

# 10 WALKING AND CYCLING ROUTES IN AND AROUND KIRKINTILLOCH AND LENZIE



The routewise way to  
feel better, look better & live longer

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## KEY

Length **G** Gentle **M** Moderate Suitable for buggies & assisted wheelchairs

# Introduction

This booklet describes 10 walks and cycles in and around Kirkintilloch and Lenzie to give you a taste of the variety of on and off road routes around the town and surrounding countryside.

It has been prepared by the Healthy Habits team and the East Dunbartonshire and Mugdock Country Park Ranger Service as part of the Government funded Smarter Choices, Smarter Places initiative. The main aims of this programme are to promote the benefits of active, sustainable travel; to enhance the health and wellbeing of the local community and to make sure that Kirkintilloch and Lenzie continue to be great places in which to live, work and shop while enjoying the outdoor benefits on our doorstep.

New signs have been installed on the main walking and cycling paths to show the distances and times to key locations in the area. Look out for these blue signs when you are out and about.

The walks in this booklet have been graded depending on their difficulty as follows:

**G** **Gentle:** Mostly flat, with good surfaces and less than 5 miles long.

**M** **Moderate:** A mixture of flats, hills and variable surfaces.

Note: All distances are approximate. The time taken is based on a walking speed of 3 miles per hour.

Path and direction of route



# 1 Kirkintilloch - Lenzie Moss Loop

3.7 miles  Approx. 1hr 15min  Good paths, mainly level



Start at Kirkintilloch Leisure Centre, located within Woodhead Park, just off the B757 Lenzie Road. Head across the car park to the exit near the rear of the leisure centre, and along Parkview Court. Follow this road to the end and onto the path through the parkland. Take the second path on the right, then turn left and first right to access Woodside Avenue.

You are now in Lenzie. The original Lenzie, pronounced "Lingie", was an ecclesiastical parish that extended from Kirkintilloch south-eastwards as far as Cumbernauld. The origin of the name is not known but may derive from the Gaelic *Lèanaidh* meaning a "wet meadow". Turn left along the winding Woodside Avenue and at the T junction head left onto Moncrieff Avenue **1**.

The construction of these large houses began around 1848 when Glasgow commuters were encouraged to build close to the new railway station through the offer of free season tickets. However, large-scale construction did not begin until piped running water was made available to the villas during the 1870s, by which time the free "villa tickets" scheme had been discontinued.

At the crossroads go straight over into Fern Avenue. At the end of this road, enter into Lenzie Moss Local Nature Reserve and turn left. Follow the path and when you reach the junction, turn right. Keep the train lines of the main Edinburgh to Glasgow railway on your left. The railway which opened in 1842 cuts the Moss in two.

Continue through the birch woodland and you will pass the ruin of the peat processing factory **2** on your right. There is a siding beside it where the cut peat was transported out by rail.

Continue along the path and onto the boardwalk where the best views of the raised bog can be seen from the top of the bare peat mound **3**. Follow the path towards the houses and exit by the notice board onto Heather Drive. At the end of the road turn left and shortly after cross over the road into Boghead Wood **4**.

Follow the left path down through this young attractive broadleaf woodland. Exit out of the woodland to follow the Park Burn and Christine's Way.

