## **Featured Routes**

Most of the routes are on fairly flat, safe, off-road paths with good surfaces. Where there are no suitable off-road alternatives, routes follow quiet roads where care should be taken. Where routes contain hazards (for example, gates or busy roads without pedestrian crossings) these are indicated on the key. Not all routes are fully passable with cycle trailers, trikes or tagalongs.



### Cadder Loop 🗸 2.6km/1.6 miles

A short, easy ride along both sides of the Forth and Clyde Canal, through open land and woodland, with good views of the surrounding farmland. Sights – Forth and Clyde Canal; Cadder Church and Churchyard

**Local Routes** 

### Craigdhu Way 🕧 🏠 📿 3km/1.8 miles

Lovely ride through the quiet suburbs of Bearsden, including a circuit of Kilmardinny Loch – a perfect place to cycle with young children. • Kilmardinny Loch

### Dougalston Trail 🦄 🙆 km/3.7 miles

Intermediate level route - some steep hills and rough surfaces. A golf course, Dougalston Loch and some lovely woodland combine to make this an enjoyable route around an old country estate. • Dougalston Estate and Dovecot

### Hayston Loop D .2km/7 miles

An interesting ride mainly on flat, well-made paths with fine views. Includes stretches of golf course, parkland, river bank, farmland and canal towpath.

 Forth and Clyde Canal; Cawder House; Cadder Church and Churchyard

Lenzie Moss Explorer (1) 🐼 🤜 4.7km/2.9 miles

Interesting, easy scenic route through attractive farmland and woodland, including a circuit of the beautiful

Lenzie Moss Local Nature Reserve. • Forth and Clyde Canal; Lenzie Moss Local Nature Reserve

### Merkland Loop 🕧 🐼 🗸 2.2km/1.4 miles

Easy, pleasant route linking the Forth and Clyde Canal to the lovely Merkland Local Nature Reserve. Merkland Local Nature Reserve; Forth and Clyde Canal

### Reservoirs Trail 🙆 🗸 5.2km/3.8 miles

Flat, surfaced routes around Milngavie and Craigmaddie Reservoirs, with great views over Glasgow. Take care as this is a busy route for walkers, joggers and cyclists. • Milngavie Reservoirs

### Mugdock Trail 🖸 🚹 🖄 🙆 🗃 14.4km/9 miles (one-way)

Challenging, longer route from Cadder through some of the best countryside in East Dunbartonshire, ending in Mugdock Country Park.

• Mugdock Country Park; Auld Wives' Lifts; Cadder Church and Churchyard

### Long distance routes Mugdock Explorer 🖸 🙆 📅

### Clyde Coastal Path Full length 84.4km/52.2 miles

The Clyde Coastal Path (CCP) fills the 60 km gap between the top of the Ayrshire Coastal Path and the West Highland Way, and forms part of the International Appalachian Trail. Rough terrain in places, generally not suitable for bikes.

Mugdock Country Park

### Forth and Clyde Canal 🛛 🗸 Full length 56km/35 miles

Stretching from Bowling on the Clyde to Grangemouth on the Forth, the world's first sea-to-sea ship canal passes through the area. The Millennium Project in 2000 re-opened the entire length of the canal. The route forms part of the National Cycle Network 754.

 Possil Marsh Wildlife Reserve and Meteorite Site; Wilderness Plantation Mines; Cadder Churchyard; Merkland Local Nature Reserve; Roman Remains

### John Muir Way Full length Helensburgh to Dunbar | 215km/134 miles

This iconic route passes through Lennoxtown, Milton of Campise, Kirkintilloch and Twechar. It provides an accessible and varied route, linking together the finest landscapes, countryside and places of interest, for anyone to use.

• Clachan of Campsie; Roman Remains; Merkland Local Nature Reserve; Clachan of Campsie and Campsie Glen

The following routes are generally signed and managed by external organisations. They are longer in length and sections pass through East Dunbartonshire.

