472140 (Map Grid Ref: C1)

Visit www.nationalwallacemonument.com for further information, including details of special events.



For generations Scotland's royalty gathered at **Stirling Castle** to revel in its impressive buildings and beautiful surroundings. Today visitors can do the same. Explore the impressive Great Hall, marvel at the magnificent tapestries or take a guided tour of the castle. A free guided tour of Argyll's Lodgings is also included in entry price. Car parking, shops and café on site. *Stirling Castle, Stirling, FK8 1EJ (Junction 9 or 10 M9)* **Open** All year, 7 days a week (except 25th & 26th December) 1 Apr-30 Sept 0930-1800 1 Oct-31 Mar 0930-1700 Tel: 01786 450 000 www.stirlingcastle.gov.uk info@stirlingcastle.gov.uk

Stirling Smith Art Gallery and Museum: for the history and culture of Stirling. Treasures include the world's oldest football. Children's activities, shop and café for lunches and light snacks. Ailie's (biodiversity) Garden and picnic area. **Open** Tues to Sat 10.30 to 5pm, Sun 2 to 5pm. Free admission & parking. *Dumbarton Rd, 100 metres past Albert Hall.* www.smithartgallery.demon.co.uk.

Tel: 01786 471917 (Map Grid Ref: C1)



The Macrobert Arts Centre is a multi-arts venue based on the Stirling University campus. With a cinema, theatre, café bar restaurant and creche there's always something going on.

The building is **open** from 9am till late Monday - Saturday and 10am till late on Sundays, with film screenings every day of the week including arthouse films, blockbusters and children's movies. This July 2010 sees the first mFEST at macrobert - a festival for ages 12-17 years which has been entirely run and programmed by young people. You can find out more at www.mpowerscotland.org

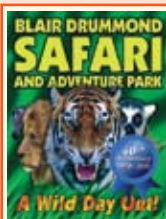
To find out more about anything going on at macrobert and to check cinema or theatre listings, visit www.macrobert.org or call us on 01786 466666



Vue Cinema: Forthside Way Stirling features eight stadium seated auditoriums, all of which give guests a chance to upgrade their seating to 'VIP seats'. These are luxury, extra comfortable seating positioned in prime spots of each auditorium and represent the best seats in the house.

Vue Stirling now plays host to a state of the art Digital 3D screen which has to be seen to be believed! It a truly unique experience that cannot be seen outside of the cinema environment. The recent phenomenal successes of Avatar and A Christmas Carol at the start of the year show off just some of the capabilities 3D technology has and paved the way for over 16 major movies to be released in 2010 with more in the pipeline. Come and enjoy the experience for yourself!

For film time information, visit myvue.com or call Tel: 08712 240240. *Calls cost 10p per minute from BT, other networks may cost more.



Blair Drummond Safari Park: Drive around our Wild Animal Reserves and cruise around Chimp Island. Enjoy our daily Sea Lion shows and Bird of Prey Centre daily displays. Visit Pets' Farm & Lemur Land. Adventure play area with pirate ship & buried treasure, giant astraglide, flying fox & pedal boats. Restaurant, bar, picnic, BBQ areas, Fun Fair & amusements. **Open** Mar till 31st Oct 2010, 10am-5.30pm, last entry 4.30pm. Adult: £11.50, Child (3-14yrs)/Concession/Carers (ID)/Students (ID): £8.00. Under 3's free. 4 mls from Stirling on A84. Tel: 01786 841456 www.blairdrummond.com

Stirling Old Town Jail: the city's famous Victorian prison, at the heart of the historic Old Town. Discover what it was like to be behind bars, 150 years ago! Who will you meet in prison? A poor inmate desperate to escape? The prison governor? Or even the city's last hangman? An amazing experience for everyone to enjoy. Beastie Hunt for children, Exhibition, Rooftop Viewpoint, Souvenir and Gift Shop. **Open** from April to October. Tel. (01786) 450050. Visit www.oldtownjail.com for further information.



Sterling Mills Outlet Shopping Village.

Located in the idyllic Tillicoultry countryside and conveniently positioned close to Stirlingshire's top attractions, we bring a refreshing and unique shopping experience to the area. With loads of famous name brands like M&S, GAP (Opens Summer 2010), Nike, Adidas, Austin Reed, Claire's, Thorntons and

lots more, all offering huge savings every day. K.I.D.S International Designer Store has the largest selection of designer children's wear for ages 1 month to 16 years in Scotland and with the same great discounts you'll not be going away empty handed. Our kids play area, free car parking and great café make your shopping trip even more refreshing and relaxing. Whether you're looking for fun for the whole family, a day out with a difference or simply leisurely shopping, come and visit us. **Open** 7 days a week, late night Thursday, with farmers market on fourth Sunday of every month. For opening hours and information Tel (24 hours): **01259 752100** or visit www.sterlingmills.com



Pubs, Restaurants & Cafés

Stirling is home to many pubs, some full of rustic charm and character (as well as characters!) and some that are chic and unique with arty interiors. Whatever your style, there is something to suit everyone, whether you're on a big night out with friends, or enjoying a pint with the Sunday papers. The restaurant and café scene is wide and varied with Italian, Indian, American, Mexican, Chinese and traditional British all within a short walk of each other. If heading out of town, Bridge of Allan is home to a number of lovely restaurants, cafes and pubs, with Causewayhead boasting a couple of little gems too. Enjoy your night and get home safely! Remember DR Taxis are just a phone call away...



Corrieri's Café: Owned by a Scottish-Tuscan family for over 40 years. Producing all their own pizza dough, pasta dishes, garlic breads & much more, from fresh ingredients sourced daily. Fish & Chips. Traditional Italian Ice Cream. Table Licence. Reasonably priced 6 page menu, catering for the whole family. **Open** 6 days, 10am to 10.30pm, closed Tuesday. 7 Alloa Rd, Causewayhead. Tel: 01786 472089 (Map Grid Ref: C1)

Outback Bar & Grill – G'day from Stirling's no.1 theme pub. We have something for everyone: live sports on big screen TV's; fresh Outback tucker; the biggest beer garden in town; pre-club parties with great entertainment; a cocktail bar and great drink promos... so where the hell are ya? Wed: Quiz night, Thurs: Karaoke, Fri & Sat: Weekend entertainment and a great atmosphere. **Open** 7 days, all year round. 9 Upper Craigs, Stirling (under the arch). Tel: 01786 451130. www.outbackbarandgrill.com. (Map Grid Ref: D3)



