

Saturday 24 September, 2:00pm to 3:30pm

Coal and Kestrels

Meeting point: Next to Bonkle playing fields, at the end of Hawthorn Ave, Bonkle. Grid reference NS 832 566

This is a 1½ mile walk on the reclaimed land between Crindledyke and Newmains.

Only 100 years ago this area was at the Industrial heart of Scotland with thousands of people employed in coal, clay and iron ore mining. Today this old shale bing has been reclaimed by nature and is used for recreation. We will see this at first hand and get some great views from the top beside the story poles designed by local schools.

Special requirements: Booking is highly recommended. The paths are well surfaced with some dry grassy trails and one steep hilly section.

Saturday 24 September, 6:00pm to 7:30pm

Souper Walk

Meeting point: Meet at Palacerigg Visitor Centre, Palacerigg Country Park, Cumbernauld.

Join us on a 3½ mile evening walk around Palacerigg Country Park with some hot soup to finish.

A walk around the tracks of Palacerigg as the sun sets is a great time to see the wildlife that likes to stay hidden during the day such as bats and deer. Passing by moors, fields, the golf course and Fannyside Loch the view is ever changing and of course Palacerigg's farm animal collection will be there as an added attraction.

Special requirements: Booking is highly recommended. The route is mostly on surfaced paths but good outdoor footwear is recommended.



Sunday 25 September, 12:30pm to 4:00pm

Cambusnethan Woodlands and the Clyde Walkway

Meeting point: Outside the Watersports Centre, Strathclyde Country Park, Motherwell.

This is a one-way 6½ mile walk with a free mini bus taking us to the start.

We will get dropped off near Castlehill at Gowkthrapple and walk through the ancient woodlands of Cambusnethan Local Nature Reserve before joining the Clyde Walkway and following the river all the way back to Strathclyde Country Park.

Special requirements: Booking is essential as places on the mini-bus are limited. Some of the route is unsurfaced and uneven so good outdoor footwear is required. We will be stopping for a break so a snack and drink are recommended.

Sunday 25 September, 10:00am and 11:30am

Biodiversity around Dumbreck

Meeting point: At the boardwalk by the entrance to Dumbreck Marsh on Gavell Road, Kilsyth.

Join us on one of our two short walks around Dumbreck Marsh Local Nature Reserve ideal for families.

The walks will be slow rambles getting close to the variety of plants and insects that make this such a special place and we'll keep our eyes peeled over the marsh to the ponds and the birds that are always there.

Special requirements: Booking is not required. Some of the route is unsurfaced and good footwear is recommended.

Sunday 25 September, 2:00pm to 3:30pm

Fire and brimstone

Meeting point: West Benhar Road car park, nr Shotts. Grid reference NS 890 636

This is a quiet 2½ mile loop onto Benhar Moss to the Peden Stone local monument.

Discover the mysterious memorial to Alexander 'the prophet' Peden, who according to tradition, preached to the local Covenanters in this area. The Peden Stone is the only cast iron Covenanters memorial in Scotland.

Special requirements: Booking is highly recommended. The route is mostly level or undulating on tracks and grassy trails and there can be muddy puddles after heavy rain.

Monday 26 September, 09:30am to 10:30am

Abronnhill Health Walk

Meeting point: The walk leaves from and returns to the Abronnhill Community Education Centre, Larch Road, Abronnhill.

This is a circular walk led by a trained health walk volunteer as part of the regular Get Walking Lanarkshire health walk programme. Health walks are suitable for all as they are short, flat and low level – aiming to encourage everyone to become active.

Special requirements: Make sure to leave time to have a cuppa back at the centre on return from the walk.

Monday 26 September, 10:00am to 1:00pm

A ramble in the footsteps of Romans and Navvies

Meeting point: Auchinstarry Quarry Car Park near Kilsyth.

This is a 5 mile walk around the Kelvin Valley.

This walk will look at the heritage, geography and wildlife of the Kilsyth area. The Antonine Wall, Forth and Clyde Canal and John Muir Way all pass close by, in fact people have been coming and going through this valley for thousands of years and they've left their mark. But the area is still home to plenty of wildlife and offers some great scenery.