On Lenzie Moss

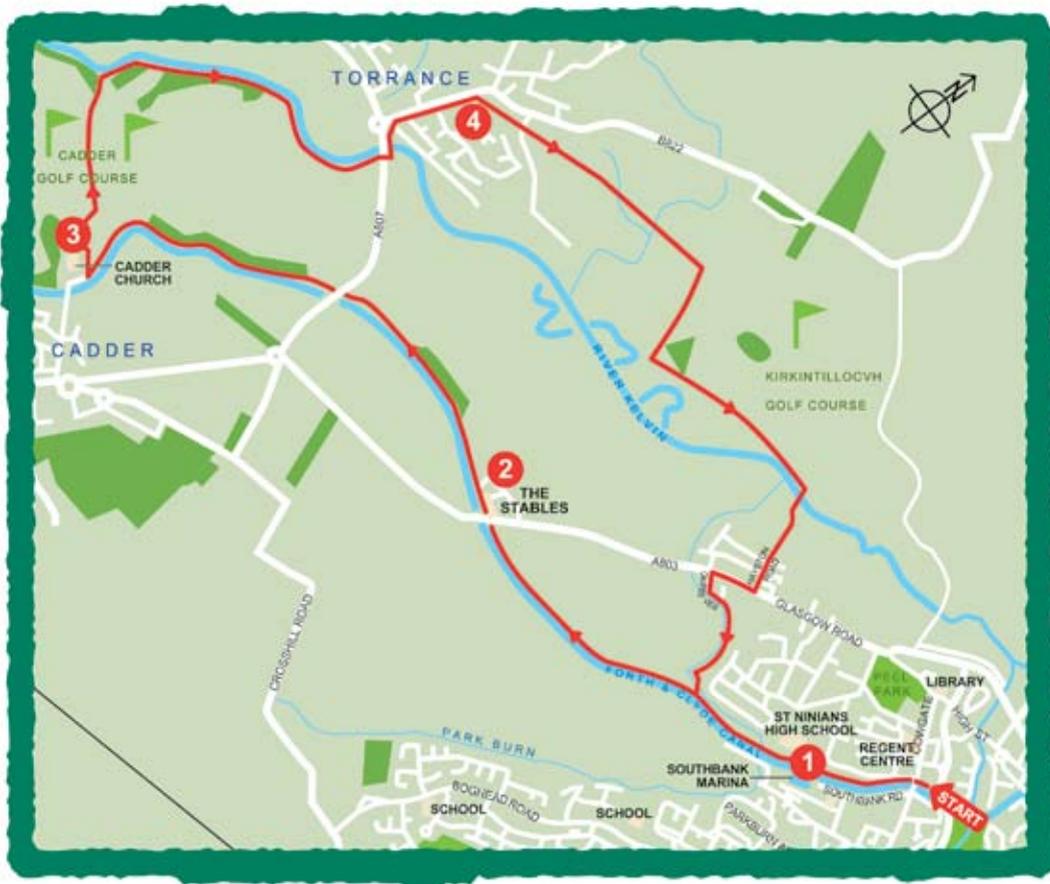


Join Christine's Way heading right until the path merges with Greens Avenue after about one mile. Follow the avenue round and turn third left into The Loaning. Just after the bend in the road, turn left between houses number 52 and 54 to gain access to Civic Way behind Tom Johnston House. Walk along Civic Way to the main Kirkintilloch/Lenzie Road. Cross the road at the traffic lights to return to Kirkintilloch Leisure Centre.

Cottongrass

# 2 Kirkintilloch - Torrance Loop

7.8 miles  Approx. 2hrs 40min  Some hills & uneven sections



Southbank Marina bridge

Starting at Barleybank car park in Kirkintilloch town centre, cross Cowgate at the pedestrian crossing and head down the slope onto the Forth & Clyde Canal towpath heading towards Bishopbriggs. Pass by the striking horseshoe shaped footbridge **1** across the canal that leads to the 40 berth Southbank Marina. Continue on the towpath out into the countryside, with commanding views of the Campsie Fells and Strathkelvin.



Head along the canal and after about one mile pass under the Glasgow Bridge and come to the Stables Restaurant **2**. Built in 1812 the Stables served the boatmen and stabled the horses working along the canal. Continue on the towpath for another 1.5 miles to reach Cadder Church **3** on the outskirts of Bishopbriggs. Worship has taken place on this site since the 12th Century and the current building dates back to 1825. A brief detour through the graveyard reveals evidence of the area's sinister past of body snatching with the small stone watch house and mortsafe.

Turn right, heading away from the canal, and walk up the lane alongside the church and past some houses to reach Cadder Golf Course which was once the parklands of Cadder estate, owned by the Stirling family. Continue through the golf course. On reaching the River Kelvin, turn right before the metal footbridge and head along the riverbank path towards Torrance.



Cadder Church

Turn left at Torrance Road towards Kelvinbridge roundabout. Cross the road here and head up Torrance Main Street. Just beyond The Village Inn, turn right into the small play park. This park **4** was the former site of Torrance railway station. Take the path down to the left and come onto the route of the old Kelvin Valley Railway line. It opened in 1878 and ran between Kilsyth and Maryhill, carrying passengers, freight and coal to the Glasgow docks and Lanarkshire steel works.

Follow the old Kelvin Valley railway line through open farmland, with further views of the Campsie Fells. When you can follow the old line no further, head down the wide path to the right and go along the edge of Hayston Golf Course to reach a wooden gate and sign for Kirkintilloch. Continue along the path to reach the River Kelvin and cross the narrow footbridge. Head up the path between fields to reach Hayston Road. At the top of Hayston Road, cross the A803 Glasgow Road at the pedestrian crossing and turn right along the pavement until you reach Campsie View on your left.

View of Hayston Golf Course



At the end of this road take the small path crossing the bridge and leading you up a short steep hill back onto the Forth & Clyde Canal. Once on the canal towpath, turn left and head back towards Kirkintilloch and the start of your walk.

# 3 Luggie Park Loop

1.9 miles  Approx. 40min  Wide, well laid paths, mainly level



Luggie Park



Start at Barleybank car park in Kirkintilloch Town Centre.

Turn left and continue along the main street, now called Townhead. On reaching the cross roads with the traffic lights, turn left down the pavement of Parliament Road. After a short distance turn right onto a winding path that takes you through an underpass to emerge in Luggie Park.

Luggie Park is the natural flood plain for the river and this is probably what has saved it from development. However, the original course of the river was diverted in the 1980's to make way for the relief road you have just passed under.

Cross the bridge over the Luggie Water; where you can see the skate park straight ahead of you. The funding for this state of the art skate park **1** was raised by skate boarders, skaters and bikers with support from the local community. Turn right at the path junction and keep right until you cross the next bridge over the Luggie Water then turn immediately left.