Taj Mahal Indian Restaurant - Stirling's first Indian restaurant, established over 25 years ago. Traditional dishes using natural ingredients providing a dining experience that will bring you back again. Buffet lunch every day only £6.95 from 12 noon. Early bird special – 3 courses only £7.95 (5-7.30pm). Extensive A la carte menu also available. Take away and delivery service available. Fully licensed. All major credit cards accepted. **Open** 7 days, 12pm-11pm (midnight Fri/Sat) 39 King Street, Stirling. T: 01786 470728. (Map Grid Ref: C3)

Frankie & Benny's brings together the best of classic American and Italian in both style & cuisine, specialising in home-style cooking "just like Mamma used to make it!" Frankie & Benny's is the perfect place to start or finish the classic "pizza and a movie" combo, situated right next to the cinemas in Stirling and Falkirk. **Open** 10am until late. Forthside, Stirling. Tel: 01786 468 880; Central Retail Park, Falkirk. Tel: 01324 639 236. www.frankieandbennys.com (Map Grid Ref: D2)



Old Town Coffee House is ideally located en-route to the castle. The recently refurbished 'Old Town Coffee House' has a warm and friendly atmosphere with a touch of sophistication. Offering a selection of fine coffee blends & teas. Try our amazing full Scottish all day breakfast and choose from a variety of snacks, mouth watering cakes & pastries. A most enjoyable experience guaranteed! Wi-Fi enabled. **Open** from 8.30am Mon - Fri, 9am Sat and 10am Sun. 38 Spittal Street, Stirling. Tel: 01786 472605. www.theoldtowncoffeehouse.com (Map Grid Ref: C2)

The Golden Crown has an excellent reputation for its Chinese and Cantonese cuisine. Operated by the same family for 30 yrs, it's Stirling's original Chinese Restaurant, offering over 160 dishes from their fabulous menu. Relax in their warm and friendly restaurant, visit the take-away or simply telephone for home deliveries. **Open** daily 12 to 2pm & 5 to 10pm (11pm Fri/Sat). 23-25 Barnton St. Tel: 01786 473984 (Map Grid Ref: C2)



The River House Restaurant has an enviable reputation for attracting customers near and far to experience freshly prepared local produce cooked to perfection. Superb waterside location with seasonal al fresco dining. Ample free parking. Stylish interior design with bar. Kid's play area. Conference facilities. **Open** all year, 10am-10pm, food served all day, A la carte and pre-theatre menu from 5pm. Castle Business Park, off r/about from the M9 (J10). T: 01786 465577 www.houserestaurants.com (Map Grid Ref: A2)

Come to **Jimmy Chung's** & experience authentic Chinese cuisine presented in a buffet style. Help yourself from a mouth-watering array of starters and main courses - then finish off your meal from Jimmy's selection of fresh sweets - if you have any room left! **Open** 7 days: Lunch, 11.45-4pm only £5.99pp (£6.99 Fri-Sun). Dinner, 5pm-10.30pm £8.99 (£10.99 Fri-Sat) All food, is continually prepared by Jimmy Chung's experienced chefs using only the freshest ingredients. 14 Friars Street, Stirling. Tel: 01786 469911.



Nicky Tams: Bar & Bothy has been established for over 100 years. A great lively bar in the centre of town – the perfect meeting place! Fantastic deals on drinks and food for students. Extensive menu packed with all your favourite dishes. Regular party theme nights. **Open** Sun – Thurs 11am to midnight and till 1am Fri and Sat. Our fresh food is served daily from 12pm-9pm using only farm assured local produce. 29 Baker Street, Stirling. Tel: 01786 472194. www.nickytamsbar.co.uk (Map Grid Ref: B2)



This delightful converted and fully refurbished steading ingeniously incorporates many farm items into its décor. The interior design cleverly combines timeless classics, with funky contemporary pieces making it one of the most unique and inviting establishments in central Scotland. There are many nooks and crannies, along with a cosy open fire, private dining booths and relaxing, comfy sofas. The perfect place for a special occasion and a popular wedding venue. The extensive lunch and evening menus from light bites to hearty home cooked meals are ideal for all tastes and budgets. Barbeque and Petanque French Boules in the courtyard. **Open** 7 days: from early in the day for fresh coffee through to that well earned glass of wine in the evening and delicious food, all day in between. Easter Cornton Road, off Causewayhead Road (turn left before the roundabout as you approach Causewayhead from Stirling city center). Tel: 01786 473663. www.thebirdsandthebees-stirling.com (Map Grid Ref: C1)



Vecchia Bologna is run by renowned chef Claudio and is a firm favourite amongst locals and visitors alike. Fresh, honest food, created from the most traditional of family recipes is what keeps customers returning again and again. The varied menu includes classic Italian and continental dishes.



There is a fantastic buzz about the place with friendly and efficient staff. Whether you fancy a succulent a Sunday roast, a 3 course a la carte meal, or a freshly made 12" pizza, Vecchia Bologna is the place to be.

Enjoy a nice lunch and glass of wine for less than a tenner!

Open 7 days. Lunch 12 – 3 and evening meals served from 5pm. Mine Road, Bridge of Allan (at the old Victorian Spa House).

Tel: 01786 833617. www.vecchiabologna.co.uk



Filling Station offers a warm welcome, comfortable surroundings and of course fantastic food. Menu highlights include a wide range of sandwiches, burgers, salads and grills, not to mention the ever popular sizzling fajitas. Filling Station's location in the heart of Stirling means you'll never run empty!

Open 8.00am until late. 1-7 Dumbarton Road. Tel: 01786 472 820. (Map Grid Ref: D3)

Zingerman's Bar & Grill - a sophisticated ambience in the city; a new social experience with mood lighting. Meet for business or pleasure with fine food and refreshments. In the contemporary and elegant cocktail lounge you can enjoy bar snacks, afternoon tea and a wonderful selection of drinks including Champagnes, Wine, Beers and Cocktails. Fabulous specials including 2-course lunch from £9.95 and evening dinner from £11.95. **Open** 7 days. Family friendly. 52 Port Street, Stirling (Map Grid ref: D3) Tel: 01786 463222. www.zingermans.co.uk



EC's provides a warm welcome in stylish & unique surroundings offering fresh local produce. Dine Al Fresco in the courtyard, without fear of the weather, whilst inside offers a calm haven to watch the world go by. Homemade food is accompanied by a fine selection of coffees, teas, quality wines, beers & spirits and of course our delicious selection of home baking and indulgences. Junior menu available. **OPEN** 7days: 8am until late (sun 11am-4pm) 22-28 The Stirling Arcade, 01786 474888 E: ec-café@btconnect.com

La Ciociara is a family-run restaurant serving authentic Italian food, wine and 'Segafredo' coffee. Fantastic specials, eg: Buffet Lunch, Thurs and Fri 12-2.45, £5.95 (under 5yrs only £3.95) Saturday Special: 1 Soup, 1 Pasta and a glass of wine £6.75, Afternoon Special 12-5pm every day ½ Pizza, ½ Pasta, glass of wine – only £10.95 per couple. Try the amazing Scottish/Italian Fish and Chips. Extensive A la Carte menu available. **Open** all year, 10am to 11pm. If mamma loves it, you're sure to love it too! 41 Friars Street, Stirling. T: 01786 451552.

