

Fit for Life!

around Glasgow

Be more active more often...

Within the area of this map, there are ample opportunities to visit parks and sports centres and use the many walkways and cycle routes which are so plentiful. Although still within built-up areas, many of these give the feel of the open countryside. Add to this a public transport system geared to the needs of the city and its inhabitants and you will see that access to parks and leisure facilities has never been easier!

Key to the Map

- Road
- Major Road or Motorway with junction
- Railway, with Station showing format
- Canal
- River
- National Cycle Network
- Other Off-Road and Safer Routes to School
- Commuter Routes and Cycle Lanes
- Quality Bus Corridors
- Local Path, Park Path
- City Boundary
- Schools
- Swimming Baths or Sports Centre
- Car Parking
- Cycle Parking Rack
- Secure Cycle Parking
- Park and Ride Facility
- Bus Station
- Underground Station
- Approximate distance (in miles) along walking/cycling route
- Park or Recreation Area
- Built-up Area
- Woodland Area
- National Cycle Network Route Identifier
- Tourist and Transport Information
- Golf Course

To Blantyre

To reach Blantyre, follow the East Kilbride Off-road route then carry straight on to the junction of the A749 Glasgow to East Kilbride Road. Here cross this busy road with care and take a series of unclassified roads past Nerston, then right and right again, passing Letrickhills Farm, keeping to the right past two further junctions. Finally, turn left into Stonymeadow Road. After about half a mile the entrance to Greenhall Park is reached.

Cyclists Route

At the end of Stonymeadow Road, turn left onto the B7012 (Main Street, High Blantyre) and carry on down for half a mile to the junction with Huntbill Road, halfway down which the routes for walkers and cyclists come more merge and the route to the David Livingstone Memorial Centre continues as above.

Short Walks in the Countryside around East Kilbride

***Busy to Meikle Dripps (For walkers only)**
From Easterton Avenue, Busy, follow a path to the side of the White Cart Water, then cross the field to Meikle Dripps Farm.

***Thorntonhall to Meikle Dripps (For walkers only)**
From Peel Road in Thorntonhall, follow the track running alongside the railway for 300 metres, then turn west to Meikle Dripps Farm.

***Little Dripps to Eaglesham (For walkers only)**
Follow the route along the Cartside/Southland Road to the district boundary on the White Cart Water. A concrete ford crosses the river then continues to Eaglesham along the Holehouse Road. There is no footbridge over the river.

***The Kitchoch Water Nature Trail**
This pleasant pathway along the banks of the Kitchoch Water starts from Philipshill Road, passing Castle Hill, the site of an ancient pictish fortification and finishes at West Mains Road.

***Cathkin Braes to East Rogerton**
A slightly longer route suitable for cycling. From Cathkin Road near the site of Cathkin Quarry to East Rogerton Farm - with the option to continue into East Kilbride via Market Hill Road.

