



**Kellogg's cycle10 Challenge**



## Balerno to Bathgate

Discover what a great feeling it is to be out cycling on this pretty route which takes in a country park and several woodland areas.

[www.kelloggs.co.uk/cycling](http://www.kelloggs.co.uk/cycling)  
[www.kelloggs.ie/cycling](http://www.kelloggs.ie/cycling)



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### Attractions:

Malleny Garden in Balerno is managed by the National Trust for Scotland and is a glorious garden to wander through. Visit [www.nts.org.uk](http://www.nts.org.uk) for more information.

Almondell and Calderwood Country Park has woodland, riverside walks, picnic areas, barbecue facilities and a conservatory where you can enjoy refreshments. For more information call the Visitor Centre on 01506 882 254.

The Almond Heritage Trust in Livingston is an innovative, family-friendly museum which promotes the heritage of the area. Visit [www.almondvalley.co.uk](http://www.almondvalley.co.uk) for more information.

### Good to know:

Bike hire is available at Livingston and Bathgate.

This route will be diverted from early 2008 to allow the rebuilding of the Airdrie to Bathgate Railway Line;

diversions will be sign posted.

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.

### Who'd enjoy this ride?

This route is fairly hilly and the first six miles are on minor roads so a certain amount of road sense and cycling ability is needed.

### Start/finish points:

Village of Balerno / Town of Bathgate.

### Nearest railway stations:

Kirknewton, Uphall, Livingston North and South, and Bathgate.

### Parking:

Balerno, East Calder, Livingston and Bathgate.

### Refreshments:

Livingston and Bathgate. Pub in Kirknewton. Café in Almondell and Calderwood Country Park.

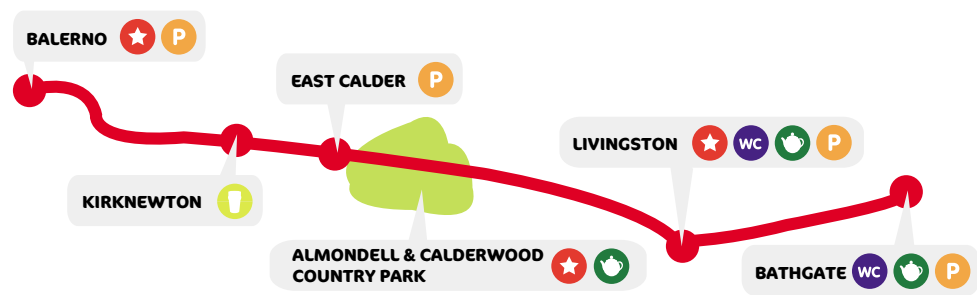
Livingston and Bathgate.

## Balerno to Bathgate

Setting off from Balerno you will cycle on-road for about six miles, through the small village of Kirknewton and past East Calder. You are then into Almondell and Calderwood Country Park which makes a perfect spot for you to rest and open the picnic box!

After, follow the shared-use path for walkers and cyclists, which will take you under an impressive railway viaduct to Mild Calder. Further on, you enter Livingston and cycle through the new town to the original small village where there is a fantastic family museum for you to visit called the Almond Valley Heritage Trust.

There are many cycle and walking tracks in Livingston for you to discover if you have the time. Otherwise keep following Route 75 out of town and through several woodland areas before 'flying' over the M8 and heading into Bathgate.



- P** PARKING
- P** PUBS
- C** CAFÉS/TEA ROOMS
- WC** 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:** .....

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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)