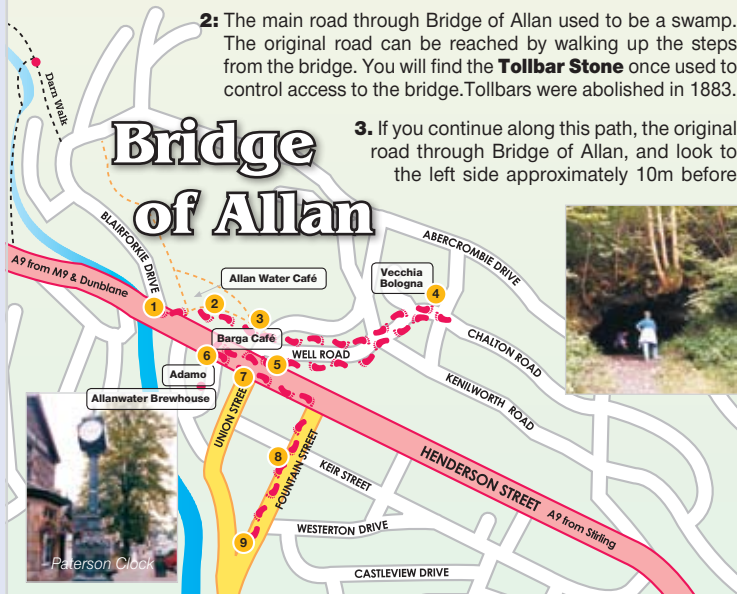


Visiting Bridge of Allan

1: In the 1830's Bridge of Allan consisted of an old-fashioned Mill and Kiln, a wayside inn a smithy and a few hovel-looking huts, around a narrow hump-backed bridge. The success of the Spa changed all this by 1868. The weir and mill lade can still be seen under the present day bridge.

2: The main road through Bridge of Allan used to be a swamp. The original road can be reached by walking up the steps from the bridge. You will find the **Tollbar Stone** once used to control access to the bridge. Tollbars were abolished in 1883.

3: If you continue along this path, the original road through Bridge of Allan, and look to the left side approximately 10m before



the path joins Well Road you will find a coffin rest (a large flat stone surface), where parties rested the coffin to take a break prior to burying it in the Kirkyard.

4: The Spa: Some 1,000 gallons of excellent mineral water flowed into the Spa's Well House each day. At the spa's peak, some 500 people per day would drink from the water that many believed cured a multitude of ailments. The Spa Pump Room and Well House can be visited today at what is now Vecchia Bologna Italian Restaurant.

5: The Provost's (Mayor's) Lamp, now situated at the Cross, would originally have been placed outside the home of the Provost

6: Robert Louis Stevenson first visited Bridge of Allan with his mother when he was 2. In the mid 1800's, the town welcomed 30,000 visitors, many of which came for the Spa. Thereafter he was a frequent visitor and as an adult wrote 'I shall never forget some of the days at Bridge of Allan. They were one golden dream'. The map here shows the walking trail to Stevenson's Cave, which was the inspiration for Robert Louis Stevenson's 'Treasure Island'. He discovered it when he was 9 years old and it is thought he transformed this into the book's featured 'Ben Gunn's Cave'

7: The Paterson Clock is a memorial to one of the towns much loved characters Alexander Paterson who was the local doctor and a distinguished botanist and horticulturist.

8: Charles Rennie MacIntosh designed the splendid chancel suite of furniture in the Bridge of Allan Parish Church in 1904. The church is open from 10am to 4pm from June to Sept. Tel: 01786 834155 for more info.

9: The Fountain of Ninevah was erected by Major John Henderson in 1850, who drew up the plans for the town as we see it today. The fountain was erected in honour of Sir Austin Lanyard who had made important discoveries in Ninevah in Mesopotamia

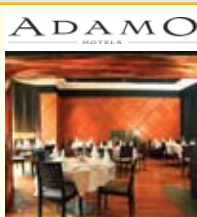


Allanwater Brewhouse: Visit this fascinating micro-brewery and watch the brewer producing their cask ales and bottled beers; traditionally crafted real ales using 100% natural ingredients. Free brewery tour and tastings. Superb presentation packs of their beers, named after famous battles and Scottish landmarks, available in the Brewery Shop. **Open** 7 days 12noon to 5pm. Free car park. Behind the Adamo Hotel in Bridge of Allan's main street. Tel: 01786 834555 www.bridgeofallan.co.uk



Barga Bistro is a delightful eaterie, with an Italian flavour. Choose from an extensive lunch menu including home-made dishes and light bites, complimented by delicious cakes, biscuits and speciality teas and coffees. In the evening enjoy bistro style dining and choose from pizza, pasta, steaks and daily specials using the best of local meats and produce. The perfect meeting place! Great kids menu too. Take-away available. **Open** 7 days, 8am-10pm. 33 Henderson Street, Bridge of Allan. Tel: 01786 834998.

Visit **ADAMO** for sophisticated dining and drinking. On offer at both hotels is the best of Scottish produce served in stylish surroundings with a range of private spaces to allow for a dining experience with a difference. Bridge of Allan's late night venue; **EVA** is the perfect destination to indulge after dinner. Adamo Bridge of Allan, 24 Henderson Street, Bridge of Allan, Tel: 01786 833268. Adamo Stirling, 78 Upper Craigs, Stirling, Tel: 01786 430890. Both **Open** 9am till late. Adamo Hotels - www.adamohotels.com (Map Grid Ref: A2)



Allan Water Café: Family run café for more than 100 years. It is famous for the Fish & Chips and the delicious home made Ice Cream, made daily on the premises. It is open for breakfast, lunch through to dinner. Take-away is also available. **Open** 7 days, all year 8am (9am Sun) to 9pm. 15 Henderson St. Bridge of Allan. Tel: 01786 833060 (Map Grid Ref: B1)



Visiting Dunblane

The name Dunblane probably comes from 'dun' or 'stronghold' of St Blane, an early 7thC missionary. In the middle ages it was the centre of an extensive Bishopric with a magnificent Cathedral that still dominates the town today.