Skate Park

Follow the Luggie Water through the park always keeping it on your left **2**. This sluggish river rises in the hills to the south of Cumbernauld and travels almost 11 miles before joining the River Kelvin at the north side of Kirkintilloch.

Note the impressive 'white willows' growing by the bank **3**. The leaves of these fast growing trees are paler than most willows and have white undersides.

The path emerges onto Waterside Road, turn left over the road bridge and immediately left again down the steps back into Luggie Park or continue on for a short distance to Redbrae Road to avoid the steps.

The Luggie Water is now on your left, continue to follow the river until the path exits onto Redbrae Road then almost immediately re-enters the park down steps on the left. Don't cross the next bridge, keep right and the path leads back to the skatepark.



Kingfisher

Pass alongside the skatepark keeping it on your right. Continue on through the park with the Luggie Water on your left. You are now walking along the line of the Campsie Branch Railway built in 1840s and ahead of you is an amazing feat of engineering, the canal aqueduct **4**. This structure was without equal in 1770's Scotland, with the span of the arch at 50 feet and 90 feet deep to accommodate the whole breadth of the canal.

Don't go as far as the aqueduct but cross the Luggie by the next bridge. Go straight on up the hill in front and follow the path to emerge at the Forth and Clyde canal.

Continue on to Luggiebank Road then right over the canal to return to the start point at Barleybank car park.

# 4 Barleybank - Merkland Loop

4.7 miles  Approx. 1hr 20min  Paths and pavements, mainly level



Start at Barleybank car park off the Cowgate in Kirkintilloch town centre. Head left along the towpath of the Forth & Clyde canal in the direction of Falkirk. The section of the canal from Grangemouth to Kirkintilloch was opened in 1773, bringing the town to prominence as an inland port and later as a shipbuilding centre for both canal and ocean sailing.

Due to increased use of road and rail for transporting goods, traffic on the canal was in decline by the early twentieth century and it was closed to all navigation on 1st January 1963.

However, during the 1970s and 1980s a campaign was mounted to persuade Government of the value of reopening the canal as a leisure facility. Funds from the National Lottery's Millennium Commission enabled British Waterways to construct new bridges and to reopen the canal as The Millennium Link in May 2000.

Continue along the towpath passing under one of the new bridges, Hillhead swing bridge **1**. Continue on with great views to the Kilsyth Hills in the distance,

eventually pass under a 'pipe bridge' then take the second turn off on the left, approximately one and a half miles from the start. This path leads straight down to Tintock Tunnel, turn right and take care going through the tunnel under the canal to emerge in an area of Kirkintilloch called Harestanes.

Leave the road and climb the steps straight ahead and turn left along the path in front of the houses. Take the fourth path on the right and follow this between the houses, go straight across Ellisland Drive and continue to follow this path straight on through greenspaces and parkland until it reaches Langmuir Road.

Turn right along Langmuir Road then second left down Applecross Road, veer first right onto Cowal Crescent and second right onto Moray Place. Enter Merkland Local Nature Reserve (no sign) by a surfaced path on the left **2**.

Merkland Local Nature Reserve management group, made up of local people, work hard to improve Merkland's access and biodiversity. Once part of the site of the huge Meiklehill Colliery, Merkland is today criss-crossed by well used paths and home to a diverse range of wildlife. Roe deer are a frequent sight in the grasslands and palmate newt and large red damselflies breed in the ponds. Summer bird migrants such as willow warblers, chiff chaffs, whitethroats, reed warblers and the grasshopper warbler with its distinctive insect like reeling song are all common.

Head through the reserve keeping left at the first two junctions, then straight on with farmland on your left all the way to exit onto Bute Road, at the top turn left onto Iona Way to reach Waterside Road.

Cross the road heading for the main entrance to St Agatha's Primary School then leave the minor road at the bend to join the path heading straight on towards Waterside. Head straight through the housing estate following Moss Road and Back O'Dykes Road to exit onto Bankhead Road and turn right for a short distance. Cross over and take the first path on the left and follow it along the banks of the meandering Luggie Water, on reaching Waterside Road turn left. To join the riverside path once more turn first left up Market Road and over the bridge then head next right onto the path and over another bridge near the confluence of the Bothlin Burn and the Luggie Water.



Dipper

Look out for dippers hunting in the burn **3**. They often disappear under the water to catch river insects. Pipistrelle and Daubentons bats are also a regular sight along the river at dusk.

Follow this riverside path until it exits onto the road. Turn right and cross Waterside Road into Luggie Park. Head through the park keeping the Luggie Water firstly on the right then on the left after the bridge is crossed. Pass the skate park then the play area and continue on to cross the final bridge over the Luggie Water. Head up to the canal bank and continue on to Luggiebank Road. Turn right at the main road to make your way back to the start.

Common Spotted Orchid



# 5 Merkland Nature Reserve

1.1 miles  Approx. 20min  Well laid paths; no hills 



Start from the Merkland Local Nature Reserve car park on Merkland Drive.

In 2004 Merkland was declared the first Local Nature Reserve in East Dunbartonshire because it is an important place for both local people and wildlife.