*Information on these routes kindly supplied by South Lanarkshire Council

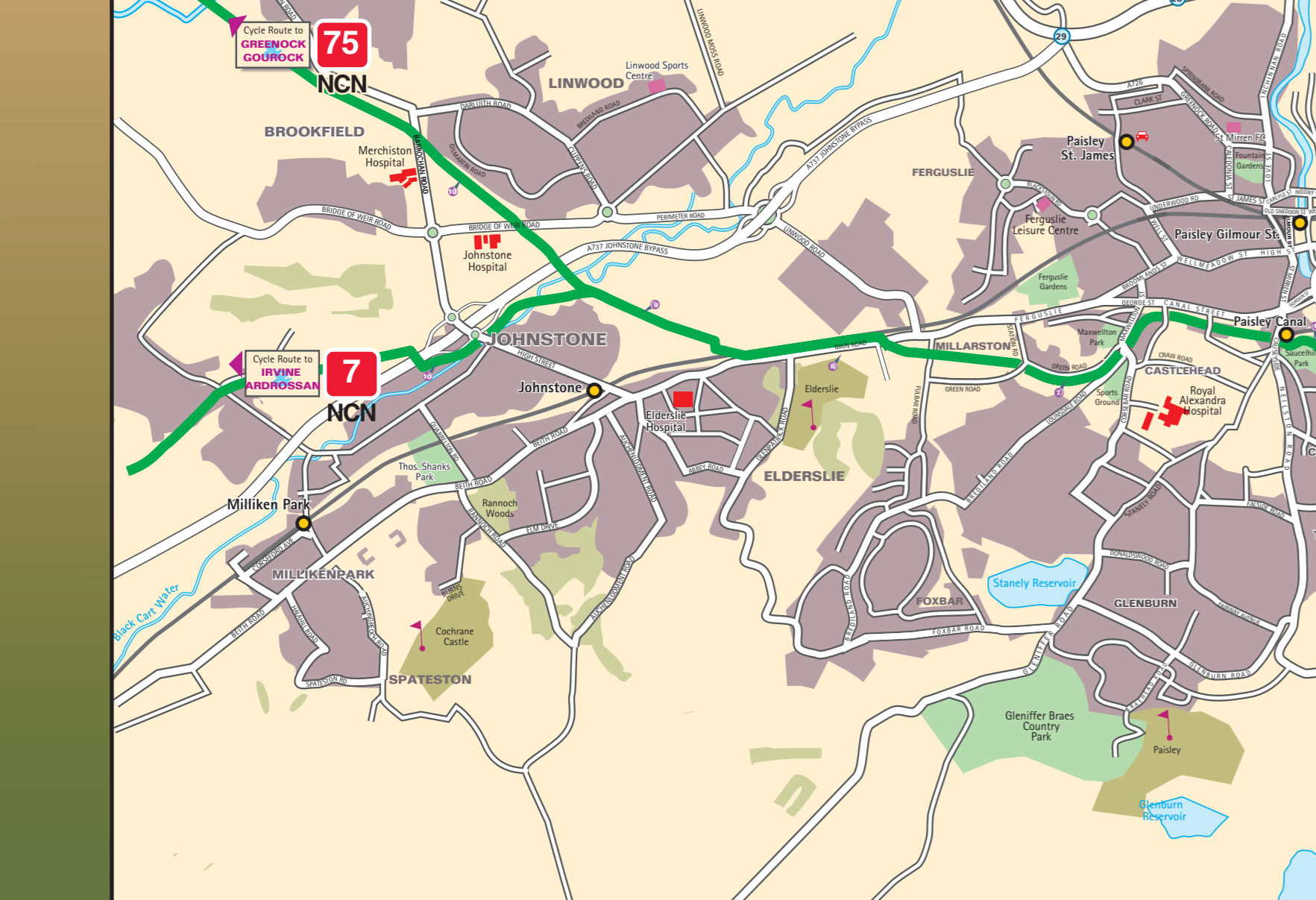
Yoker to Renfrew Cycle Route

This route begins on the Glasgow - Loch Lomond Cycle Route at its junction with Greenlaw Road in Yoker. Here the Renfrew link carries on in a southerly direction towards the Clyde whilst the routes to Glasgow and Clydebank head east and west respectively. Once the river is reached this route also continues in an easterly direction towards the Renfrew Ferry. This ferry across the River Clyde was once a car ferry, but the current service which started in 1984 now caters for pedestrians and cyclists only.

Current Charges at February 2003
Adult 50p, Child 50p, Concession 50p (No charge for bicycles)
Operating times
Monday to Saturday 06.30 to 21.30
Sundays 10.00 to 18.30
No service 25, 26 December and 1, 2 January

Walkers Route

Enter the park and follow the main wooded avenue through the park until it comes to a clearing. Here take the path down through the gorge to the banks of the Rotten Calder, cross a footbridge, turn right and follow the path as it continues along the north bank of the river passing under a disused railway viaduct. Continue along this path climbing four stiles and then cross the river again at another footbridge. Once across this bridge the path crosses a recreational area and continues up a steep hill and out on to Huntbill Road in Blantyre. Here, turn left and follow this road as it continues straight across a road junction where it becomes Bardsykes Road. After a short distance, turn right into Glasgow Road. Blantyre is another town with a long history, dating from the 13th century, when a priory was set up by a group of Augustinian Monks. Follow Glasgow Road to the junction with Station Road, here turn right; at the end of Station Road is the David Livingstone Centre, where the Clyde Walkway is also located.



Cross the Clyde by this frequent service and continue along Ferry Road for 100m or so. Turn right into Meadowside Street and then left into Fishers Road where, on the right, a designated cycle path begins. Soon the bank of the River Clyde is reached once again and the path heads west towards the mouth of the River Cart, passing on the way the Blythswood Light, for many years a beacon to assist ships navigating the narrow river channel. The path then turns alongside the River Cart, between the river bank and Renfrew Golf Course. After half a mile the Black Cart can be seen joining the White Cart for a short stretch before joining the River Clyde.

right into Old Coach Road. At the end of this road a route begins which runs parallel to West Mains Road, on through Douglasdale, past West Mains Primary School, across Kirktonholm Road under Queensway, along Lawrence Park and past Westwood Primary School. It then continues across Vancouver Drive around Duncanning Secondary School, across Westwood Road and through the recreation area and onto Mossnuck Road. Continue along Mossnuck Road to Wellesley Crescent, Eden Grove, which becomes Eden Drive and left into Greenhills Road. After crossing Newlandsmuir Road cross over Greenhills Road and down a ramp into Newlands Road. The landscape becomes open country once again and if you continue down this road, the next junction you come to is signposted. This is the beginning of a minor road network, linking Auldhouse, Eaglesham and Strathaven.