1: Dunblane Museum, situated opposite the Cathedral is housed in the 1624 Dean's House. Initially opened to house archival items from the Cathedral, it now has a Medieval Room, Reformation Room, Dunblane and Restoration Room and the Art Gallery. Open 6 days (closed Sundays), May to September. Free entry (donations welcome), manned by volunteers.

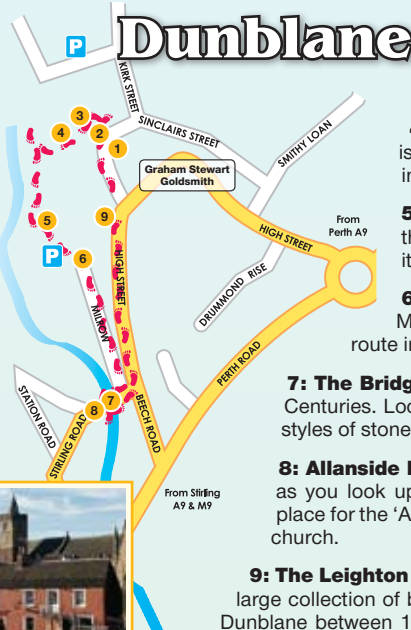
2: The Cross is where the Mercat Cross would have stood and the weekly markets and annual fairs held.

3: Dunblane Cathedral. The main cathedral was built by Bishop Clement in the mid 13thC. Inside the Cathedral you will see some of Scotland's finest Medieval carved woodwork, 20thC carved pulpit, choir stalls, reredos screen and the Flentrop organ case. There are 3 blue slabs set in the choir to commemorate

Graham Stewart Designer, Gold & Silversmith has been running his workshop & gallery in Dunblane since 1978, with his small team of skilled and long-established craftsmen. He produces innovative, clean-lined, sculptural pieces of silver from high profile commemorative presentation pieces to quality functional silver as well as fine jewellery. The shop also stocks a range of silver and jewellery by other makers as well as ceramics, glass, bronzes, etc. **Open** Mon-Sat 9-5. Special commissions undertaken. 91-95 High Street, Dunblane. www.grahamstewartsilversmith.co.uk



Tel: 01786 825244



James IV's wife Margaret Drummond and her two sisters. Open Apr to Sept from 9.30am to 6pm, Sundays 2pm to 6pm. Oct - Mar to 4pm.

4. The Bishop's Palace. Here you can see what is left of the once extensive Medieval palace, last inhabited in 1579.

5: The Town's Bleaching Green: A stone pillar in the middle of the grass in the 19thC and prior to that it was the Palace Gardens.

6: The Town's Meal Mill was located at the end of Mill Row, hence its name today. This was the original route in to Dunblane, dating back over 1000 years.

7: The Bridge was built in 1410 and widened in the 19th/20th Centuries. Look under the arch of the bridge to find two distinct styles of stone work, the original being faced in yellow sandstone.

8: Allanside House (the large white building nearest the bridge as you look upstream) was built in the late 18thC as a worship place for the 'Auld Lights' - a break away sect from the established church.

9: The Leighton Library was built in 1687 as a result of £100 and a large collection of books being left by Robert Leighton, the Bishop of Dunblane between 1661 and 1669. The wall of the building contains a large carved panel with a Bishop's mitre. For details of opening hours, call Barty's Solicitors on 01786 822296.



Located right in the heart of the city The Stirling Arcade has been a landmark of Stirling ever since it was built between 1881 and 1882. A delight to visit, the Arcade has recently been refurbished and features beautiful Victorian architecture and period features, all capped off with a stunning glass roof which allows light to flood into the central walkway and café area- an ideal place to relax and take time to enjoy your surroundings.

You'll find everything you need for an enjoyable shopping experience - a great mix of independent retailers and businesses offering quality products including contemporary fashions, musical instruments, traditional sweets, jewellery, lingerie, niche gifts and much more as well as a variety of services from hairdressing and beauty treatments to estate agency. There's also the licensed café where you can enjoy fresh, local and homemade produce. You'll find traditional values and contemporary styling combining to provide the city's most unique shopping experience.

Opening Times: 7 DAYS A WEEK Mon - Sat 9am to 5.30pm; Thurs till 8pm; Sun 11am to 4pm. Please note individual shop opening times may vary.

Enter off Murray Place & King Street, Stirling.

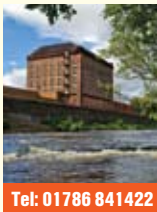
Tel: 01786 450719. www.stirlingarcade.com

The Hidden Jewel in Stirling's Crown...



Stirling Bagpipes is located in Stirling's old town, just a 2min walk from the castle. The majority of pipes for sale have been crafted in-house giving you first-hand assurance of their high standard. This also applies to the wide range of new and antique bagpipes, reeds & accessories they stock. Replacement, refurbishment and a valuation service is also available. One-stop shop for pipe bands & individual pipers. If you are just learning, browse the collection of tutor books & cd's. 8 Broad Street, Stirling. Tel: 01786 448886. www.stirlingbagpipes.com

Deanston Distillery rests on the banks of the River Teith, with the stunning Trossachs countryside and Ben Ledi close by. Home to Scottish Leader Blended Scotch Whisky and the Deanston 12 year old Single Malt Scotch Whisky. The distillery is open for tours, by appointment and there is a shop selling whiskies, branded merchandise, polo shirts & fleeces. **Shop Open** Mon-Thurs 10am-4pm, Fri 10am-2pm. Closed 12.30-1pm for lunch. Top class conference facilities available. *Before reaching Doune (from Stirling), turn left before the bridge and turn right to the distillery.*



Tel: 01786 841422



park AND ride

Stirling Park and Ride
Direct to the heart of the city

CASTLEVIEW CIRCULAR

Castleview • Stirling Smith • City Centre • Viewforth • Stirling Royal Infirmary • King's Park • Golf Club • Castleview

SPRINGKERSE LINE

Springkerse • Morrisons • Sports Village • Forthside • City Centre

Buses EVERY 12 MINUTES... £1 Return

Two Park and Ride routes operate in Stirling:

Castleview circular shown in green and Springkerse line shown in Purple. Park and Ride lets you travel to Stirling by car, park in either car park for free and then continue your journey by bus to the City Centre.

