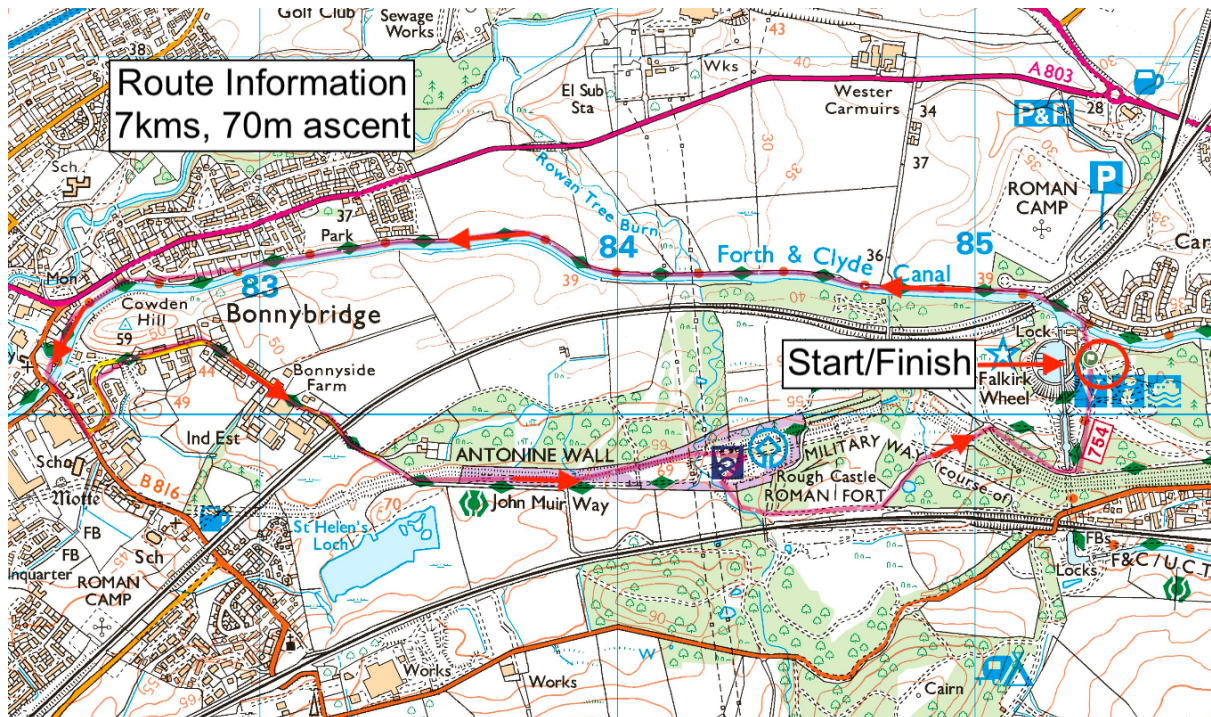


FRESH AIR BUSINESS WALK

FORTH & CLYDE CANAL, FRIDAY 25 Sep 26



Hello!

Where are we meeting?	I am looking forward to meeting up in the Falkirk Wheel Cafe for brews and butties. https://w3w.co/infuses.opposite.joyously on Friday 25 th September from 10:00.
Car Parking	There is plenty car parking. Pay on exit. £4.00. https://w3w.co/drumbeat.sweetened.cheerful
Timings	Gather from 10:00. Setting off 10:45. Back by 13:45.
Where are we walking?	7.0kms, 70m ascent. Well established paths throughout.

	A route jam-packed full of interesting aspects: the Falkirk Wheel (1999-2002) – an impressive blend of art and engineering that is the world’s only rotating boat lift; the Forth & Clyde Canal (1790) ; ancient Rome’s Antonine Wall built in the second century AD to keep the “Caledonians” at bay; and a path commemorating Dunbar-born John Muir, revered in the USA as father of conservation and US national parks. See map on cover page.
Who is coming?	See Group List at back at Annex A. We have a few spaces left. Feel free to excite and inspire colleagues and connections to come along too.
And my dog?	Well behaved owners and dogs are welcome on the walk. Dogs are not allowed in the cafe but if the weather is fine we may all be able to sit outside with our brews and pastries, and with our canine chums.
Who is looking after us?	Dave Stewart and Alan Clark. Dave’s bio notes are at Annex B. You can read more about Alan via his LinkedIn profile in the Group List

What will we be doing?

1. The theme of the walk is “Leading under Pressure”. I will be offering a useful structure, insights and tips, and facilitating discussion around any challenges and opportunities you want to share with the group.
2. The walk is also an opportunity to make new connections, enjoy amazing scenery, breathe fresh air, and share a laugh or two!