### West Highland Way 🖵 6 Full length 154km/96 miles

Strathblane to Kirkintilloch | This popular long-distance path starts in the centre of Milngavie and stretches 13km/8 miles; Kirkintilloch to to Fort William – from the outskirts of M80 crossing | 5.5km/3.4 miles Scotland's largest city to the foot of Ben Nevis, its highest mountain. Gentle, pleasant route along the path

Much of it follows ancient and historic of the old railway between Moodiesburn routes of communication. and Strathblane. Passes through open Mugdock Country Park; fields, Kirkintilloch and along the foot Milngavie Reservoirs of the Campsie Fells. The section from Kirkintilloch to Strathblane is designated

• Forth and Clyde Canal; Clachan of Campsie and Campsie Glen Thomas Muir Trail

National Cycle Network 755.

Strathkelvin

**Railway Path** 

(one-way)

### Clachan of Campsie to Huntershill, Bishopbriggs 18km/11.2 miles

A heritage trail linking North Glasgow to the Campsie Fells through beautiful countryside, villages and towns, visiting sites significant in the life of Thomas Muir. The heritage trail can be cycled or walked in either direction and is on established off-road paths which are fairly flat and mostly well-made. Not suitable for road bikes in sections.

• Cadder Church and Churchyard, Cawder House; Wilderness Plantation Mines; Clachan of Campsie and Campsie Glen

## Points of Interest

Here are some points of interest – all part of East Dunbartonshire's rich cultural heritage – which lie on or near the featured routes. To see some you may need to divert slightly, but most can be seen from the route. Each route description lists those you can see along the way.

Find these points of interest on this map!

WEST

WAY

HIGHLAND

### Auld Wives' Lifts/Witches' Stones These large, dramatic boulders on

Craigmaddie Muir form an unusual natural feature. Two large boulders, standing close together, have a third lying on top of them. The stones are marked by carvings, many from Victorian times. Their name comes from the myth of a competition between three local women to see who could carry the biggest stone up the hill in their aprons. The third woman is said to have run up and placed her stone on top of the other two.

### 2 Cadder Church and Churchyard

There has been a church on this site since the 12th century, but the present one dates from the 1820s. In the churchyard you can see a watch house and mortsafe (for grave protection), relics of the days of the "Resurrection Men" (body-snatchers) who could obtain a good price from the Glasgow medical research community for a body to experiment on.

### Dougalston Estate and Dovecot You can still see the dovecot, or doocot, dating from the 18th century when John Glassford, a rich Glasgow man who made his fortune from tobacco, owned and developed this estate. Most of the estate is now a golf course.

### Kilmardinny Loch Local ature Reserve

This popular nature reserve has abundant birdlife and provides an attractive, quiet oasis within the built-up area of Bearsden It is home to The Gruffalo, the character from Julia Donaldson's popular children's book, made from a 200-year-old beech tree which was felled due to an infestation and transformed into a huge wood carving. See if you can spot the other wood carvings

The heathery expanse of Lenzie Moss

feels like somewhere far more remote.

It is a rare habitat, once threatened by

peat extraction, but now being lovingly

grows here and nowhere else in East

Dunbartonshire. The beautiful Green

that grow amongst the birch trees.

Hairstreak butterfly can be seen here, its

caterpillars living on the blaeberry bushes

restored by local volunteers. Bog rosemary

### Milngavie Reservoirs The reservoirs above Milngavie form

part of the larger Loch Katrine Water Project and are the main source of water for Glasgow. Mugdock Reservoir was built during the 1850s and Craigmaddie Reservoir was opened in 1896. The new water supply for the city helped greatly in getting rid of common waterborne diseases such as typhoid and cholera.

### Mugdock Country Park

There is a lot of natural and historical interest in the 750-acre park. The ruins of Mugdock Castle, built in the 14th century as the clan home of the Grahams, lie near Mugdock Loch. Other attractions include BBQ sites, play areas, a visitor centre and an orienteering course

### 11) Possil Marsh Wildlife Reserve and Meteorite Site

12) Roman Remains

The course of the Antonine Wall, awarded World Heritage Site status in 2008, runs close to a number of the routes. Constructed in the AD140s, it formed a continuous barrier across Scotland from the Forth at Bo'ness to the Clyde at Old Kilpatrick Evidence of the wall can be found at Bar Hill, Twechar, where the V-profile ditch which ran along the north side of the wall can be seen. Remains of a fort and bathhouse can also be seen at Bar Hill. An inscribed Roman Legionary Stone is on display at Cawder House (Cawder Golf Club Clubhouse) and other artefacts are displayed at the Auld Kirk Museum in Kirkintilloch.

