# **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.



Road Crossings **Steep gradients** 



# **Local Routes**

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

Craigdhu Way

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 🗥 🛆

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

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;

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;

Lenzie Moss Local Nature Reserve

Forth and Clyde Canal Reservoirs Trail (A)

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

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

Mugdock Trail (1) (1) (1) (2) (2)

14.4km/9 miles (one-way)

 Mugdock Country Park; Auld Wives' Lifts; Cadder Church and Churchyard 7.6km/4.7 miles (one-way) 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. West Highland Way, Mugdock Country Park

Possil Loop 📉 🗸

A trip along both sides of the Forth and Clyde Canal with an interesting diversion around the Possil Marsh Wildlife Reserve to see the famous Meteorite site. • Forth and Clyde Canal; Possil Marsh and Meteorite Site; Wilderness Plantation Mines

Bears Way

Bears Way is a protected cycleway in Bearsden and Milngavie which runs from Burnbrae Roundabout to Hillfoot. Projects like these stem from the Council's Local Transport Strategy and Active Travel Strategy, and support the national vision 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.

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 Mugdock Country Park

Long distance routes

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 course of the Antonine Wall, awarded

close to a number of the routes. Constructed

World Heritage Site status in 2008, runs

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

wall can be seen. Remains of a fort and

bathhouse can also be seen at Bar Hill.

is on display at Cawder House (Cawder

are displayed at the Auld Kirk Museum

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.

Cycling with children

sit up unsupported

**Pre-walk checklist** 

with good grip

• Only use child seats when a child can

• In a group, position yourself at the rear

where you can see what's happening

• Check the map for potential obstructions

• Check the weather forecast before you go

is essential to prepare for all conditions

• It's a good idea to tell a friend or family member where you are going

Your footwear should provide good

carry a map and a compass

ankle support and have a firm sole

• Warm, wind and waterproof clothing

if you are using a tagalong or trailer

Wrap children up against the wind

when they are in bike seats

Golf Club Clubhouse) and other artefacts

An inscribed Roman Legionary Stone

which ran along the north side of the

**12) Roman Remains** 

in Kirkintilloch.

Strathkelvin (1)

**Railway Path** Strathblane to Kirkintilloch | 13km/8 miles; Kirkintilloch to M80 crossing | 5.5km/3.4 miles

(one-way) Gentle, pleasant route along the path of the old railway between Moodiesburn and Strathblane. Passes through open fields, Kirkintilloch and along the foot of the Campsie Fells. The section from Kirkintilloch to Strathblane is designated

National Cycle Network 755. • Forth and Clyde Canal; Clachan of Campsie and Campsie Glen

Thomas Muir Trail **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

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 Full length 154km/96 miles

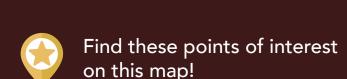
routes of communication.

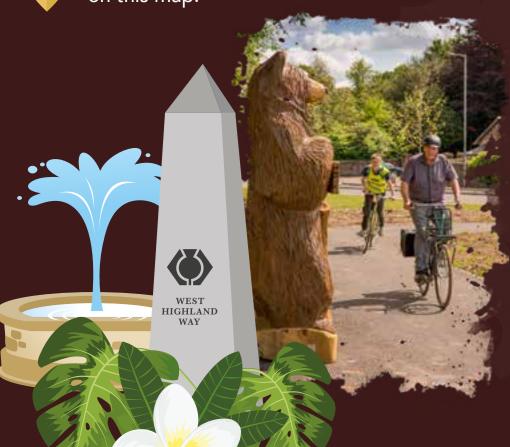
This popular long-distance path starts in the centre of Milngavie and stretches to Fort William – from the outskirts of Scotland's largest city to the foot of Ben Nevis, its highest mountain. Much of it follows ancient and historic

 Mugdock Country Park; Milngavie Reservoirs

# 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.





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.

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.

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 dotted around the loch

Lenzie Moss Local

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 restored by local volunteers. Bog rosemary grows here and nowhere else in East Dunbartonshire. The beautiful Green Hairstreak butterfly can be seen here, its caterpillars living on the blaeberry bushes that grow amongst the birch trees.

 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.

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

Mugdock Country Park There is a lot of natural and historical

in getting rid of common waterborne

diseases such as typhoid and cholera.

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

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



# 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:

 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 keep your dog under proper control take extra care if you're organising

> KNOW THE CODE BEFORE YOU GO

**Trails and Tales** 

heritage learning programme by East Dunbartonshire Leisure and Culture (EDLC) which includes 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



Check tyre

































Check pedals

When cycling on roads

to cyclists at junctions

in poor visibility

In the countryside

cycling off-road

Please follow the Highway Code

• Be seen-most accidents happen

• Fit lights (it's a legal requirement

• Follow the Outdoor Access Code

Keep erosion to a minimum if

after dark) and use them properly

Oil your pedals







Check brakes





Check





Check operation







The simple M-check is an easy way to keep your bike in

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









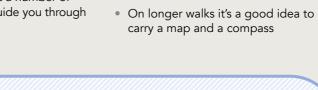




## Pre-ride safety check

- Brakes working efficiently
- Chain oiled, running smoothly and not too loose
- All bolts tight
- on frame, brakes, etc
- Lights working if likely to be cycling in poor visibility

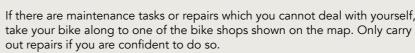
 Gears engaging properly If your bike is well maintained and you instructions, Sustrans has a number of













When you're in the outdoors: If you're managing the outdoors respect access rights act reasonably when asking people

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

Trails and Tales is an arts and the creation of a number of outdoor

www.edlc.co.uk or www.pathsforall.org.uk



# Be Prepared











Check tightness



s to look out for!















to leave your bike unattended.