Opening Times:

Monday to Saturday, 7.30am to 6.30pm except Thursdays 7.30am to 8.30pm. Buses every 12 minutes

Bus Prices:

Adult return - £1; Child Return - 50p
Single Fare available at half price
Weekly, Monthly and Quarterly tickets available

Scottish National
Entitlement Cards
travel FREE

DELIVERING QUALITY SERVICES 0845 277 7000 stirling.gov.uk

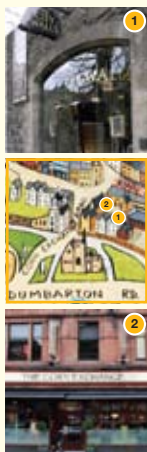


Visiting Stirling



The City Walls located within the ancient fortifications of Stirling on the picturesque "Back Walk", this gem of a pub offers something for everyone. The great menu, with its freshly prepared dishes ranges from Scottish favourites to pub classics available from 12pm-9pm daily. With families welcome, there are great value offers (such as selected dishes 2 for £9.99 all day Mon-Thurs) & daily specials. Visiting for a drink? Choose from wines, spirits & super chilled beers, 30 malt whiskies & local cask ales. With a rooftop beer garden & Sky Sports shown on 10 screens, there are many reasons to visit the City Walls! **Back Walk, Stirling. Tel: 01786 451063. www.citywalls.co.uk**

The Corn Exchange: 'Bar, Food, Club' reads the sign outside this impressive sandstone building, but that does not do justice to this superb establishment. The Corn Exchange offers a vast range of drinks with premium spirits, wines and cocktails served on two bars that feature striking draught beer 'cold stations' where the lagers are served to perfection. The accompanying food is renowned for its quality and easy to see why this place is so popular. Don't forget you can party the night away with our resident DJ's at the weekend! **11-13 Corn Exchange, Stirling. Tel: 01786 451904. www.cornexchangestirling.co.uk**



RACMSA Rally of Scotland: Stirling is proud to once again host the RACMSA Rally of Scotland on the 15th to 17th October 2010. This international status, motor sport event that is guaranteed to deliver fast-paced action and high drama all within some of the most beautiful scenery in the world. For more information go to www.msaevents.co.uk and click on the Rally of Scotland link.



Europa Music: 'Worth a visit to Stirling itself' The List. Floor to ceiling music of all types; Scottish Folk, Rock, Pop, Punk, Dance, Jazz, Classical, Blues, Country etc. New & used CD's, records and DVD's to buy or exchange. The largest accessible vinyl record collection in Scotland. Also T-shirts, books and memorabilia. **Open 7 days. 10 Friars St, Stirling.** Europa Mobile Disco for all functions. Tel/Fax: 01786 448623 www.europamusic.co.uk (Map Grid Ref: C2)

Visiting Clackmannanshire

Arts, history and friendly people - **Clackmannanshire** is rich in culture with a heritage that links it to some of Scotland's most famous historical characters. You will find a thriving local arts and crafts scene, which is what you would expect from an area with a tradition as a thriving textiles industry. Sport and leisure also feature highly on the list of local activities, with lots to offer at the leisure and sports centres. If fresh air is what you are after, then on the Ochil Hills you can enjoy walking and cycling. The libraries and the Speirs Centre are a vast source of local information, with lots of local knowledge from history to genealogy.



Flying Fox Bikes is based at the foot of the stunning Ochil Hills. Their mission is to provide the highest quality bikes, parts, accessories and clothing as well as offer useful advice to help their customers make the most of the great outdoors. Whether a beginner, advanced rider, Mountain Biker or Road Cyclist everything you need is here. Bike Hire service for individuals and groups. Why not take up a Mountain Bike Experience day and learn just how great this sport is! 103 Stirling Street, Alva. Tel: 01259 763109 www.flyingfoxbikes.com

Alloa Tower, restored in 1996. Dating back to the 15thC it was the ancestral home of the Earls of Mar & was extensively altered in the early 18thC by the 6th Earl of Mar. The tower retains it's underground dungeon. The fascinating story of one of Scotland's most powerful families, the Erskines, and the Tower is unravelled in an Audio Visual presentation. Superb furniture and portraits. **Open** 21 Mar to 31 Oct, 1-5pm. The NTS. Sign posted off the A907 in Alloa, N. of Stirling. Tel: 0844 4932129



Retro Glass and Willow Glass Studio: Stockists of all types of art glass. Bullseye's preferred Scottish dealer for fusing products. You will find an extensive range of glass, tools and equipment on display, plus much more in their catalogues. Retro Glass offers a wide range of classes in the Willow Glass Studio (next door) designed to meet the needs of the complete beginner or the advanced glass artist. **Open** Tues-Sat, 10am - 5pm. Unit 1, Carsebridge Court, Cooperage Way, Alloa. FK10 3LQ. Tel: 01259 729284. www.retro-glass.co.uk

Bar Aldo's Italian Restaurant invites you to enjoy authentic Italian cuisine. As you arrive you are greeted by friendly staff and the delicious aroma of traditional Italian cooking. Pizza, pasta, steak, chicken, risotto and salads are all on the menu, followed by delicious desserts and complimented by a superb range of wines and beers. Relax and enjoy with friends and family - you'll be sure to return! 9 Coalgate, Alloa, FK10 1EH. Tel: 01259 729243. www.baraldos.co.uk



Dollar Museum: has fascinating local history displays on the village of Dollar and of Dollar Academy, a recreated old-fashioned kitchen and a superb collection of photographs of the old Devon Valley Railway. Children's corner and quizzes. **Open** Easter to Christmas, Sat 11am to 1pm and 2pm to 4.30pm, Sun 2pm to 4.30pm. Free admission, donations welcome. Situated in the village of Dollar on the way to Dollar Glen and Castle Campbell. Tel: 01259 742895



Sterling Mills Outlet Shopping Village. Located in the idyllic Tillicoultry countryside and conveniently positioned close to Stirlingshire's top attractions, we bring a refreshing and unique shopping experience to the area. With loads of famous name brands like M&S, GAP (Opens Summer 2010), Nike, Adidas, Austin Reed, Claire's, Thorntons and lots more, all offering huge savings every day. K.I.D.S International Designer Store has the largest selection of designer children's wear for ages 1 month to 16 years in Scotland and with the same great discounts you'll not be going away empty handed. Our kids play area, free car parking and great café make your shopping trip even more refreshing and relaxing. Whether you're looking for fun for the whole family, a day out with a difference or simply leisurely shopping, come and visit us. **Open** 7 days a week, late night Thursday, with farmers market on fourth Sunday of every month. For opening hours and information Tel (24 hours): **01259 752100** or visit **www.sterlingmills.com**



Alva Glen is a popular route for walkers. A good, solid path leads from the car park, passing, after about 5 minutes, the first of five waterfalls, then up though the steep, narrow-sided glen, with lovely views of the river below. (Not ideal for very small children). The last waterfall is the most spectacular. Several paths are found at the lower end of the route. Signposted off the A91 in the village of Alva, via a potted road near industrial premises to Alva Glen car park.

