



The Union Canal Linlithgow to Falkirk

Steeped in history and wonderfully rural, this cycle route takes you along the banks of the Union Canal. A fantastic family ride.

www.kelloggs.co.uk/cycling
www.kelloggs.ie/cycling



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Attractions: The magnificent ruins of Linlithgow Palace are set in a park beside the loch, for more information visit www.historic-scotland.gov.uk

The magnificent Callendar House in Falkirk is open to the public, visit www.falkirk.gov.uk to find out details.

Good to know: For details on the canal centre in Linlithgow log onto www.ilucs.org.uk/index.html for more details.

To help you plan your visit to Scotland log onto www.undiscoveredscotland.co.uk for more information.

You can visit www.kelloggs.co.uk/cycling or www.kelloggs.ie/cycling where you can download more guides and share your experiences with others.

Who'd enjoy this ride? Everyone! Being on a tow path and completely flat this route is a great ride for all. Please be water safe.

Start/finish points: Canal Centre, Linlithgow / Falkirk Wheel, Falkirk.

Nearest railway stations: Linlithgow, Polmont and Falkirk.

Parking: Linlithgow and Falkirk.

Refreshments: Lots of choice in Linlithgow and Falkirk.

Public toilets: Linlithgow and Falkirk.

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Before you begin your ride, the canal centre at Linlithgow is well worth a visit, to find out about the canal's history. As a quick taster, "The Union Canal was known locally as the 'mathematical river', as the canal followed the 240ft contour throughout its length, so making locks unnecessary".

To begin the ride, find your way to the towpath on the northern side of the Union Canal and follow it westwards to Falkirk.

The canal is a remarkable waterway, featuring stunning canal architecture including the 'smilin' and greetin' bridge', Scotland's longest waterway tunnel, and the magnificent Avon Aqueduct.

Your journey ends in Falkirk at the spectacular Falkirk Wheel, the world's only rotating boat lift!

Legend:

- PARKING (P)
- PUBS (pub icon)
- CAFÉS/TEA ROOMS (cup icon)
- WC TOILETS (WC)
- ATTRACTION (star icon)

Length of journey: 10 miles (one way)

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.

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