

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.

Key

- Refreshments Available
- On Road Sections
- Road Crossings
- Steep gradients
- Kissing Gates/Barriers
- Gentle/suitable for kids



Local Routes

- A 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
- B Craighduy 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
- C Dougalston Trail** 6km/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
- D Hayston Loop** 11.2km/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
- E Lenzie Moss Explorer** 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
- F 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
- G Reservoirs Trail** 6.2km/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
- H 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

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

- I Mugdock Explorer** 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
- J Possil Loop** 8km/5 miles
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
- K Bears Way** 1.35km/0.8 miles
Bears Way is a protected cycleway in Bearsden and Milngavie which runs from Bumbrae 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.
- L 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
- M 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.
- N John Muir Way** Full length Helensburgh to Dunbar | 215km/134 miles
This iconic route passes through Lennoxton, Milton of Campsie, 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
- O Strathkelvin 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
- P 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
- Q West Highland Way** Full length 154km/96 miles
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 routes of communication.
• 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.

Find these points of interest on this map!



- 1 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.
- 3 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.
- 4 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.
- 5 Dougalston Estate and Dovecot**
You can still see the dovecot, or doocot, dating from the 18th century when John Glasford, a rich Glasgow man who made his fortune from tobacco, owned and developed this estate. Most of the estate is now a golf course.
- 6 Kilmardinny Loch Local Nature 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!
- 7 Lenzie Moss Local Nature Reserve**
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.
- 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.
- 9 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.
- 10 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 BBO 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.
- 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.
- 13 Wilderness 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 where a track can still be seen leaving the 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:

- When you're in the outdoors:
 - take personal responsibility for your own actions and act safely
 - respect people's privacy and peace of mind and effectively
 - care for your environment and take your litter home
 - keep your dog under proper control
 - take extra care if you're organising an event or running a business.
- If you're managing the outdoors:
 - respect access rights
 - act responsibly when using people
 - avoid land management operations
 - work with your local authority and other bodies to help integrate access and land management
 - respect rights of way and other access.



Trails and Tales

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.

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

things to look out for!

The simple M-check is an easy way to keep your bike in working order. Always carry a bike lock in case you want to leave your bike unattended.

- M** - Check tyre pressure
- M** - Check seat height
- C** - Check frame for cracks
- C** - Check tightness of bars
- B** - Check brakes for wear
- C** - Check cables
- O** - Check operation of forks
- H** - Check your handlebar to make sure it is set at the right height and angle
- S** - Check to make sure that your seat is set at the correct height
- H** - Check your helmet. Make sure there are no cracks on surface
- F** - Check front and back lights
- T** - Check tyres and spokes. Tyres must be properly inflated
- F** - Check front and back brakes. Squeeze brake levers to make sure that they stop your bike
- W** - Check the wheel quick-release skewer. Make sure it is closed
- C** - Check bicycle chain and gears. If chain squeaks when you pedal, clean and oil it
- G** - Check gears engage
- S** - Check sprockets for wear
- O** - Oil your chain
- C** - Check pedals
- O** - Oil your pedals
- D** - Don't forget your water
- C** - Check disk brakes

Don't forget your bell!

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)
- Lights working if likely to be cycling in poor visibility
- Gears engaging properly

If your bike is well maintained and you have a basic repair kit, you should be able to fix most problems. For more detailed instructions, Sustrans has a number of videos on YouTube to guide you through the process.

Basic repair kit

- Extraction link
- Tyre levers
- Multi-tool set
- Two spare tubes
- Tube patch kit
- Mini pump

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 out repairs if you are confident to do so.

Cycling with children

- Only use child seats when a child can sit up unsupported
- Wrap children up against the wind when they are in bike seats
- In a group, position yourself at the rear where you can see what's happening
- Check the map for potential obstructions if you are using a tagalong or trailer

Pre-walk checklist

- Check the weather forecast before you go
- Warm, wind and waterproof clothing 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 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

Make sure you wear a helmet!

Cycle Shops
Mugdock Country Cycles
The Courtyard, Mugdock Country Park, Milngavie, Glasgow G62 8EL
Tel: 0141 237 4709

Solid Rock Cycles
Colbag 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
Ramblers
www.ramblers.org.uk/scotland

Public Transport
East Dunbartonshire is well-served by public transport, with excellent bus and rail links across the central belt. Why not walk or cycle to start off the journey, then catch the 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 www.scotrail.co.uk

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.

Traveling Scotland
Visit www.travelingscotland.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 information on local bus operators. SPT also subsidises local bus services in areas not served by commercial bus operators.

Top Tips

- On The Routes**
- On all routes**
- Please be courteous - always be respectful of other users
 - Acknowledge those who give way to you
 - Take particular care with children near steep slopes, reservoirs, rivers, canals and lochs
 - Keep dogs on short leads at appropriate times
 - Take your litter with you and clean up after your dog
- On shared-use paths please**
- When cycling, give way to pedestrians, leaving them plenty of room and remember to use your bell
 - Keep to the left
 - Look out for those around you
 - Don't expect to cycle at high speeds - slow down and dismount where necessary
- When cycling on roads**
- 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 in poor visibility
- In the countryside**
- Follow the Outdoor Access Code
 - Keep erosion to a minimum if cycling off-road

Contact us

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

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.

WALKING & CYCLING MAP EAST DUNBARTONSHIRE

East Dunbartonshire Council
www.eastdunbarton.gov.uk

HEALTHY HABITS
Smarter Choices, Smarter Places
Supporting Sustainable Travel

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?

The map provides the information you need to explore the area by foot and by bike. Local family-friendly routes, ranging in length from 2.2km (1.4 miles) to sections of national routes measuring 215km (134 miles), are shown on the map. Most of the routes are suitable for 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.

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: cycling@eastdunbarton.gov.uk

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

Healthy Habits
This map can be used in conjunction with our range of Healthy Habits maps. The Healthy Habits maps have been developed at a smaller scale to give 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.

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

KEY TO WALKING & CYCLING MAP OF SEAT EAST DUNBARTONSHIRE

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Forest	A road	Town Centre	Train Line	Key building	Traffic-free route
Built-up area	B road	Streets	Cycle Parking	Point of interest	Quiet on-road route advisory cycle lane
Loch	Towns	ED Boundary	Railway station	Bike shop	

LOCAL ROUTES

- Cadder Loop
- Craigdhu Way
- Dougalston Trail
- Hayston Loop
- Lenzie Moss Explorer
- Merkland Loop
- Reservoirs Trail
- Mugdock Trail
- Mugdock Explorer
- Possil Loop
- Bears Way

LONG DISTANCE ROUTES

- Clyde Coastal Path
- Forth & Clyde Canal
- John Muir Way
- Strathkelvin Railway Path
- Thomas Muir Trail
- West Highland Way

