

OUT & ABOUT



Health Walking Groups

There are a variety of short and longer walks on offer by local groups. **Kilsyth: Fitness Al Fresco** Run by North Lanarkshire Council and based at the Garrell Vale Leisure Centre in Kilsyth. Short walks are led on Thursdays and longer walks on Tuesdays. Contact Harry Marron on 01236 828160. **Twechar: Walk for Health** A Weekly Walk for Health Group is based at Twechar Healthy Living Centre. Tel: 01236 827154. **Cumbernauld & Kilsyth: Tuesday Walks** Cumbernauld & Kilsyth Ramblers have a programme of gentler 'Tuesday Walks'. Contact The Ramblers Association Scotland - www.ramblers.org.uk/scotland. Cumbernauld & Kilsyth Group contact: Hilary Shearer, 01236 780136; Strathkelvin Group, 0141 776 4161



Public Transport links

You can get to the Kelvin Valley by bus and rail. Bus Services, details from Traveline, Telephone: 0871 200 2233 www.travelinescotland.com

24	Glasgow-Kilsyth-Stirling	FirstBus
27	Glasgow-Kilsyth-Falkirk	FirstBus
27X	Glasgow-Twechar	FirstBus
43	Kilsyth-Croy-Cumbernauld	Canavan's
147	Kilsyth-Croy-Airdrie	Henderson's
34Q	Croy-Kilsyth Circular	Jay's

Rail Services, details from Network Rail, Telephone: 08457 48 49 50

Croy mainline station with services to Glasgow, Stirling, Edinburgh and beyond.

OUR HERITAGE

The Kelvin Valley has a rich wildlife and historical heritage. The Path Network and suggested routes will take you to wetlands and woodlands, hills and valleys, wildlife reserves and rock exposures. You can also explore man made features like the Antonine Wall, Forth & Clyde Canal, Colzium House and enjoy the many facilities of our local communities.

Wildlife

The valley's wetlands are great for winter migrants escaping the Arctic and summer breeding birds back from Africa. Dumbreck Marsh Local Nature Reserve run by North Lanarkshire Council, Dullatur Marsh Nature Reserve run by the Scottish Wildlife Trust, Twechar Marsh and Banton Loch are prime places to visit.

Ancient woodlands such as Bluebell Wood by Colzium and Craigmarloch Wood overlooking the canal are rich in wild flowers. There are new community woodlands in Kilsyth, Banton, Queenzieburn and Forestry Commission woods at Twechar and Nethercroy. If you want to enjoy the wildlife and open vistas of higher ground, take the paths over Croy Hill and Bar Hill or up into the Kilsyth Hills.

History

Two major national features run right through the valley. The Romans used the higher ground overlooking the valley to build the Antonine Wall and the canal builders used the valley itself for the Forth & Clyde Canal.

The canal has recently been re-opened as part of the Millennium Link and has a fine marina at Auchinstarry. World Heritage Site status is coming for the Antonine Wall. Colzium House and Estate is a public park run by North Lanarkshire Council and there are many other buildings including old mills and churches in the valley.

The rich mining and quarrying history of the valley has left a legacy of old quarries and bings taken over by wildlife and old cartways and mine roads taken into the path network.

Communities

Local communities include the ancient Burgh of Kilsyth with shops, cafes, pubs and a swimming pool and sports centre. The villages of Banton, Banknock, Croy, Queenzieburn and Twechar have shops and pubs. The New Town of Cumbernauld has a full range of facilities and shopping.

PATH NETWORK

Kelvin Valley Path Network

The Path Network takes you to all the major countryside attractions and communities in the Kelvin Valley. In this leaflet we give a map of the main routes and also describe some suggested routes.

Many of the paths are surfaced and signposted and are suitable for all abilities and for cyclists and horse riders as well as for walkers. Others are unsigned and often unsurfaced and are less used, but can be a delight for the more adventurous. There are many other more minor paths and rights of way which we have not shown, please tell us about any that you use.

The Kelvin Valley has been lived in for thousands of years and you can walk in the footsteps of the Romans along the Antonine Wall, along the towpath of the Forth & Clyde Canal, along many old mine and quarry roads, follow the routes of old railways and enjoy grand old estate avenues.

Our path network also links us to the wider world. It is part of a cross Scotland route using the Millennium Link canal towpaths, connects to the West Highland Way by the Kirkintilloch to Strathblane path and is part of the Lands End to John O'Groats route. So however far you wish to travel, either 1 mile round Colzium or 1395 miles from end to end, the Kelvin Valley is truly at the centre of things.