Bollini's of Alva is established as one of the best fish and chip shops in central Scotland. Some say it is the best fish they have ever tasted! On the menu is full Scottish breakfast and rolls served from 10am and a fantastic range of home-baked Italian pizzas, paninis, subs and sandwiches all freshly made to order. Finish off your meal with an award winning Equi's ice cream! Eat in or take away (local deliveries from 4.30pm) **Open** 10am, 7 days a week. 132 West Stirling St, Alva. Tel: 01259 769747. www.bollinis.co.uk



Ochil Coffee Mill: A lovely traditional tearoom with beautiful views of the Ochil Hills. Serving breakfast, speciality teas and coffees in traditional china tea cups, home-bakes and delicious light lunches. Breakfast 10am-11.30am, Lunch from 11.30 and Afternoon tea from 2pm-4pm. Why not try one of the scrumptious cakes or a pancake straight off the griddle. Extensive parking, disabled access and excellent children's play corner. Situated at the Factory Village, Stirling Street, Alva. Buffet service and take away service available. Tel: 07980 150408.

Visiting Falkirk



The Falkirk Wheel - Book a boat trip and sail 35 metres into the air!

Come and experience the World's first and only rotating boat lift, The Falkirk Wheel. As well as seeing the awe inspiring 35 metre high structure with your own eyes from one of our boat trips, there are also plenty of other FREE activities on offer to keep you busy all day! **Open** 19th March 2010 - 31st October 7 days 10:00-17:30. November to March, 5 days a week (Wed to Sun) 11.00-16.00.

Boat Trip Prices

Adult £7.95, Child (3-15yrs) £4.95
Concessions £6.95
Families (2 adults+2 or more children) get **10% discount**

* Please note all telephone bookings are subject to a £1 booking fee.

ENTRY IS FREE to the visitor centre, café, gift shops, woodland walks, children's activity zone, nature trail and Antonine Wall World heritage site.

Lime Road, Tamfourhill, Falkirk FK1 4RS.
Tel: 08700 500208.
www.thefalkirkwheel.co.uk

PlayHouse Fun - Bringing back REAL PLAY. Your children will have the best fun ever while you can enjoy a freshly ground coffee and home-baking with friends. 2 soft-play areas designed with safety and security in mind. A play village with cottage, school, surgery, theatre, café, building site & police station for role play and educational fun. We cater for parties & events. **Open** 7 days, 10am-6pm. Times subject to change, please call ahead. *Gowan Avenue, Falkirk, (off Grahams Rd, 2 mins from Central Retail Park).* Tel: 01324 622822.



For **Playhouse Fun** follow Vicar street north into Grahams road then Gowan Avenue is the 5th turn-off on your left.

Falkirk is a great town to visit, whether for shopping, eating out, exploring the heritage trail or visiting fantastic attractions such as the Falkirk Wheel and Callander House. Falkirk is the ideal, centrally located base from which to explore the Forth Valley.

There are many historical sites and relics to visit, including the impressive Antonine Wall, built by the Roman Army around AD142. The wall was constructed to defend the area from northern tribes. Half of the wall, stretching Fifteen miles, still lies within the boundaries of Falkirk Council along with the remains of Roman forts, fortlets and roads. The Antonine Wall has recently been awarded 'World Heritage' status.

Many castles and towers remain from Medieval times, when fortresses were built to defend territories throughout the area. Well worth a visit are: Blackness Castle, now a Historic Scotland property and 5 star visitor attraction (follow the A904 east of Falkirk); Torwood Castle, which is not open as a visitor attraction but can be enjoyed by the public for photography & walks around the main buildings; Almond Castle, a 14thC century relic, situated just 300m behind Muiravonside Parish Church in Whitecross, Linlithgow; 14thC Airth Castle which now operates as a luxury Hotel & Spa.

Bo'ness, just 7 miles East of Falkirk town centre was Scotland's third largest town in the 17thC, opening up trade opportunities for merchants to the wider world. Bo'ness is home to some key visitor attractions including the Bo'ness & Kinneil Railway (Union Street - 01506 822298) and the Bo'ness Motor Museum (Bridgeness Rd - 01506 828138) both of which are a real treat for those with an avid interest in the history of road and rail transportation.



The Pineapple (NTS): Built in 1761, stands 14m (45ft) high with the realistic effect of leaves & fruit produced by the cantilever masonry. Four stone vases disguise the chimneys. Greenhouses extended east & west from the central portico, originally heated by furnaces. The garden was planted in a typically Scottish manner with fruit trees. Set in 16 acres of garden/woodlands with a pond and a car park. **Open** - grounds all year daily, 9.30 to sunset. *Signposted off A905, 7mils from Falkirk, 7mils from Stirling.* Tel: 0844 4932139



Falkirk Town Centre A trip to Central Scotland is not complete without a visit to Falkirk town centre. In recent years, it has rightly gained a reputation for being one of the finest shopping destinations in Scotland. Businesses in Falkirk were recently awarded the accolade of providing the top customer service in the country. The BID area of the town centre boasts two large and attractive shopping centres, and a fully pedestrianised High Street, all packed with all the leading national stores you would expect. Take a few steps off the High Street and you'll find the finest selection of local independent businesses including designer boutiques, gift shops, galleries...the list is almost endless. These speciality stores delight the millions of shoppers visiting Falkirk every year with their unique ranges of products.