Looking around, it is hard to believe that the reserve has an industrial past but it was once part of the land that made up Meiklehill Colliery, a busy pit employing 600 men and producing 800 tonnes of coal a day at its peak at the turn of the 20th Century.

With your back to Merkland Drive take the wide track on your left into the reserve. Follow this path straight on until it curves to the right, at this point cut off straight ahead onto a narrower path keeping the ditch on your left **1**. The orange colour of the water probably comes from iron compounds leaking out from the abandoned mine workings.

Meiklehill Colliery mainly produced coking coal and some ironstone. This was significant for Kirkintilloch which had four large iron foundries by the late 1800s including the Lion Foundry which was famous for making red telephone boxes and post boxes. The ironstone was a source of iron ore, and the coking coal was essential for heating the blast furnaces to the temperatures necessary to smelt iron.



Palmate Newt

The small ponds and ditches you pass are breeding sites for many insects and amphibians **2**. In the summer, look out for the drab common darter dragonfly, and bright common blue damselfly hovering near by.

Turn left crossing the bridge and continue past the football pitch to the T junction in the path. Once reached, turn right and just beyond here take the right fork where the path splits. Continue and turn left at the crossroads.

The marshy area beyond the fence on your left was once open water. Over the years it has silted up and is now dominated by soft rush **3**. Look out for cuckoo flower in the verges with its pale pink flowers and meadowsweet on the banks. The local conservation group have excavated a new pond in the middle of the rush.

Cuckoo Flower



Follow this path as far as the junction near the houses and take a right turn. The wet grasslands **4** around you support yellow spearwort and several types of orchid. The woodlands ahead were planted in the 1980's **5**. These plantations are now being actively managed to improve the naturalness of the site and increase the biodiversity of Merkland. At present if you are lucky you may see wren, reed bunting, roe deer and a multitude of butterflies.



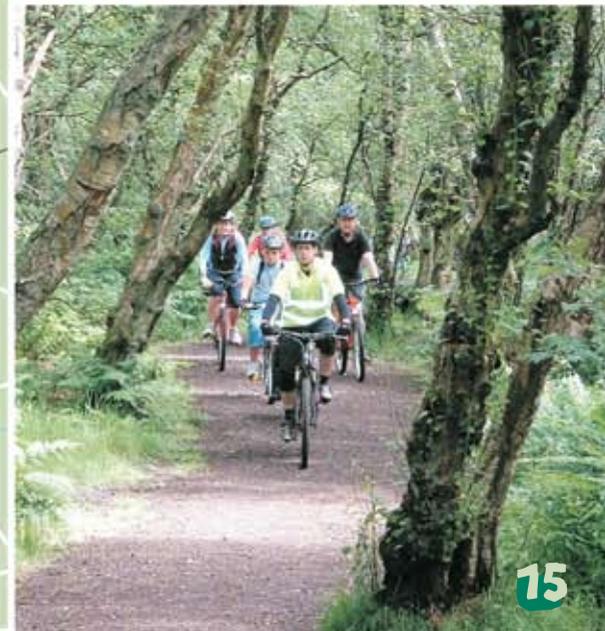
Continue straight on until the land rises on either side of you **6**, this is all that remains of the grey shale bing which once dominated this area. Meiklehill Colliery closed in 1926 as it had no longer become profitable to run. Some parts of the colliery site were built on but the area that is now the reserve was saved and was established as a nature park in 1994.

Continue straight on, without turning off and you will arrive back at the car park.

Pond dipping at Merkland



- 1** Kirkintilloch - Lenzie Moss Loop
- 2** Kirkintilloch - Torrance Loop
- 3** Luggie Park Loop
- 4** Barleybank - Merkland Loop
- 5** Merkland Nature Reserve
- 6** Waterside - Fauldhead & back
- 7** Lenzie Moss Loop
- 8** Harestanes - Bar Hill Roman Fort
- 9** Kirkintilloch - Moodiesburn & back
- 10** Peel Park Loop



# Waterside - Fauldhead & back

Option 1: 1.2 miles    Approx. 20min    M Narrow unsurfaced paths  
 Option 2: 1.8 miles    Approx. 35min



Start at the junction of Back O'Dykes Road and Bankhead Road in Waterside. Look out for the large white building on the corner, it used to be a subscription school. Bus X87 stops at the junction. Parking is available in the surrounding streets.

Join the path to the left of the bridge on Bankhead Road. Follow this path keeping the Luggie Water on your right. The Luggie in times past was a source of power to operate a meal mill and a forge. The mills did not employ large numbers however, most Watersiders worked as weavers.

The Luggie along its course is generally described as a dull, sluggish ditch-like stream but this section is charming with tumbling waterfalls and pretty meanders.

Waterside was close to several mine workings, anthracite and coking and steam coals were mined from deep pits.

After half a mile there is a junction by a bridge over the Luggie Water and a choice of route.



