



MILTON OF CAMPSIE

- TRAFFIC FREE PATHS
- - - SUGGESTED LINKS
- - - RECREATIONAL WALKS
- WATER
- BUS STOPS
- THE JOHN MUIR WAY

DID YOU KNOW?

WALKING A MILE IN 20 MINUTES USES AS MUCH ENERGY AS WEIGHT TRAINING FOR 17 MINUTES!

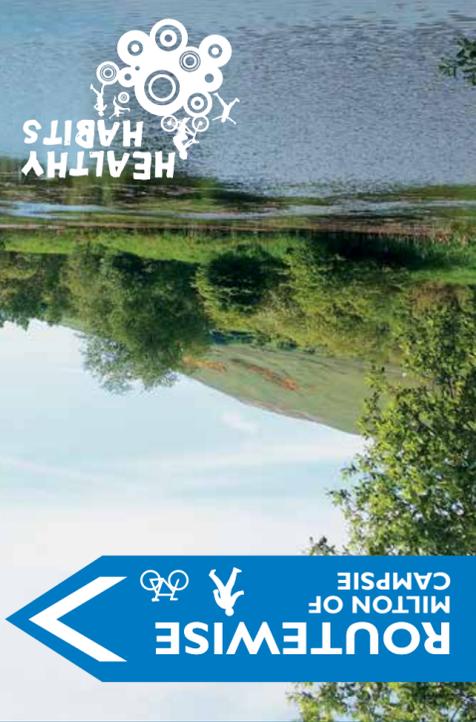
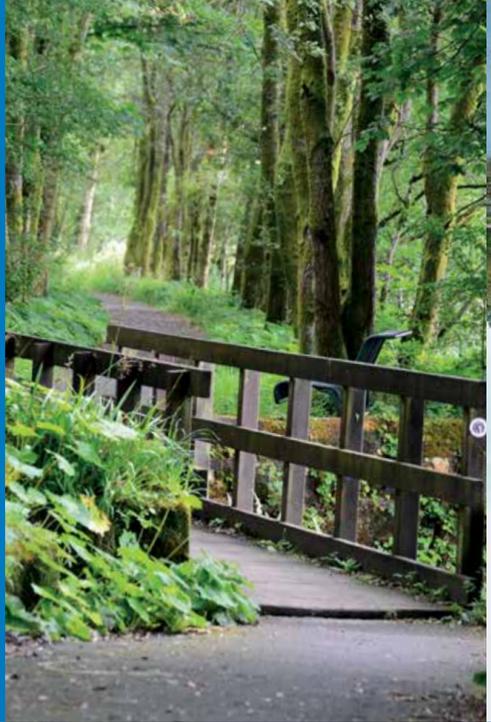
CYCLING FOR 16 MINUTES USES AS MUCH ENERGY AS SWIMMING BREAST STROKE FOR 10 MINUTES!

YOU DON'T NEED TO RUN A MARATHON TO GET FIT! JUST TRY A WEE BIT AT A TIME.

The information in this leaflet was produced after consultation.

GET ACTIVE TO...

- LOOK BETTER**
In 30 minutes you can burn 200 calories walking and 300 calories cycling, helping you stay in shape.
- FEEL BETTER**
If you walk or cycle regularly you are likely to have more energy and stave off illness.^{1,2}
- LIVE LONGER**
Cycling for everyday trips means you could have the fitness of someone 10 years younger.^{3,4}



ROUTEWISE MILTON OF CAMPSIE

DO YOU EVER THINK...?

- I'M STUCK IN TRAFFIC**
Traffic jams are a world away if you use the local path network. And you can always park right at your destination!
- I NEED TO GET FIT**
Walking and cycling to work or for shopping is a great way to build exercise into your daily routine.
- I'M STRESSED**
Fresh air and exercise improves your mood and releases the day's stress.⁵
- I'D LOVE MORE TIME WITH THE KIDS**
We lead busy lives. Walking or cycling to school with your children is a great way to have some time together and teach them how to lead independent, healthy lives.