Falkirk also has a fantastic selection of pubs, restaurants and nightclubs in the heart of the town centre. For details of the many events taking place in the town centre, visit www.falkirkbid.com

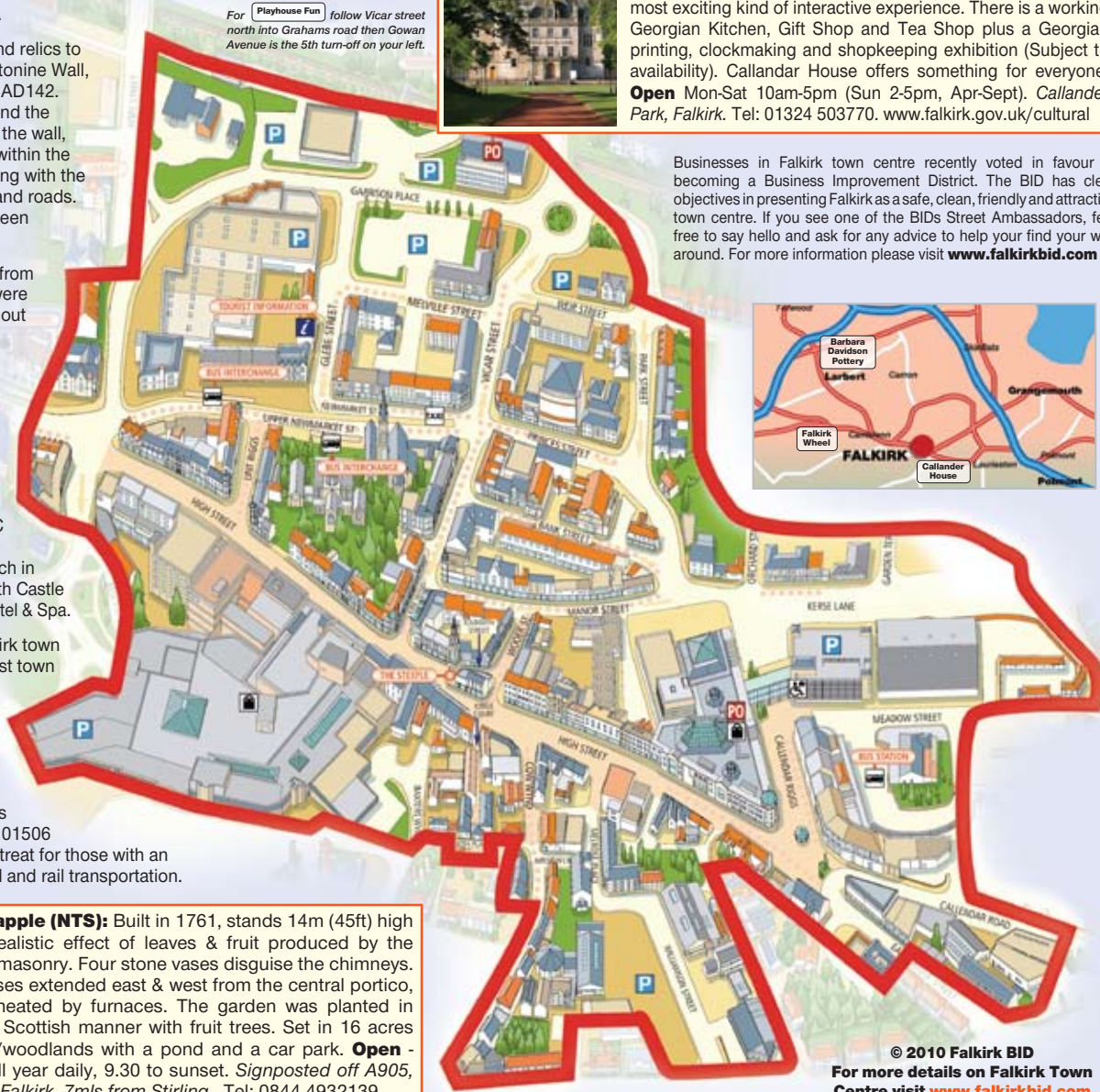
Barbara Davidson Pottery Discover a treasure trove of fantastic pottery created by Barbara, from mugs and lamps to plates and bowls that customers have grown to love over the past 40 years! The additional 'Special Selection' shop is brimming with original pieces including creative gifts and crafts, cookware, jewellery, vases and cards - all at superb prices! Well worth the visit. *Muirhall Farm, Larbert, FK5 4EW (on the A88, just 3 miles from Falkirk).* Tel: 01324 554430. www.barbaradavidsonpottery.co.uk