### **/ilderness Plantation Mines**

The woodland north of the canal opposite Bishopbriggs Leisuredrome was the site of two coal and ironstone mines. Two rows of miners' cottages once stood at Mavis Valley canal towpath. You can also see where a railway line serving the mines crossed the canal. The Wilderness Plantation is a Site of Special Scientific Interest.

## Walking & Access

### **Enjoy Scotland's outdoors responsibly**

Everyone has the right to be on most land and inland water for recreation, education and for going from place to place providing they act responsibly. These access rights and responsibilities are explained in the Scottish Outdoor Access Code. The key things are:

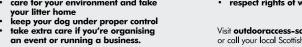
> If you're managing the outdoors respect access rights act reasonably when asking people

- take personal responsibility for your own actions and act safely
  respect people's privacy and peace of mind
  help land managers and others to work safely and effectively
  care for your environment and take your litter home
  - to help integrate access and land managen respect rights of way and customary access.

Visit **outdooraccess-scotland.**scot or call your local Scottish Natural Heritage office



to avoid land management operations work with your local authority and other bod





dotted around the loch

7 Lenzie Moss Local

ature Reserve

Bears Way is a protected cycleway in Bearsden and Milngavie which runs from Burnbrae Roundabout to Hillfoot.

7.6km/4.7 miles (one-way)

• West Highland Way,

Possil Loop 🖄 🗸

Mugdock Country Park

Following the start of the West Highland

Way long-distance path into the countryside

north of Milngavie, passing through beautiful

Mugdock Country Park to Mugdock Castle.

A trip along both sides of the Forth and

Clyde Canal with an interesting diversion

around the Possil Marsh Wildlife Reserve

• Forth and Clyde Canal; Possil Marsh

and Meteorite Site; Wilderness

to see the famous Meteorite site.

**Plantation Mines** Bears Way 🖸 🏠 🗸 .35km/0.8 mile

### to increase cycling as part of everyday journeys. Bears Way was funded by Strathclyde Partnership for Transport

and Sustrans, and was designed by

TP&E, a subsidiary of Cycling Scotland.

Projects like these stem from the Council's Local Transport Strategy and Active Travel Strategy, and support the national vision

### Cawder House

This large mansion house was built in the early 17th century and remodelled in the early 19th century by Charles Stirling - owner of Jamaican plantations. The surrounding parkland and house became Cawder Golf Course and Clubhouse in 1933. See also: Roman Remains.

### Clachan of Campsie and Campsie Glen

This village is a designated conservation area. The path up Campsie Glen is a pleasant walk past waterfalls with opportunities for paddling in the river. A longer walk up to the road over the Campsie Fells gives fine views.

8 Merkland Local Nature Reserve This reserve is an important site for biodiversity. It has a wide range of habitats which are home to all sorts of wildlife, from rare butterflies to birds and bats, and from amphibians like newts and toads to larger mammals such as foxes and roe deer.

Over 100 species of bird have been sighted at Possil Loch, which has been a bird sanctuary since 1956. Nearby is the site where the High Possil meteorite fell from outer space in 1804. You can see a piece of the meteorite itself in the Hunterian Museum in Glasgow

### **Trails and Tales**

When you're in the outdoors:

Trails and Tales is an arts and heritage learning programme by East Dunbartonshire Leisure and Culture (EDLC) which includes the creation of a number of outdoor sculptural arts and heritage trails. www.trailsandtales.org

### W.A.L.K. East Dunbartonshire

EDLC run Health Walks in partnership with Paths for All and the NHS. If you would like to find out more information about your local Health Walk group visit www.edlc.co.uk or www.pathsforall.org.uk



## **Be Prepared**

Check seat

height

















Check frame Check tightness Check brakes of bars for cracks for wear

s to look out for!