Luggie Water

1 It is possible to continue with care following the Luggie past the scrapyards, then veer left to join the steep path up to the top of Waterside Bing. This is the only bing left in the area. Bings are waste piles containing discards from the working of a coal mine. They usually contain a mixture of stones and boulders brought to the surface as a result of excavation to gain the coal. There will also be colliery washer discards, and other waste materials from the mine operation such as timber and girders. There are great views from the top. Unlike Meiklehill bing which spontaneously combusted, it is thought Waterside bing contains very little coal.



View from Waterside Bing

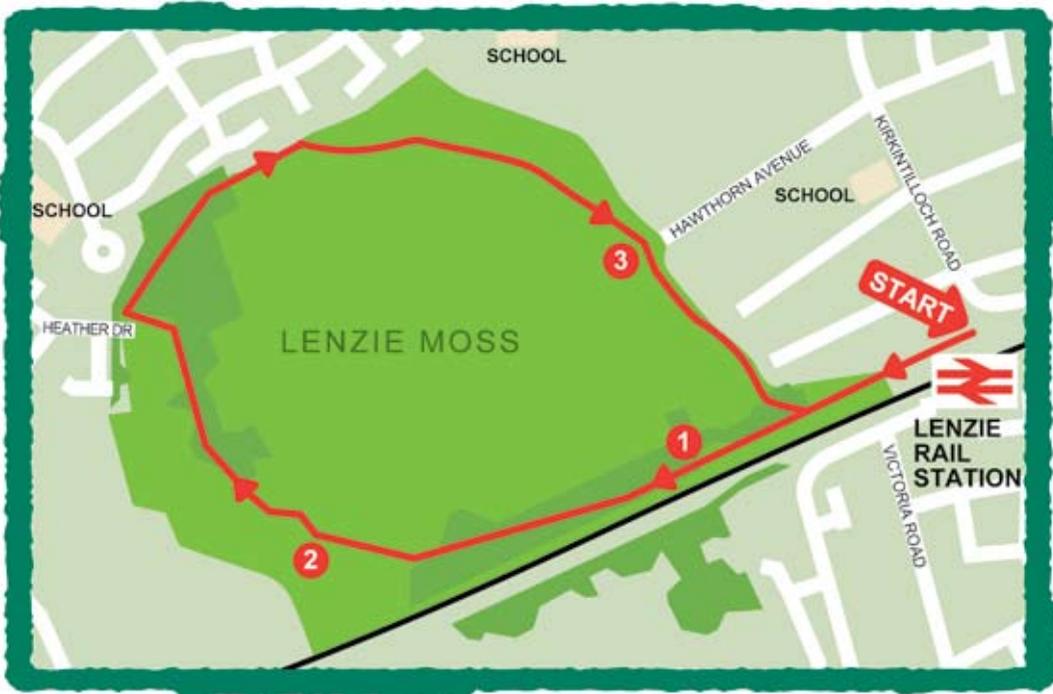
Return to the bridge by the same route. Cross the bridge to reach Chryston Road and turn right. Along this quiet byway good views of the Kilsyth Hills to the north may be obtained. Continue for a third of a mile to a bend in the road where the path leaves the main road on the right 2 and leads back to the bridge at Bankhead Road.

Roe Deer



# 7 Lenzie Moss Loop

1.5 miles  Approx. 30min  Wide, well laid paths; no hills 



Starting from Lenzie Train Station, head through the car park to reach the path at the end. Continue straight on along the path through the woodland with the main Glasgow to Edinburgh railway line on your left. Look out for the ruins of the peatworks building **1** in the woodland on your right. Lenzie Peat Development Company extracted peat from Lenzie Moss for horticultural use from the 1940's to the 1960's.

As you follow the path through the woodland it curves round to the right bringing you out into the open and onto a boardwalk. Head over the boardwalk and you will see the 'moss' part of Lenzie Moss **2**. This area is important for wildlife supporting bog plants such as the rare bog rosemary, insect eating round-leaved sundew and many spongy sphagnum moss species. Before the peat extraction the moss would have been domed shaped due to thousands of years of peat formation, in fact, on old maps it is called mountain moss!



Round-leaved Sundew

Lenzie Moss was designated as a Local Nature Reserve in 2009. The conservation management to allow the bog to recover involves damming of drains to make it wetter and the removal of birch seedlings and small trees.



Greater Butterfly Orchid

Pass a notice board on your right and continue on the main path round to the right and into birch woodland. Further along the path you will pass Lenzie rugby pitches on your left. Follow the path round. In the summer this grassland is abundant with wildflowers including four types of orchid **3**. Continue on the path back into woodland and take the left turn at the junction, this will lead you back to the station car park.