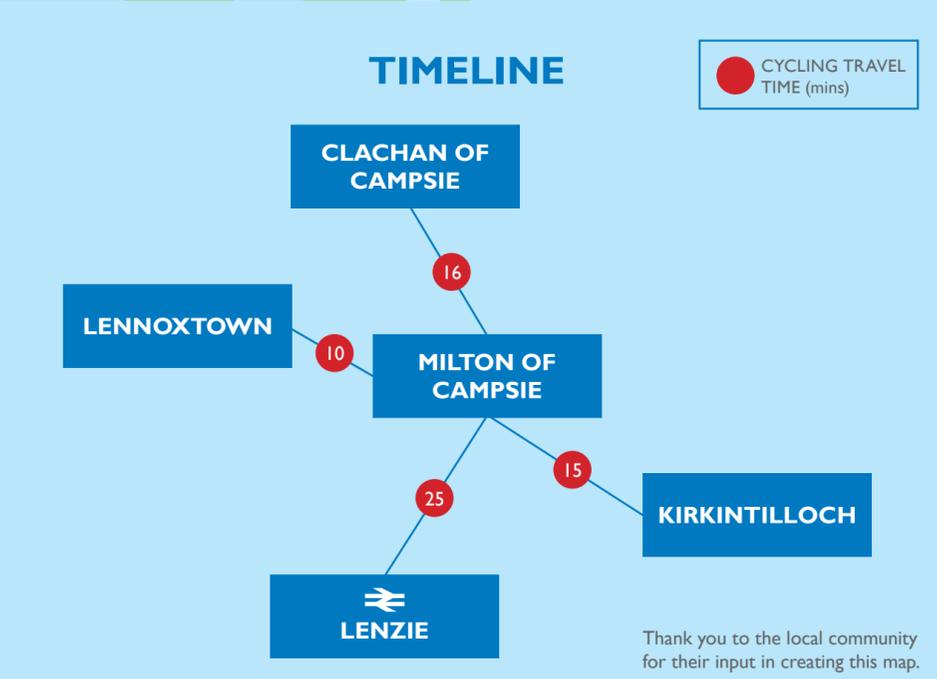
FIND OUT MORE...

- Local information**
www.eastdunbarton.gov.uk/healthyhabits
- National Cycle Network**
www.sustrans.org.uk/Cycle-Maps
- Journey planner**
www.cyclestreets.net
- Local bike shops**
Wheelcraft, Clachan of Campsie
www.wheelcraft.net 01360 312 709
Bike Wise, Kirkintilloch
www.cyclewize.com 0141 775 3722

References:
1 Cavill & Davis (2007)
2 C3 Collaborating for Health (2012)
3 Tuxworth et al (1986)
4 Anderson et al (2000)
5 Atkinson & Weigand (2008)

sustainable thriving achieving
East Dunbartonshire Council
www.eastdunbarton.gov.uk

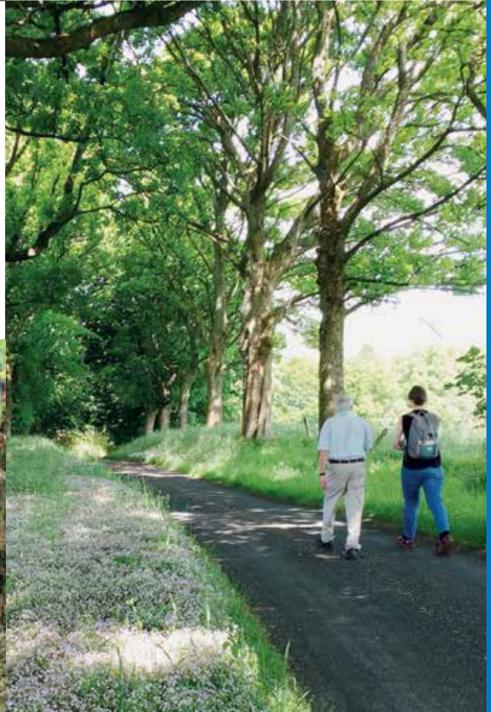
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Thank you to the local community for their input in creating this map.

SHOP LOCAL

Using local shops, cafes, restaurants and services is a great way to support the community. And if you walk or cycle, not only could you save some money but you might just find someone to have a blether with on the way!



YOUR GUIDETO LOCAL DESTINATIONS

With a whole network of local routes to discover, you may be surprised how quick and easy it is to travel around on foot or by bike. Stick this map in your pocket and use it to walk and cycle to places you want to go.

HEALTHY HABITS

MILTON OF CAMPSIE
Walking and Cycling



This ROUTEWISE map shows you easy ways to get to various destinations by walking and cycling.



SCALE
0 100 200 METRES

- TRAFFIC FREE PATHS
- SUGGESTED LINKS
- RECREATIONAL WALKS
- WATER
- BUS STOPS
- THE JOHN MUIR WAY

Look out for and follow the blue direction signs

SEE REVERSE