Check

cables



<sup>1</sup> The simple M-check is an easy way to keep your bike in

to leave your bike unattended.

Check operation

of forks

working order. Always carry a bike lock in case you want



Check your handlebar to

make sure it is set at the

right height and angle

Check your helmet

Make sure there are

no cracks on surface



Check bicycle chain and gears. If chain squeaks when you pedal, clean and oil it

Check to make sure that

your seat is set at the

Check front

and back lights

correct height

### Pre-ride safety check

 Tyres pumped correctly Brakes working efficiently and brake pads not worn out

• Chain oiled, running smoothly and not too loose All bolts tight

• Wheels rotating freely, not rubbing on frame, brakes, etc

• Saddle at correct height (toes touching ground when sitting)

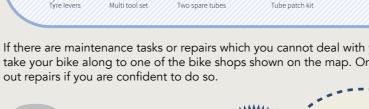
in poor visibility

have a basic repair kit, you should be able

### **Basic repair kit**



If there are maintenance tasks or repairs which you cannot deal with yourself, take your bike along to one of the bike shops shown on the map. Only carry





### Cycling with children

• Only use child seats when a child can sit up unsupported

when they are in bike seats • In a group, position yourself at the rear

• Check the map for potential obstructions if you are using a tagalong or trailer

**Pre-walk checklist** 

• Warm, wind and waterproof clothing

• It's a good idea to tell a friend or family

 Your footwear should provide good ankle support and have a firm sole with good grip

• On longer walks it's a good idea to carry a map and a compass

### for journeys across Scotland. Try it for yourself and plan a journey today! Strathclyde Partnership

Traveline Scotland

for Transport (SPT)

www.spt.co.uk Visit SPT's website for up-to-date information on local bus operators. SPT also subsidises local bus services in areas not served by commercial bus operators.

Go Bike (Strathclyde Cycle Campaign) www.gobike.org

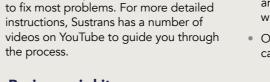
Walk Highlands www.walkhighlands.co.uk

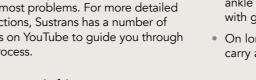


0À Check pedals Oil your pedals

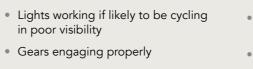
Don't forget your water

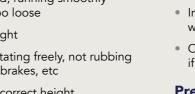
Check the wheel guick-release skewer. Make sure it is closed

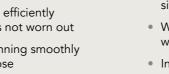




## If your bike is well maintained and you





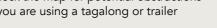






• Wrap children up against the wind

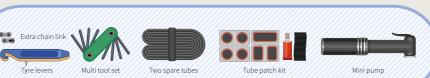
where you can see what's happening



• Check the weather forecast before you go

is essential to prepare for all conditions

member where you are going



### www.sustrans.org.uk Paths For All www.pathsforall.org.uk

### Scottish Cycling www.britishcycling.org.uk/scotland Cycling Scotland www.cycling.scot



### Cycle Shops Public Transport East Dunbartonshire is well-served by public Mugdock Country Cycles The Courtyard, Mugdock Country Park, Milngavie, Glasgow G62 8EL

Colbeg Farm, Balmore,

Unit 4, Aldessan House,

Campsie <u>Glen, G66 7AB</u>

Strathkelvin Retail Park,

Bishopbriggs, G64 2TS

East Dunbartonshire Council

www.eastdunbarton.gov.uk

Visit East Dunbartonshire

www.scotland-visited.co.uk

Tel: 0141 772 3318

Tel: 01360 622699

Tel: 01360 312709

G64 4ÂQ

Wheelcraft

Halfords

Websites

Sustrans

transport, with excellent bus and rail links across the central belt. Why not walk or Tel: 0141 237 4709 cycle to start off the journey, then catch the bus or the train from one of our main towns? Solid Rock Cycles

Cycle parking is available at all train stations in East Dunbartonshire. If you are planning on taking your bike on board, please check www.scotrail.co.uk

### Bus information and timetables The following websites provide latest

timetables for local operators and journey

do not allow bikes to be taken on board.