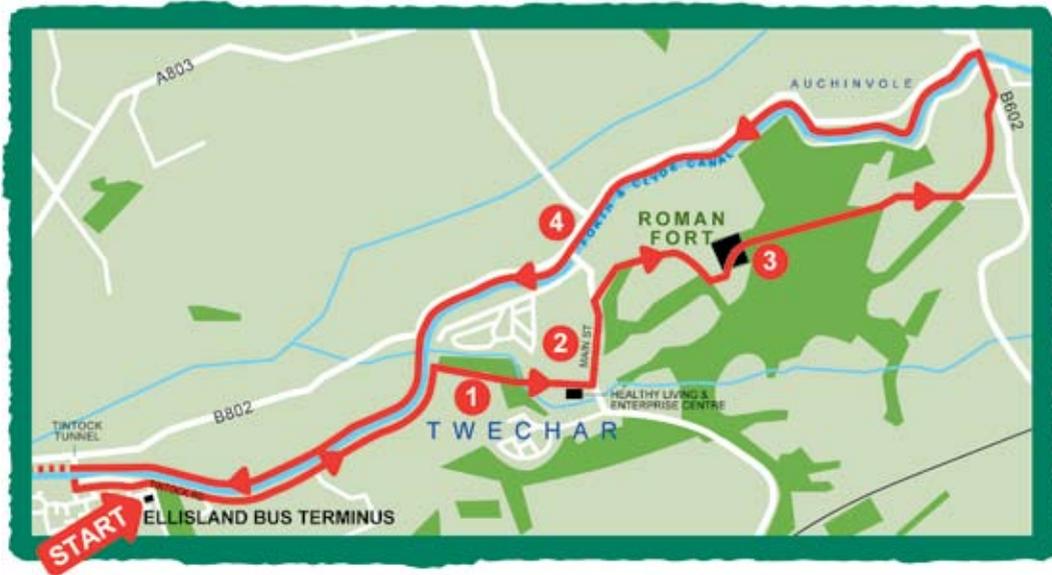
More information about Lenzie Moss can be found on [www.friendsoflenziemoss.org.uk](http://www.friendsoflenziemoss.org.uk)

On boardwalk



# 8 Harestanes - Bar Hill Roman Fort

Option 1: 11.3 miles    Approx. 4hr    Longer route with some hills  
 Option 2: 7.7 miles    Approx. 2hr 35min



## Option 1 – 11.3 miles

Follow Route 4 from Barleybank car park along the Forth & Clyde canal until you emerge from the Tintock Tunnel. Leave the road by taking the path straight ahead then turn first left in front of the houses. Follow this path until the houses finish and the bus terminus at the end of Ellisland Road is reached.

## Option 2 – 7.7 miles

Start from the bus terminus at the end of Ellisland Drive, Harestanes to the east of Kirkintilloch. Buses services 88 and X87 stop here. Or by car head east out of Kirkintilloch on Kilsyth Road (A803) and turn right signposted for Twechar (B8023), after a third of a mile look out for a turn off on the right to Tintock tunnel. Go through the tunnel and after a third of a mile parking is available next to houses on the right.

Head back the short distance towards the canal and turn right along the rough track called Tintock Road. Follow the track and keep left onto the canal path. Follow this along the canal in the direction of Twechar. After almost a mile pass through the remains of metal black and white gateposts and shortly turn right off the canal path.

**1** Keep right on the higher path and follow it down to cross the bridge over the Board Burn and continue straight on passing the Twechar Healthy Living and Enterprise Centre on the right.

There is a long history of mining activity in the Twechar area but it was in the 1860's that a close-knit coal mining community was created. The landscape all around you has changed dramatically since then due to 100 years of mining works **2**. William Baird & Co., the colliery operators were the main employers in the area. The miners lived in 'rows' owned by their employers; even the only shop and pub were owned by Baird & Co.

Exit onto the Main Street and turn left. After one third of a mile pass a public house on the right and shortly after cross the road and head up the rough track signed for Bar Hill. Views open up here over to the Kilsyth hills. On reaching the large iron gates turn left up the lane and enter Historic Scotland site of Bar Hill Roman Fort **3**.

Head diagonally left through the trees to the top of the hill. (It is well worth a wander around to look at the archaeological excavations of the Roman fort and the impressive ditch of the Antonine Wall which defined the north west frontier of the Roman empire. Some of the best preserved sections of the Wall can be seen here. Built around 1850 years ago the Wall became a UNESCO world heritage site in 2008. Castle Hill to the north east is the site of an iron age fort and has great views to the north and west of the Campsie Fells and the Kelvin Valley).



View from Barr Hill

From the top of Bar Hill continue to head away from Twechar keeping the Kilsyth Hills on your left. Pass through a gap in a low stone retaining wall and head down the wide grassy avenue. This merges with a surfaced path that leads all the way to the B802. About 250m short of the B802 turn left along a grassy path signposted for Auchinstarry. When this path leads out onto the B802, turn left and follow the road past the roundabout and over the canal bridge. Turn first left down onto the towpath. Head right along the towpath all the way back towards Twechar.

Pass by the site of Twechar No.1 Pit **4**, on the north bank of the canal just before Twechar Bridge. This pit closed in 1964, while Gartshore 9/11, the very last colliery in the area, was shut down in 1968. Thereafter some Twechar men travelled each day to collieries such as Bedlay and Cardowan in Lanarkshire, until they too were closed, during the early 1980s.

Continue on towards Kirkintilloch along the canal that once transported coal from Twechar to Dawsholm gasworks at Maryhill.

If returning to Ellisland Drive watch out for the exit path off the canal down to Tintock tunnel, otherwise continue straight on along the canal back to Kirkintilloch.