ABOUT US

Friends of the Kelvin Valley Park

Formed in 2005 to promote a Kelvin Valley countryside park. Committee members are residents of Kilsyth, Cumbernauld and the villages and include Paul Carter, James Coleman, James Hunt, Ian Jarvis, Rob Kay and Bill Taylor. Members are active in a range of activities in the valley including canals, rambling, wildlife, local history, carnival, path network etc. The 'Friends' meet with a range of organisations to encourage appropriate countryside developments and publish the Kelvin Valley Park News. We are keen to talk to any local groups about our aims - please get in touch.

Kelvin Valley Park News

The 'News' is published in Spring and Autumn and covers outdoor events, activities and developments in the Kelvin Valley. One thousand copies of each issue are circulated free to Councillors, Members of Parliament, Schools, Libraries, local communities and outdoor organisations and the general public. We welcome news and good quality photographs.

Adverts

We will scan in your colour or black and white artwork.

Charges are:	
Colcm on 4 column page	£5
Colcm on 3 column page	£7
Half Page	£150
Full page	£280
Front and back pages	50% extra
Typesetting (if instructed)	50% extra
Minimum charge	£25

Cheques payable to: Friends of the Kelvin Valley Park

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ABOUT ACCESS

Safety

Please note that you are responsible for your own safety and well-being and the safety and well-being of others. We cannot guarantee accuracy of all the details given in this leaflet. The map is diagrammatic and access conditions will change from time to time on the ground and may not match descriptions in this leaflet. Also please have due regard to land manager's operations, such as farming and forestry and follow the Scottish Outdoor Access Code.

Know the Code before you go

Enjoy Scotland's outdoors responsibly

Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code. Whether you're in the outdoors or managing the outdoors, the key things are to:

- Take responsibility for your own actions
- Respect the interests of other people
- Care for the environment

To find out more or to obtain a copy of the full Code or a leaflet, visit www.outdooraccess-scotland.com, phone Scottish Natural Heritage on 01738 444177 or email pubs@snh.gov.uk.



For local access enquiries, contact the Access Officer at North Lanarkshire Council on 01236 780636



Kelvin Valley Park

Path Network



SUGGESTED ROUTES



KILSYTH

1. COLZIUM LENNOX ESTATE CIRCUIT: Leave the Burngreen and go up Burnbank Terrace, cross the Stirling Road onto Tak Ma Doon Road. After 1/3 mile turn right onto a path that follows the Lade through the Estate to Banton Loch. At the second bridge go left which leads up to Colzium House. Before reaching the house go sharp left and continue on a tarmac path to North Lodge where you turn right towards the site of Colzium Castle. At a tall waymark post take the path into Colzium Glen and then cross the Glen at either the top or middle bridges. Come down the east side of the Glen and take the main drive to the Lade Burn and turn left towards Banton Loch. At the Loch turn right and walk down past a metal gate and go right to Colzium main entrance. Cross Stirling Road and return to Burngreen by the path to the rear of houses on the south side of the road. *Distance: 2.75 miles.*

2. AUCHINSTARRY AND BACK: From Burngreen cross the Garrell Burn into Charles Street then left into East then West Burnside Street and follow the Garrell Burn to a bridge opposite St. Patrick's School and then cross onto the south bank. At the next path junction turn left down to the River Kelvin path where you turn left to Auchinstarry. Cross the B802 and take a path at Auchinstarry Quarry to Coach Road. Return to Kilsyth by South Barrwood Road, Coach Place and Low Craigends. *Distance: less than 3 miles.*

3. DUMBRECK NATURE RESERVE CIRCUIT: As in the previous go follow the Garrell Burn but stay on its north side until you reach the River Kelvin path which you follow downstream for 1/4 mile where you will find an entrance gate to the reserve on your right. Follow this path until just short of the next gate where a wooden bridge gives access to a boardwalk. After the boardwalk keep right and follow paths back through the Reserve to the Garrell Burn Path and return to the town centre. *Distance: 3 miles.*

QUEENZIEBURN

4. QUEENZIEBURN CIRCUIT: From a lay-by just west of Kilsyth on the Glasgow Road follow Neilston Walk to Balcastle Road. Follow this minor road as it climbs north of Queenzieburn. A shorter circuit can be made by turning

down Dykehead Road. Continue past Burnhead Farm and down Whin Loan. Just south of Lossit is Joe Moses Road which you follow to Dykehead Road. During dry weather or if well shod after a short distance take the track from Old Place to the north-east of the village. If not, continue down to Queenzieburn then Meadowside Road to Arnbrae Farm Woodland. A stile gives access to a grass path which is followed towards Arnbrae. Turn down the access road to Glasgow Road and the lay-by. *Distance: less than 4 miles.*