Special requirements: Booking is highly recommended. The route is mostly off road with some unsurfaced paths so good outdoor footwear is recommended. A snack and drink are also recommended.

Monday 26 September, 12:30pm to 3:30pm

The Seven Lochs Trail

Meeting point: Outside the Visitor Centre, Drumpellier Country Park, Townhead Road, Coatbridge.

This is a one-way 5½ mile walk with a free mini bus taking us to the start.

The Seven Lochs Wetland Park is a green network bringing together eight square miles of lochs, parks and woodlands to the north of Glasgow and Coatbridge. Our walk will start at Frankfield Loch and return via Bishop Loch to finish at the Lochend Loch Visitor Centre in Drumpellier Country Park.

Special requirements: Booking is essential as places on the mini-bus are limited. Some of the route is uneven so good outdoor footwear is recommended. A snack and drink are also recommended.

Monday 26 September, 1:00, 2:00 & 3:00pm

The Treasure Trail

Meeting point: Meet at the Visitor Centre, Palacerigg Country Park, Cumbernauld.

This is a 1 mile family treasure hunt.

Follow the secret trail, answer the questions and then get directed to the next clue. Will your search lead you to gold or silver? You will need your brains, your eyes and your legs.

Special requirements: Booking is not required.

Regular health walks run every week throughout the year, for more information visit:

www.northlanarkshire.gov.uk/getwalking

For other events taking place in your local greenspace search 'greenspace diary' on the Council's webpage:

www.northlanarkshire.gov.uk/

Book now!

Greenspace Development
Palacerigg House
Palacerigg Country Park
Cumbernauld
G67 3HU
01236 780636
greenspace@northlan.gov.uk



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NORTH LANARKSHIRE WALKING FESTIVAL 2016



Friday 23 September - Monday 26 September



The Benefits of Walking for Health

Walking is one of the easiest ways to get more active, lose weight and become healthier. It's also free and therefore a very cheap way of getting around.

As a form of exercise, walking is ideal for people of all ages and fitness levels. You can do as little or as much as you like and you don't need any specialist equipment.

Regular walking has been shown to reduce chronic illnesses such as heart disease, type 2 diabetes, asthma, high blood pressure, stroke and some cancers.

Walking has also been shown to improve body balance which can reduce falls in the older generation. Bone strength is also increased which can help avoid osteoporosis and painful hip and knee operations.

Walking also boosts your mental well-being. It reduces stress and anxiety and can help to fight depression. Being outdoors also increases your Vitamin D levels which improves general body health.

North Lanarkshire's path network

North Lanarkshire has an extensive path network of around 795km, that's nearly 500 miles!

Local paths can help you to get to many places, why not visit one of our Local Nature Reserves or Country Parks or try walking or cycling to the shops, work or school. Our path network aims to make it easier for you to simply get to where you're going, or to explore the countryside and beyond to areas such as the Kilsyth Hills. North Lanarkshire has a huge variety of outside space to explore. Why not give it a go with us during this walking festival?



North Lanarkshire has many opportunities for getting out and about walking.

The programme of walks offers something for everyone; from families with young children and those new to walking to ramblers looking to go further afield. All the walks are FREE but booking is essential.

Friday 23 September, 10:00am to 1:00pm

Cumbernauld to Auchinstarry

Meeting point: Outside St. Mungos Church, St. Mungos Road, Cumbernauld.

This is a one-way 6 mile walk to Auchinstarry with a free mini bus back to Cumbernauld.

The route follows back roads and countryside paths that are reasonably well surfaced. There will be some great views across the Kelvin Valley to the Campsies as we cross the Antonine Wall on Croy Hill.

Special requirements: Booking is essential as places on the mini-bus are limited. Croy Hill can be wet and uneven so outdoor footwear should be worn. A snack and drink are also recommended.

Friday 23 September, 10:15am to 11:30am

Walk n Roll Health Walk

Meeting point: The walk leaves from and returns to the new Muirfield Centre, Brown Road in Cumbernauld.