# Kirkintilloch - Moodiesburn & back

6 miles + 0.4 miles extension  Approx. 2hrs  Longer route, mostly flat



Start at Kirkintilloch Leisure Centre located within Woodhead Park, just off the B757 Lenzie Road.

Head across the car park to the exit, near the rear of the leisure centre, and join Parkview Court. Follow this road to the end and continue into the park. As you enter the park take the right hand main path and follow it, without further deviation, to join the Strathkelvin Railway Path. This is one of the sections of the old Monkland & Kirkintilloch Railway **1**, opened in 1826 to bring coal and iron ore from Monklands to the Forth & Clyde Canal in Kirkintilloch.

Cross Woodilee Road and turn left, veer right leaving Woodilee Road to walk past the front of the old Woodilee Hospital gatehouse and cross the Bothlin Burn. Turn right and head alongside the Bothlin Burn to reach the Woodilee railway viaduct **2**. This viaduct carries the main Glasgow to Edinburgh railway line which started operating in 1842. Thirty two years later when Woodilee Hospital was opened, it

Old Woodilee Hospital



was the largest parochial asylum in Scotland. It was completely self sufficient with four farms, gardens and workshops for the patients. It was closed in 2000.

Continue under the viaduct arches and along the broad path by the Bothlin Burn, bordered by wetland and farmland to reach a metal bridge over the burn. Next to the bridge is a small weir, the water from which flows into the Forth & Clyde Canal. Once over the bridge pass the metal gate and turn left

along the route of the old railway line once more. Follow this path until Burnbrae Road is reached. Cross the road and continue along the path opposite.

This path through woodland and farmland heads towards the main road at Bridgend, Moodiesburn **3**. Look out for wetland birds such as grey heron and reed bunting as well as woodland birds such as great spotted woodpecker and buzzard. The industrial site on the left of the path just before Bridgend **4** is the site of the former Auchengeich Colliery where coal was mined from 1900. Due to a severe fire in 1959 the colliery was closed.

Return to the starting point by following the route in reverse.

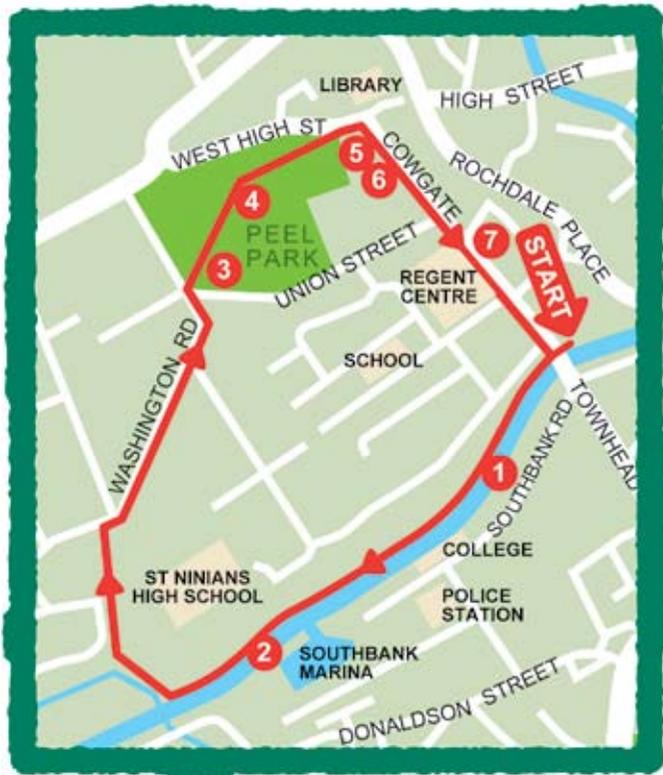
**5** Extension loop: After crossing Burnbrae Road continue along the path for 1/3 mile until an open area of grassland is reached on the left. Cross the stile and follow the circular walk around the small woodland to return to the same point.



Reed Bunting

# 70 Peel Park Loop

1.2 miles  Approx. 25min  Wide, well laid paths; no hills



Mute Swan



Start at Barleybank car park in Kirkintilloch Town centre. Cross the Cowgate and head along the canal in the direction of Glasgow and the Kirkintilloch canal marina. **1** This wide section of canal is where, from the end of the 1860's, boats were built by the company of J & J Hay.

Both horse-hauled barges and larger steam powered vessels carried goods along the 35 miles of canal between the Firth of Forth and the Firth of Clyde. As well as the canal, Kirkintilloch was also served by railway links, these transport services made it very attractive to industry, especially the iron industry.

Continue along the canal for a short distance past the curving marina bridge **2**, then leave the canal by turning right onto a path alongside St Ninian's High School and the Park Burn.

This path exits onto Bellfield Road. Turn right here and continue until you come to Camphill Avenue, the third road on the right. Go up Camphill Avenue and into Peel Park, the historic centre of the town. You are now close to the site of a Roman Fort **3** and the line of the Antonine Wall constructed around AD 142. In

fact, the name Kirkintilloch derives from "Caerpentalloch" – "fort at the head of the ridge".