BANTON

5. THE CANAL AND BANTON LOCH: From the centre of the village follow Kelvinhead Road to Kelvinhead then a path to the west of its junction with the A803 to the Forth and Clyde Canal. Turn west along the towpath to Craigmarloch then north on the Dullatur Road to Coach Road. Turn right and follow the road to Colzium main entrance. From the lay-by turn right to Banton Loch. Continue along its south shore to Banton Road, turn left and return to the Village. *Distance: 4 miles.*

AUCHINSTARRY

6. CANAL, TWECHAR AND RIVER KELVIN CIRCUIT: Follow the Canal towpath to Twechar. Return by accessing a path a short distance along the Twechar to Queenzieburn Road. This follows the River Kelvin back to Auchinstarry. *Distance: 3.25 miles.*

7. ANTONINE WALKWAY TO CRAIGMARLOCH & CANAL: From the Marina go along the path to the south of the Canal which shortly turns south towards Nethercroy. Just past the picnic site go left, through another gate and follow the path to a junction where you turn left. In just over 1/2 a mile at a picnic site turn left to the Dullatur Road, turn left to Craigmarloch and return to Auchinstarry by the Canal towpath. *Distance 3.25 miles.*

8. NORTH KILSYTH CIRCUIT: take the river Kelvin path then turn north through Dumbreck Nature Reserve to Gavell Road then Stirling Road to the Glasgow Road lay-by past Laird's Hill Place. Follow the first part of the Queenzieburn Circuit to Balcastle Farm and turn right to Allanfauld Farm where you turn down Allanfauld Road. Turn left at Garrell Avenue, continue on an unsurfaced private road (Neilston Walk) and across Hill Road. In 1/4 of a mile drop down onto Tak Ma Doon Road and cross into a wood, a path leads down to the Lade Burn Path, turn left alongside the Lade then right to the Colzium Curling Pond and walk through the woods to the south of the pond to Colzium main entrance. Cross Stirling Road and head towards Coach Road, go right then bear left in 2/3 mile to Auchinstarry. *Distance 6 miles.*

TWECHAR

9. BAR HILL AND CANAL: From near the War Memorial follow the Historic Scotland marked track and in less than half a mile go left through a gate and then another to the Roman Fort site at Bar Hill. From Bar Hill take a path east north-east to Castle Hill viewpoint then either return to pick up the Barr Hill path east towards Croy or descend steeply north then east to follow the line of the Antonine Wall picking up the Military Way 1/2 mile further east. Continue to and cross the B802 then through 2 stiles to reach Nether Croy. Return to Auchinstarry by the Antonine Walkway Trust path and then along the towpath to Twechar. *Distance: 4.5 miles.*

CROY

10. ANTONINE WALL AND FORTH & CLYDE CANAL: From Nethercroy follow the Antonine Wall east over Croy hill. Keep to the north side of the line of the wall ditch until you meet a path, turn left and then in 200 yards right towards Dullatur Road, turn left to Craigmarloch and follow the canal towpath to Auchinstarry. Cross the canal by the B802 to the marina. At the east end of the marina an Antonine Walkway Trust path is followed back to Nethercroy. *Distance 3.5 miles.*

CUMBERNAULD

11. WESTERWOOD TO THE ANTONINE WALL: Follow a track north from near Old Inns interchange to Westerwood Farm buildings. Go left towards Dullatur along the line of the wall. At the Dullatur Road continue west to the canal at Craigmarloch or Croy Hill. *Distance: 3.5 miles*

BANKNOCK

12. BANKNOCK AND CANAL: Start at Bog Road in Banknock Village, take the Doups Burn path opposite Spar Grocers to Wyndford Lock on the Forth & Clyde Canal. Follow the canal towpath east for 1/2 a mile to Red Burn Aqueduct, take the path down the embankment then follow the signposted path over the River Bonny bridge and across fields to the housing estate at Weelparkland and back through the estate to the start point. *Distance: 2 miles*

Very many different routes can be followed using the Kelvin Valley Path Network. You can use the map as a useful guide but please note this is diagramatic. Also use the O.S. Explorer map 348 for more detail. Here we give a selection of twelve routes starting from the communities in and around the valley and taking in many of the natural and historical attractions.