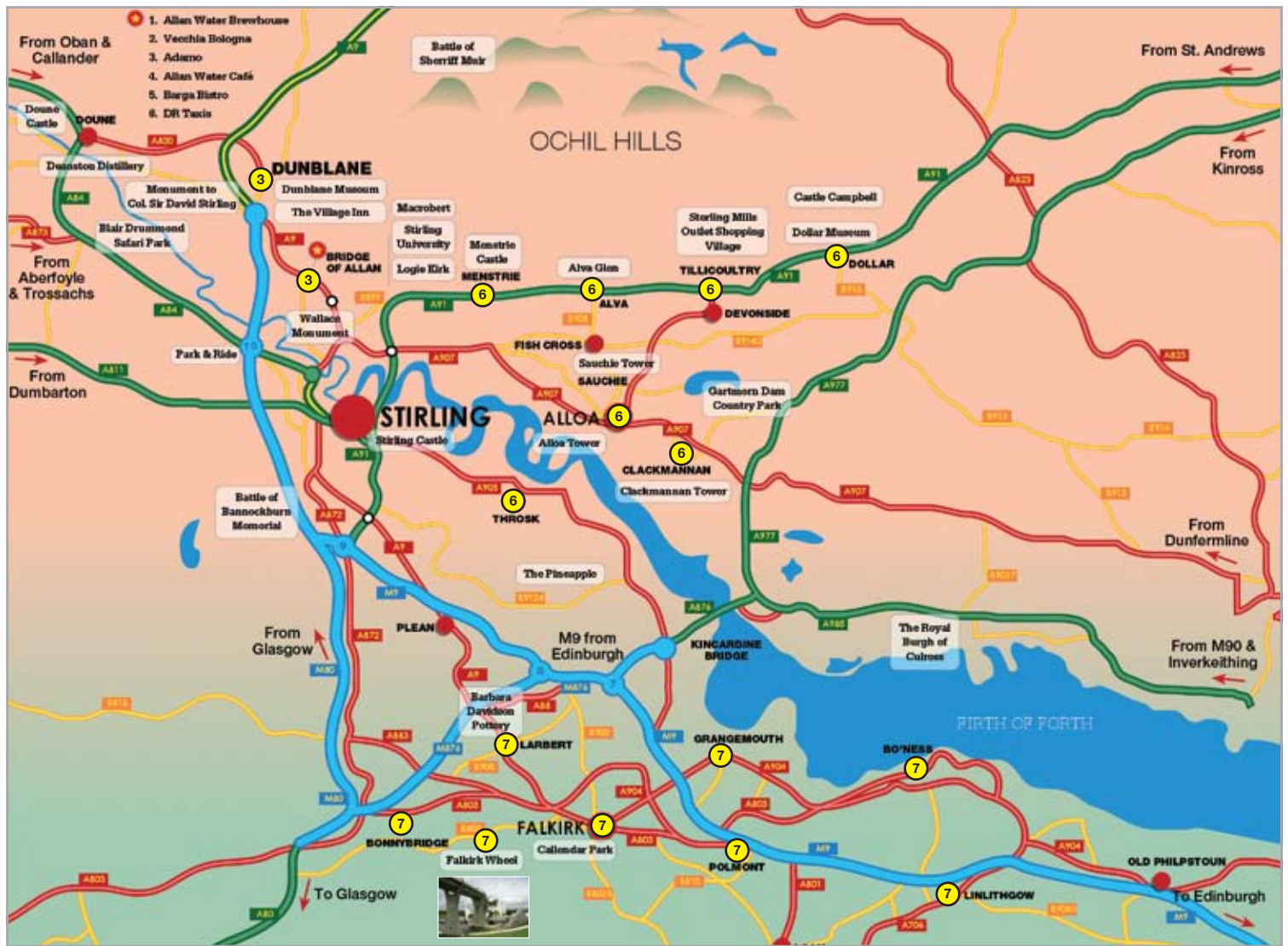
Callander House is situated amidst a magnificent park and woodland and tells stories spanning 2000 years of Scottish history. Costumed interpreters bring history to life, creating the most exciting kind of interactive experience. There is a working Georgian Kitchen, Gift Shop and Tea Shop plus a Georgian printing, clockmaking and shopkeeping exhibition (Subject to availability). Callander House offers something for everyone.

Open Mon-Sat 10am-5pm (Sun 2-5pm, Apr-Sept). *Callander Park, Falkirk.* Tel: 01324 503770. www.falkirk.gov.uk/cultural

Businesses in Falkirk town centre recently voted in favour of becoming a Business Improvement District. The BID has clear objectives in presenting Falkirk as a safe, clean, friendly and attractive town centre. If you see one of the BID's Street Ambassadors, feel free to say hello and ask for any advice to help you find your way around. For more information please visit www.falkirkbid.com



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For more details on Falkirk Town Centre visit www.falkirkbid.com



Places of Interest to visit around Stirling



Bannockburn: Site of Scotland's great victory. Here, Robert the Bruce defeated the might of Edward II in 1314 - the greatest step in Scotland's battle for independence. Exhibition on Robert the Bruce (1286-1329) and Battle of Bannockburn.

Site **Open** all year. Heritage Centre: 2 Mar to 31 Oct, daily 10-5. Grounds: all year, daily until dusk

On A872, 2 mls S. of Stirling.

Tel: 0844 493 2139 (Map Grid Ref: D3)



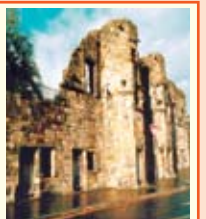
The Church of the Holy Rude is one of the finest medieval buildings in Scotland, its construction dating back to the early 15th century. James VI was crowned here in 1567 with John Knox preaching the sermon. The stained glass windows are among the best in Scotland while the Dreaper and Rushworth organ is one of the finest in the UK.

Open daily 11 - 4pm, Easter till 1 October. Monthly Organ recitals on dates advertised. Sun services Jan to Jun at 11.30am, Jul to Dec at 10am. (Map Grid Ref: B2)

Cowane's Hospital: John Cowane (1570 - 1633) is widely acknowledged as Stirling's most eminent benefactor. On his death bed he explained his wishes to his brother Alexander, part of which was to provide accommodation for twelve 'decayed' guild brethren, to be called "Cowane's Hospital" for all time. In the tower, there is a statue of John Cowane which is accepted as a good likeness. (Map Grid Ref: A2)



Mar's Wark: Wark is an imposing building. In 1570, the Earl of Mar, guardian of the infant King James VI and Regent of Scotland, began building a palace in the then new & fashionable Renaissance style. It is said that the Palace household had 91 servants. In the 18thC, it was a military hospital and workhouse. It fell into disrepair and its stones were used for building elsewhere. Today's remains are said to be preserved in order to act as a 'windshield' to protect Broad Street. (Map Grid Ref: B2)

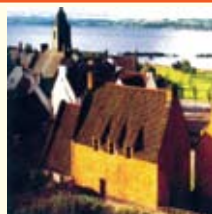


The Wigtown Martyrs: In the valley cemetery you will come across a monument erected to two women martyrs. One of the women, Margaret Wilson is alleged to have been only 18 years of age, when she was drowned in 1685 along with Agnes for reputedly refusing to renounce their protestant faith. The monument avoids the horror of her death and presents a more sentimental Victorian idealism of women. (Map Grid Ref: B1)



Stirling Harbour was once one of Scotland's principal ports being listed in 1525 along with Aberdeen, St Andrews, Edinburgh, Perth and Dundee. The port's importance declined due to the shallow rocky outcrops in the river Forth preventing larger vessels passing through. Small freight ships continued to use the harbour until the outbreak of the Second World War in 1939. Shore Road. (Map Grid Ref: D2)

The Royal Burgh of Culross was a thriving community in the 16th and 17thC with mines, iron works & salt panning. Today it is a unique time capsule of a 17thC Scottish town, with cobbled streets, harled houses & pantiled roofs. **Open:** Culross Palace, Study, Town House & Tearoom: 1st April to 31 October, Thurs-Mon, 12-5pm; Closed Tues/Wed (Jun - Aug, open daily) Off the A985, 16mls from Stirling. Tel: 0844 4932189



Stirling Old Bridge was constructed sometime around 1500. The bridge was the lowest crossing point over the River Forth, all armies going north or south had to cross here. It was also the point where custom duties were levied on goods for market as they entered the burgh. The customs man sat in a little roofed booth situated halfway across the bridge; today this is marked by a recess. (Map Grid Ref: C1)