Check the wheel quick-release

skewer. Make sure it is closed

This document can be provided in large print,

Braille or on CD and can be translated into

other community languages.





Check to make sure that

your seat is set at the

- Tyres pumped correctly
- and brake pads not worn out
- Wheels rotating freely, not rubbing
- Saddle at correct height (toes touching ground when sitting)

have a basic repair kit, you should be able to fix most problems. For more detailed videos on YouTube to guide you through the process.











**Mugdock Country Cycles** The Courtyard, Mugdock Country Park, Milngavie, Glasgow G62 8EL Tel: 0141 237 4709 **Solid Rock Cycles** 

Cycle Shops

Colbeg Farm, Balmore, G64 4AQ Tel: 01360 622699 Wheelcraft

Unit 4, Aldessan House, Campsie Glen, G66 7AB Tel: 01360 312709 Halfords Strathkelvin Retail Park,

Bishopbriggs, G64 2TS Tel: 0141 772 3318 Websites East Dunbartonshire Council www.eastdunbarton.gov.uk

Visit East Dunbartonshire www.scotland-visited.co.uk Sustrans www.sustrans.org.uk Paths For All www.pathsforall.org.uk

Scottish Cycling www.britishcycling.org.uk/scotland Cycling Scotland www.cycling.scot Go Bike (Strathclyde Cycle Campaign) www.gobike.org Walk Highlands

www.walkhighlands.co.uk

### Public Transport East Dunbartonshire is well-served by public transport, with excellent bus and rail links across the central belt. Why not walk or

bus or the train from one of our main towns? Cycle parking is available at all train stations in East Dunbartonshire. If you are planning on taking your bike on board, please check

cycle to start off the journey, then catch the

Bus information and timetables The following websites provide latest timetables for local operators and journey planning advice. Please note most operators do not allow bikes to be taken on board.

**Traveline Scotland** Visit www.travelinescotland.com or download the mobile app for free.

Provides comprehensive travel information

for journeys across Scotland. Try it for

yourself and plan a journey today! Strathclyde Partnership for Transport (SPT) www.spt.co.uk Visit SPT's website for up-to-date



# Top Tips

## On The Routes

of other users

On all routes • Please be courteous – always be respectful

• Acknowledge those who give way to you

• Take particular care with children near steep

slopes, reservoirs, rivers, canals and lochs

Check sprockets

Oil your chain

• Keep dogs on short leads at appropriate • Take your litter with you and clean up after your dog

leaving them plenty of room and remember

On shared-use paths please

to use your bell

• When cycling, give way to pedestrians,

# • Keep to the left • Look out for those around you • Don't expect to cycle at high speeds - slow down and dismount where necessary

Check disk

# Contact us

The EDC Core Path network is

displayed on the map as Traffic

in some instances it may not be

like further detail, please get in

touch with the team at:

suitable for all users. If you would

Free Routes. While the vast majority

of this network is of a good standard,

**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.east dunbart on.gov.uk/residents/report-problem/roads-and-lighting-faults

cycling@eastdunbarton.gov.uk Contact 0300 123 4510 for more information. 太文件可按要求翻译成中文、如有此需要、油菜 0300 (23 45)0 ייני אוריים אוריים אוריים אוריים אוריים אוריים אוריים אינים אינים אוריים אוריים אוריים אוריים אוריים אוריים אי ten enrebs er úm som it Gredt fe'n worden siter ar maar its fanur sonk 0300 123 4510 ibn sits

Cabhaidh an sgrìobhainn seo cur gu Gàidhlig ma tha sin a dhith oirbh. Cuirbh fóir gu 0300 123 4510

अपूर्णन करने कर यह दलानेज हिन्दी में अपनातील किया का बकता है। कुछन 0300 123 4510 कर बोल बीजिए।

# EAST DUNBARTONSHIRE HEALTHY

# 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?

children age five and over, and are on fairly flat, safe, off-road paths with good surfaces take a look at the key for further information. If you are cycling, check that your bike is in good working order before you set off. The 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

be able to point you in the right direction of

cycle training providers.

marter Choices

Smarter Places

the map. Most of the routes are suitable for

### 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

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

> You can find links to our Healthy Habits maps at: www.eastdunbarton.gov.uk/healthyhabits

information on quiet routes and links

throughout your area, and are a great

way to see how quick and easy it is to

travel locally by foot or by bike.