3. We will be walking at a pace which allows for easy conversation, and there will be plenty of stops for group discussion, specific asks you may have, and also to have some snacks/lunch (please bring your own).

What about clothing and equipment?

4. Pack according to the weather forecast noting that unless the weather is dangerous (e.g. lightening, very-high winds etc.) the walk will go ahead. As a minimum you will wish to consider:

- Small rucksack.
- Personal medication/comfort items.
- Sun hat, sun screen, lip salve (you never know!)
- Hat, gloves
- Waterproof jacket/over-trousers.
- Spare layer for stops if weather is cold.
- Comfortable walking boots, trail shoes, or trainers with good grip.
- Fluids/snacks/packed lunch.
- One litre fluids minimum. More if hot weather is forecast.

Toilets

5. There are toilets in the cafe/visitor centre. Thereafter, toilets will be al fresco “moments in Nature.”

Weather

6. The walk will go ahead unless dangerous weather conditions are forecast. You can track the weather forecast here <https://www.bbc.co.uk/weather/2655211>

Health & Safety

7. I am an experienced national governing body qualified Mountain Leader, and first aider.

8. Let me know in advance of any medical conditions or injuries you have and please bring any medication you are going to need. If you are concerned about the walk in any way, feel free to call and discuss with me. In any case, letting us know about any injuries, medical conditions, or other issues will allow us to plan the best possible support for you.

9. Our route is on well-established paths and pavements. I will point out any specific hazards as we go.

GDPR

10. We have assumed that in signing up for this networking event that you are content for us to share your names and LinkedIn profiles. These will appear on the Group List that we will send out with the “7 Sleeps to Go” email.

11. We would like to take respectful images to support our marketing activities. We will share these for your use too. Please let me know as soon as possible if you are not comfortable with this.

Right then...

12. I will be back in touch with a “7 Sleeps to Go” email. In the meantime, please let me know about any injuries or medical conditions; and anything else I need to know in order to plan the best possible support for you.

Best wishes,

Dave

Dave Stewart

Founder & Chief Executive

Mobile: +44(0)7776153428, Email: dave@freshairleadership.com

19th September 2026

Annex A: Group List

Annex B: Bio Notes, Dave Stewart.

Annex A

GROUP LIST, FALKIRK & CANAL, 25 SEP 26

1	Susan McGhee	https://www.linkedin.com/in/susan-mcghee-fcss123/ Flexible Childcare Services Scotland
2	Alison Bell	https://www.linkedin.com/in/alison-bell-a726a824/ Bell HR Consulting
3	Glen Stocco	https://www.linkedin.com/in/glenstocco/ Plane & Simple and arko advisory
4	Sam Hoblyn	https://www.linkedin.com/in/sam-hoblyn/ adhartas
5	Stuart Bain	https://www.linkedin.com/in/sbscottish/ Bridging Ambitions Partners Ltd
6	Deborah Rogers	https://www.linkedin.com/in/deborah-rogers-bb717921/ BR-DGE
7	Ines Harrison	https://www.linkedin.com/in/ines-harrison-376b28123/ Apex Social
8	McKenzie Cairns	https://www.linkedin.com/in/mckenzie-cairns/ Thistle Systems
9	David Benjamin	https://www.linkedin.com/in/david-benjamin-a6935166/ AVC
10	Trevor Elliott	Recently Retired formerly Nathan's Wastesavers Ltd
11	Dr Ama Lawani	https://www.linkedin.com/in/ama-lawani-30b55034/ University of Stirling
12	Charul Scott	https://www.linkedin.com/in/charulscott/ recently Royal London
13	Johnny Mitchell	https://www.linkedin.com/in/johnny-mitchell-9a203914/ Caspian Psychology
14	Charlotte Dixon	https://www.linkedin.com/in/charlotte-dixon-consulting/ Charlotte Dixon Consulting
15	Dave Stewart Group Leader	https://www.linkedin.com/in/freshair-dave-stewart/ The Fresh Air Leadership Company
16	Alan Clark Assistant Leader	https://www.linkedin.com/in/alanclark-learninganddevelopment/ Take Your Marks

Annex B

Dave Stewart



Dave and colleagues at The Fresh Air Leadership Company specialise in helping business leaders build highly effective teams.

His passion for this stems from earlier careers in a rock band, mountain rescue team, and the British Army. The latter included the SAS, leadership of an infantry battalion on operations and leadership of award-winning organisations delivering £1bn portfolios of comms and information systems projects and services. He has also held executive and non-executive roles across various private, public, and not for profit organisations.

Dave is a Chartered Director and Master of Organisational Change. An experienced consultant, facilitator, and coach, he is also a qualified Mountain Leader. He organises free micro-adventures for business leaders around Scotland each month – walks, gravel rides, and canoeing – where the emphasis is on great conversations.

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