This is a circular walk led by a trained health walk volunteer as part of the regular Get Walking Lanarkshire health walk programme. Health walks are suitable for all as they are short, flat and low level – aiming to encourage everyone to become active.

Special requirements: Make sure to leave time to have a cuppa back at the centre on return from the walk.



FRIDAY 23 SEPTEMBER		
1	Cumbernauld to Auchinstarry	Meet outside St. Mungos Church, St. Mungos Road, Cumbernauld
2	Walk n Roll Health Walk	Meet at the new Muirfield Centre, Brown Road in Cumbernauld.
3	Orbiston House and the Greenlink	Meet at the Foreshore Car Park, Strathclyde Country Park
4	Greenhead Gander	Creamery Road car park, off Stewarton Street, between Waterloo and Wishaw. Grid reference NS 805 543

SATURDAY 24 SEPTEMBER		
5	Three Lochs Ramble	Meet at Aldi Car Park, High Street, Airdrie
6	Coal and kestrels	Next to Bonkle playing fields, at the end of Hawthorn Ave, Bonkle. Grid reference NS 832 566
7	Souper Walk	Meet at Palacerigg Visitor Centre, Palacerigg Country Park, Cumbernauld

SUNDAY 25 SEPTEMBER		
8	Cambusnethan and the Clyde Walkway	Meet at Palacerigg Visitor Centre, Palacerigg Country Park, Cumbernauld
9	Biodiversity around Dumbreck	Meet at the boardwalk by the entrance to Dumbreck Marsh on Gavell Road, Kilsyth
10	Fire and brimstone	West Benhar Road car park, nr Shotts. Grid reference NS 890 636



MONDAY 26 SEPTEMBER		
11	A ramble in the footsteps of Romans and Navvies	Meet at Auchinstarry Quarry Car Park near Kilsyth
12	The Seven Lochs Trail	Meet at the Visitor Centre, Drumpellier Country Park, Townhead Road, Coatbridge
13	The Treasure Trail	Meet at the Visitor Centre, Palacerigg Country Park, Cumbernauld
14	Abronhill Health Walk	Meet at the Abronhill Community Education Centre, Larch Road, Abronhill.

Friday 23 September, 10:30am to 12:00noon

Orbiston House and the Greenlink

Meeting point: Foreshore Car Park, Strathclyde Country Park.

This is a 3½ mile circular woodland walk along part of the South Calder Water.

From the Roman Fort to the Orbiston Estate people have lived at the confluence of the South Calder Water and the River Clyde for nearly two thousand years. The rivers no longer meet and the area is now part of Scotland's biggest Country Park but history has left its mark if you know where to look.

Special requirements: Booking is highly recommended. Some of the route is uneven so good outdoor footwear is recommended.

Friday 23 September, 2:00pm to 3:30pm

Greenhead Gander

Meeting point: Creamery Road car park, off Stewarton Street, between Waterloo and Wishaw. Grid reference NS 805 543

Join us for an enjoyable 2 mile stroll around this popular Local Nature Reserve.

Greenhead Moss is a wonderful place for a relaxing wildlife walk. We will discover the old secrets that connect to peat, forestry, coal and covenanters, hear about the Dutch connection and a tale of murder, mystery and the supernatural!

Special requirements: Booking is highly recommended. Good paths underfoot, but with a steep set of downhill steps at one point.

Saturday 24 September, 11:00am to 3:00pm

Three Lochs Ramble

Meeting point: Aldi Car Park, High Street, Airdrie.

This is an 8 mile one-way walk with free mini-bus transport to the start and a lift back to Airdrie at the end of the walk.

The walk will begin at Salsburgh and cross the open countryside and moors to the east of Airdrie, passing by Roughrigg Reservoir, Black Hill and Lily Loch before reaching Hillend Reservoir and meeting the mini-bus at the Fishing Lodge.

Special requirements: Booking is essential as places on the mini-bus are limited. This route crosses rough and uneven ground so good outdoor footwear is essential. We will be stopping for a break so bring a drink and snack to keep you going.