

You can visit [www.kelloggs.co.uk/cycling](http://www.kelloggs.co.uk/cycling) or [www.kelloggs.ie/cycling](http://www.kelloggs.ie/cycling) where you can download more guides and share your experiences with others.

There is so much to explore in Scotland, log onto [www.visitscotland.com](http://www.visitscotland.com) to help you plan your trip.

[www.swt.org.uk](http://www.swt.org.uk) for more information.

including cool, moorhen and sedge warbler. Visit wet grasslands and water margins can be found here Scottish Wildlife Trust in Bathgate. Many common birds of Bogburn Flood Lagoons is managed by the

### Attractions:



## Airdrie to Bathgate

Cycle along a disused railway line across Scotland's central plateau and enjoy the wonderful feeling of freedom.

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**Who'd enjoy this ride?**  
 This is a fantastic route on a shared-use path for walkers and cyclists with only one short on-road section through the village of Caldercruix.

### Start/finish points:

Airdrie railway station / Whitburn Road, Bathgate.

### Nearest railway stations:

Drumgelloch from Glasgow, Bathgate from Edinburgh.

There is no train between Airdrie and Bathgate – remember, you are cycling on the old railway line!

### Parking:

Airdrie and Bathgate, and villages in between.

### Refreshments:

Lots of choice in Airdrie and Bathgate. Cafe at Hillend Loch. Pubs at Plains, Blackbridge and Armadale.

Airdrie, Hillend Loch, and Bathgate.

### Public toilets:

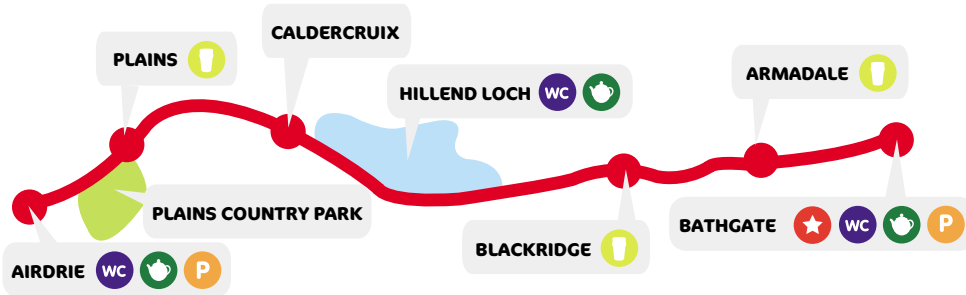
## Airdrie to Bathgate

You begin your ride at Drumgelloch railway station in Airdrie and head out of town on the shared-use path for walkers and cyclists.

On this route keep a look out for the striking sculptures, including a massive sundial, six giant pairs of legs, a bike which has wheels made from old mill stones and a tower based on the numbers of the Fibonacci code.

You will cycle past Plains Country Park and the village of Plains itself and then into Caldercruix village where there is a short on-road section. A mile further on you reach Hillend Loch. Carry on until you reach the cafe at the loch side which is open daily during the summer. The cafe is an excellent place to take a well earned rest and enjoy the scenery.

Once rested, carry on through Blackbridge and onto Bathgate. As you approach Bathgate, keep a look out for the link into the town, as Route 75 carries straight on, all the way to Edinburgh!



- PARKING
- PUBS
- CAFÉS/TEA ROOMS
- TOILETS
- ATTRACTION



When you are on the National Cycle Network look out for these signs.

The numbers on the signs relate to the route you are following.

**Length of journey:**  
 14 miles (one way)

**TIME TAKEN:** ..... **DISTANCE COVERED:** .....

**NOTES:**  
 .....  
 .....  
 .....

Did you know 20 minutes of gentle cycling burns up to 100 calories? There are no emissions from cycling so you are being good to yourself and the planet!

**Enjoyed your ride on the National Cycle Network?**  
 Sustrans is the charity behind the National Cycle Network.  
 For more information visit [www.sustrans.org.uk](http://www.sustrans.org.uk)