Provides comprehensive travel information

Visit www.travelinescotland.com or

download the mobile app for free.

planning advice. Please note most operators



### **On The Routes**

Check gears

engage

### On all routes

times

your dog

- When cycling on roads
- Please be courteous always be respectful of other users

Check sprockets

for wear

- Acknowledge those who give way to you
- Take particular care with children near steep slopes, reservoirs, rivers, canals and lochs in poor visibility • Keep dogs on short leads at appropriate

Oil your chain

In the countryside

### On shared-use paths please

• When cycling, give way to pedestrians, to use your bell

• Take your litter with you and clean up after

- Keep to the left
- down and dismount where necessary

- Please follow the Highway Code • Be seen-most accidents happen
- to cyclists at junctions • Fit lights (it's a legal requirement after dark) and use them properly

• Follow the Outdoor Access Code • Keep erosion to a minimum if

### cycling off-road

- leaving them plenty of room and remember
- Look out for those around you
- Don't expect to cycle at high speeds slow



## Contact us

Check disk

brakes

### Fault Reporting Tool

If you are aware of any road, footway or lighting issue that we need to attend to, you can report it through our electronic reporting forms. These can be found at www.eastdunbarton.gov.uk/residents/report-problem/roads-and-lighting-faults or alternatively phone our Customer Services on 0300 123 4510.



### The EDC Core Path network is

displayed on the map as Traffic Free Routes. While the vast majority of this network is of a good standard, in some instances it may not be suitable for all users. If you would like further detail, please get in touch with the team at: cycling@eastdunbarton.gov.uk

## East Dunbartonshire Council

This document can be provided in large print, Braille or on CD and can be translated into other community languages.

Contact 0300 123 4510 for more information.

### 本文件可按要求翻译成中文, 却有於需要, 計算 0300 123 4510 -2 /44 ( 0300 123 4510 Achter and State Science State and Sciences ten enorte or sin war, it cand tele wares alte or paor its fany waik 0300 123 4510 its with Gabhaidh an sgrìobhainn seo cur gu Gàidhlig ma tha sin a dhith oirbh. Cuirbh fóir gu 0300 123 4510

अनुरोध करने पर पर समावित दिन्दी में अपांतरित किया पर बकात है। प्राप्त 0300 123 4510 पर क्षेत्र कीतिए।

WALKING & CYCLING EAST DUNBARTONSHIRE ... HEALTHY East Dunba e Council marter Choices, Smarter Places Supporting Sustainable Trave

# Walking & Cycling in East Dunbartonshire

East Dunbartonshire is a great place for walking and cycling. It's a good way to exercise and relax with family and friends, and is an inexpensive and environmentally-friendly way to travel to the nearest shops or train station. With assets such as the Forth and Clyde Canal towpath and Strathkelvin Railway Path. there are lots of opportunities to get out and about. Why not make a day of it and visit our town centres for refreshments and a look around the shops?

be able to point you in the right direction of

cycle training providers.

Please follow the Outdoor Access Code when out in the countryside and remember to Share with Care on the paths.

If you would like more information about walking and cycling in East Dunbartonshire head to: www.eastdunbarton.gov.uk/healthyhabits.

Have a question? Email: cycling@eastdunbarton.gov.uk

### **Healthy Habits**

The map provides the information you need This map can be used in conjunction to explore the area by foot and by bike. Local with our range of Healthy Habits maps. family-friendly routes, ranging in length from The Healthy Habits maps have been 2.2km (1.4 miles) to sections of national routes developed at a smaller scale to give measuring 215km (134 miles), are shown on information on quiet routes and links the map. Most of the routes are suitable for throughout your area, and are a great children age five and over, and are on fairly way to see how quick and easy it is to flat, safe, off-road paths with good surfaces travel locally by foot or by bike. take a look at the key for further information.

You can find links to our If you are cycling, check that your bike is in Healthy Habits maps at: good working order before you set off. The www.eastdunbarton.gov.uk/healthyhabits Be Prepared section will help you to do this. Bike shops are shown on the map should you need a spare part or help with repairs. If you are new to cycling or don't have a bike, that is no problem. There are opportunities to rent bikes throughout the area at some of the shops mentioned and the websites listed will