Little is known of Kirkintilloch's history after the departure of the Romans until the 12th century, when the prominent Comyn family built their castle here. In 1898, the land was acquired for a park to commemorate Queen Victoria's diamond jubilee.

Bandstand



Continue straight on through the park passing the bandstand on the right **4**. This bandstand is cast iron and was made at Kirkintilloch's Lion Foundry on the Eastside. Established in 1880, the foundry specialised in decorative castings, and in the 1930's it started making red telephone boxes.

Exit the park at the large arched war memorial. Straight ahead is the steeple of the Barony Chambers **5**. Built in 1815, it formerly served as the town hall, council chambers, court house, school and jail. Today it serves as offices for East Dunbartonshire Council's museum service.

Turn right and immediately pass the Auld Kirk **6**, dating from 1644 it is one of Kirkintilloch's oldest buildings and since 1961 it has been the town museum. Continue along the Cowgate and you will pass the Watson Fountain **7**, presented to Kirkintilloch in 1893 by John Watson who owned some of the most modern and productive collieries in Scotland. The fountain today bears the town motto, "ca' canny but ca' awa'", meaning, "go carefully but keep going".

Continue straight along Cowgate towards St Mary's Church spire and the end of the walk.



Peel Park

# Know the code



## RESPONSIBILITIES OF RECREATION USERS

The outdoors is where land managers make a living. It is the home of Scotland's diverse wildlife and is enjoyed by the many people who live there and visit it. You can exercise access rights responsibly if you:

1. Take responsibility for your own actions;
2. Respect people's privacy and peace of mind. When close to a house or garden, keep a sensible distance from the house, use a path or track if there is one, and take extra care at night;
3. Help land managers and others to work safely and effectively. Do not hinder land management operations and follow advice from land managers. Respect requests for reasonable limitations on when and where you can go;
4. Care for your environment. Do not disturb wildlife, leave the environment as you find it and follow a path or track if there is one;
5. Keep your dog under proper control. Do not take it through fields of calves and lambs, and dispose of dog dirt;
6. Take extra care if you are organising an event or running a business and ask the land owner's advice.

# Get active

## WALKING AND CYCLING HELPS YOU TO:

### Look better!

A brisk 30 minute walk can burn approx 200 calories and a brisk half hour cycle can burn approx 300 calories. Helping you to manage or lose weight and stay in shape.

### Feel better!

Every time you exercise you boost your immune system, helping you fight off illness. It can also reduce stress levels, increasing energy levels and improve sleep patterns.

### Live longer!

Regular exercise can help reduce your risk of heart disease, cancer, obesity, strokes, respiratory disease and diabetes, high blood pressure and osteoporosis.

### Save you money!

Walking and cycling are the least expensive ways to travel, there are no fuel costs, parking fees or MOT bills!

# Be safe

Walking and cycling are safe if you use common sense and don't take unnecessary risks. At night, keep to well lit areas and travel in company. Be bright, be seen.



Photography:  
Theresa Dockery  
Scottish Natural Heritage  
East Dunbartonshire & Mugdock Country Park Ranger Service  
Iain Love



To find out more about your access rights and responsibilities, pick up a copy of the Scottish Outdoor Access Code or visit [www.outdooraccess-scotland.com](http://www.outdooraccess-scotland.com)

# 10 WALKING AND CYCLING ROUTES IN AND AROUND KIRKINTILLOCH AND LENZIE

## OTHER FORMATS & TRANSLATIONS

This document can be provided in large print, Braille or on audio cassette and can be translated into other community languages. Please contact the Council's Corporate Communications Team at:

East Dunbartonshire Council  
Tom Johnston House  
Civic Way  
Kirkintilloch  
G66 4TJ

Tel: 0141 578 8000

Gabhadh an sgrìobhainn seo cur gu Gàidhlig ma tha sin a dhìth oirbh. Cuiribh fòin gu 0141 578 8152

अनुप्राय करने पर यह दस्तावेज हिन्दी में भाषांतरित किया जा सकता है। कृपया 0141 578 8152 पर फोन कीजिए।

本文件可按要求翻譯成中文，如有此需要，請電 0141 578 8152。

ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਮੰਗ ਕਰਨ ਤੇ ਪੰਜਾਬੀ ਵਿੱਚ ਅਨੁਵਾਦ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਕਿਰਪਾ ਕਰਕੇ 0141 578 8152 ਫੋਨ ਕਰੋ।

اس دستاویز کا درخواست کرنے پر (اردو) زبان میں ترجمہ کیا جاسکتا ہے۔ براہ مہربانی فون نمبر 0141 578 8152 پر رابطہ کریں۔

For further information contact the Healthy Habits team at:

55 Cowgate, Kirkintilloch, G66 1HW

Call us: 0141 777 3020

Email: [healthyhabits@eastdunbarton.gov.uk](mailto:healthyhabits@eastdunbarton.gov.uk)

Visit: [www.eastdunbarton.gov.uk/healthyhabits](http://www.eastdunbarton.gov.uk/healthyhabits)



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