City Centre to Gorbals Cycle Route

Starting in the Gorbals at Cleland Street, this route turns right onto Gorbals Street and will take you to the City Centre in a straight line crossing Victoria Bridge, where you can access the Glasgow to Edinburgh Route is the cycle route from the City Centre to the Gorbals, along Stockwell Street and Glassford Street. Turn left into Ingram Street and another right turn into Hanover Street will bring you to George Square.

The Glasgow to Cumbernauld Commuter Route

Commuter Routes are designed to help the commuter cyclist and encourage more people to travel for short journeys by cycle. A Commuter Route consists of a well marked and signed route on minor roads, cycle lanes, footways and cycle tracks, specifically chosen so that the cyclist is guided through areas conducive to cycling. Where the route uses a major road, this is usually in the context of a specially provided cycle lane or track, and is often in a traffic calmed sector. It is hoped that these routes will enable commuters to take to the bike in more safety and with greater speed and comfort, and, as a bonus, help to reduce the congestion on the roads at the same time.

The route starts on the South West side of Cumbernauld, using signing to denote safer, minor roads until Muirhead is reached. After Muirhead, the route uses the specially widened footways along the A89 as a cycle track to the east end of Steps, where on-road cycle lanes have been designated and surfaced. This is one feature of the extensive traffic calming scheme here, started after the completion of the M80 Steps by-pass. When Millerston is reached, existing roads are used, including cycle lanes in traffic calming areas and cycle track on widened footways. Finally, the route goes over Sighthill Road and the M8 on overpasses, entering Glasgow through Sighthill Park. All the main business and shopping areas of the town are easily accessible from the end of the route, as are the National Cycle Routes to Paisley, Edinburgh and Balloch, all Starting from Bell's Bridge.

Colleges Cycle Route

Colleges Cycle Route stretches from the University of Strathclyde in the City Centre to the Jordanhill Campus of the University of Strathclyde in the City's west end, a distance of approximately 7Kms.

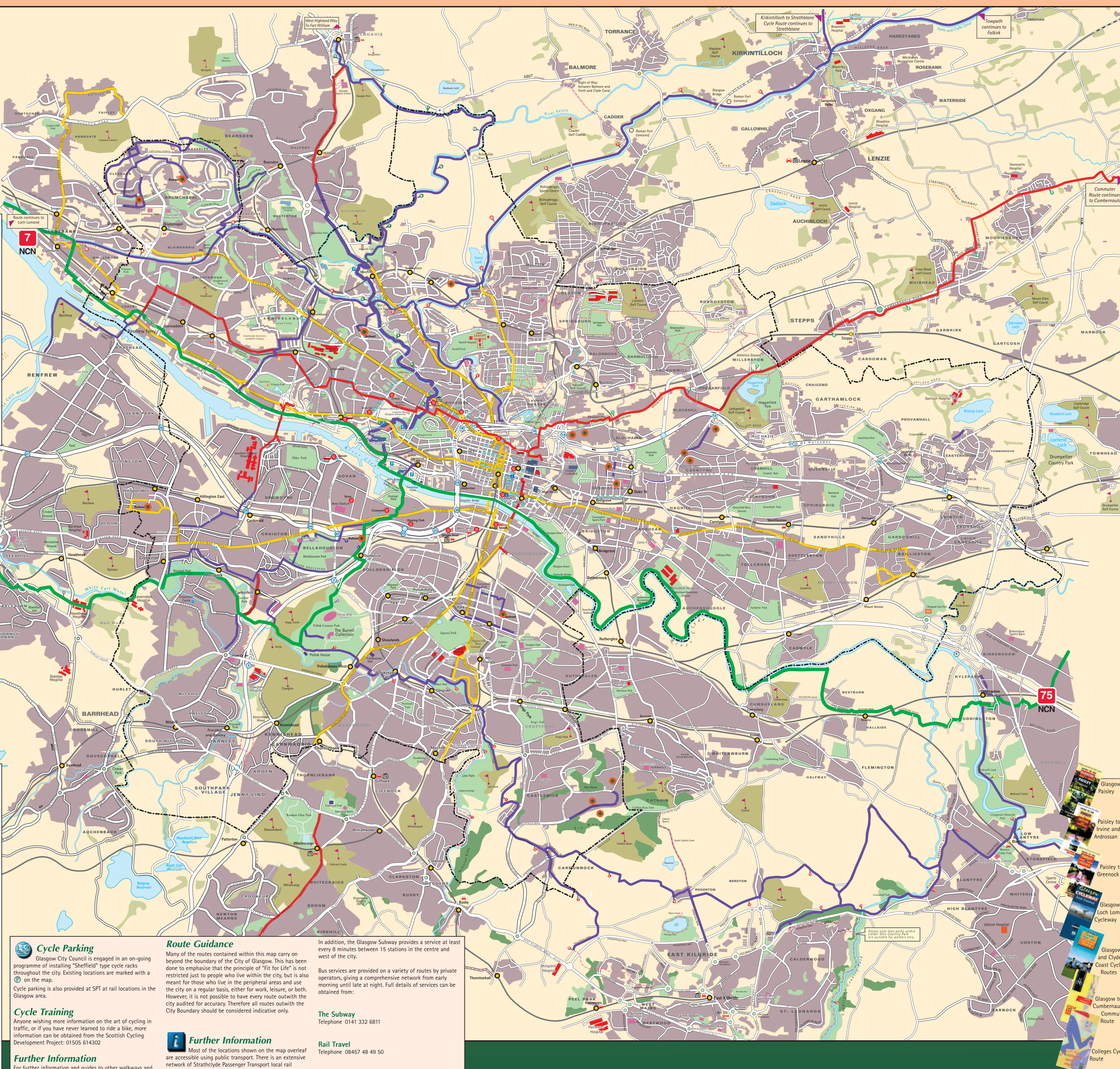
The corridor serves approximately 45,000 students and 10,000 staff at the above colleges/universities. The route also serves the general public, travelling from the west-end to the city centre by bicycle.

Although not directly on the route, students in the College of Building & Printing, Central College of Commerce and Anniesland College will find the route useful. Links to these establishments will be developed in the future.

The western end of Colleges Cycle Route links to the Glasgow to Inverness National Cycle Route via the Jordanhill Nature Trail. The eastern end of Colleges links to the Glasgow to Cumbernauld Cycle Route at Kyle Street. Colleges Cycle Route uses a combination of cycle lanes on existing roads and off-road cycle tracks to form the most convenient route for users. It has a cycle phase at the signalled junction of Broomhill Cross and 'Advanced stop lines for cyclists' are an integral feature of the route. Cycle parking is also available at many locations.

Walkways and cycle routes in and around East Kilbride

When East Kilbride was first planned back in 1947 it was decided to segregate pedestrians and cyclists from vehicular traffic. Because of this, it is possible to walk or cycle around most of East Kilbride without having to use any of the busy roads. From High Mains (described above), continue down Market Hill Road to Market Hill roundabout. There turn left onto East Mains Road then take the first



Cycle Parking
Glasgow City Council is engaged in an on-going programme of installing "Sheffield" type cycle racks throughout the city. Existing locations are marked with a on the map. Cycle parking is also provided at SPT rail locations in the Glasgow area.

Cycle Training
Anyone wishing more information on the art of cycling in traffic, or if you have never learned to ride a bike, more information can be obtained from the Scottish Cycling Development Project: 01505 614302

Further Information
Most of the locations shown on the map overlaid are accessible using public transport. There is an extensive network of Strathclyde Passenger Transport local rail services throughout Glasgow, and services are regular and frequent. In most cases at least half-hourly on weekdays.

Further Information
For further information and guides to other walkways and routes in and around Glasgow, telephone Glasgow City Council's Cycling Line: 0141 287 9171

In addition, the Glasgow Subway provides a service at least every 8 minutes between 15 stations in the centre and west of the city.

Bus services are provided on a variety of routes by private operators, giving a comprehensive network from early morning until late at night. Full details of services can be obtained from:

The Subway
Telephone 0141 332 6811

Rail Travel
Telephone 08457 48 49 50

Other travel information
Telephone 0870 6082 608

- Glasgow to Paisley
- Paisley to Irvine and Ardrossan
- Paisley to Greenock
- Glasgow to Loch Lomond Cycleway
- Glasgow and Clyde Coast Cycle Routes
- Glasgow to Cumbernauld Commuter Route
- Colleges Cycle Route