

## GLASGOW, LANARKSHIRE, FALKIRK, ARGYLL and AYRSHIRE – December 2018

see *Countrywide, Scotland and Edinburgh*; [Loch Lomond & Trossachs leaflets are also listed under Stirling](#)

### Pocket sized guides to the NCN: **£5.99**

**37: Ayrshire, Lanark & The Isle of Arran Cycle Map** (2016)

**41: Glasgow, Stirling & The Clyde Cycle Map** (2015)

**Rides around the Trossachs**, 6 easy to follow rides **£2.95** (2009, Footprint)

**Rides around Loch Lomond** **£2.95** (2005, Footprint)

<http://shop.sustrans.org.uk/> to order on-line (7/18)

### **Glasgow & West Central Scotland Cycle Map** (2012)

[www.sustrans.org.uk/sites/default/files/images/files/migrated-pdfs/Sustrans\\_glasgow\\_mapguide\\_Jan09.pdf](http://www.sustrans.org.uk/sites/default/files/images/files/migrated-pdfs/Sustrans_glasgow_mapguide_Jan09.pdf) to download

**Ayrshire Coast Cycleway (NCN 7)**, Irvine to Ayr 19 mls

[www.sustrans.org.uk/sites/default/files/documents/ayrshire20coast.pdf](http://www.sustrans.org.uk/sites/default/files/documents/ayrshire20coast.pdf) to download

**Clyde and Loch Lomond Cycleway, Glasgow to Loch Lomond (NCN 7)**

[www.sustrans.org.uk/sites/default/files/documents/clyde20and20loch20lomond20leaflet.pdf](http://www.sustrans.org.uk/sites/default/files/documents/clyde20and20loch20lomond20leaflet.pdf) to download

**Clyde Corridor Cycle Route (NCN 75)**, Heart of Glasgow to Uddingston 12 mls

[www.sustrans.org.uk/sites/default/files/documents/clyde\\_corridor.pdf](http://www.sustrans.org.uk/sites/default/files/documents/clyde_corridor.pdf) to download

**Cunninghame Cycleway (NCN 73)**, Kilmarnock to Ardrossan 17 mls (2004)

[www.sustrans.org.uk/sites/default/files/documents/cunninghame\\_cycleway.pdf](http://www.sustrans.org.uk/sites/default/files/documents/cunninghame_cycleway.pdf) to download

**Garnock Valley Cycleway (NCN 7)**, Irvine to Kilbirnie 18 mls (2004)

[www.sustrans.org.uk/sites/default/files/documents/garnock\\_valley.pdf](http://www.sustrans.org.uk/sites/default/files/documents/garnock_valley.pdf) to download

**Lochwinnoch Loop Line (NCN 7)**, Paisley to Kilbirnie 14 mls

[www.sustrans.org.uk/sites/default/files/documents/lochwinnoch202004.pdf](http://www.sustrans.org.uk/sites/default/files/documents/lochwinnoch202004.pdf) to download

**Paisley and Clyde Coast Railway Path (NCN 75)**, Paisley to Gourrock 20 mls (2004)

[www.sustrans.org.uk/sites/default/files/documents/paisley20and20clyde202004.pdf](http://www.sustrans.org.uk/sites/default/files/documents/paisley20and20clyde202004.pdf) to download (12/18)

**The Clyde Walkway**, Glasgow City Centre to New Lanark

[www.southlanarkshire.gov.uk/downloads/download/258/clyde\\_walkway](http://www.southlanarkshire.gov.uk/downloads/download/258/clyde_walkway) to download (12/18)

### **Glasgow Mountain Bike Guides**

**Alexandra Park** (2013)

**Cathkin Braes** (2013)

[www.glasgow.gov.uk/index.aspx?articleid=18297](http://www.glasgow.gov.uk/index.aspx?articleid=18297) to download (12/18)

**The White Cart Water Walkway & Cycle Route**, Pollok House in Pollok Country Park & Holmwood House, Cathcart

Follow the Kingfisher signs (OS 64, GR 55 61/58 59)

[www.cartblanche.org.uk/cycleroute.html](http://www.cartblanche.org.uk/cycleroute.html) for details (12/18)

**Discover the Crinan Canal by Bike**, Ardrishaig/Crinan (OS 55, GR 85 85/78 94) 9 mls

[www.scottishcanals.co.uk/activities/cycling/crinan-canal/](http://www.scottishcanals.co.uk/activities/cycling/crinan-canal/) for details (12/18)

**Fire Tower Mountain Bike Trail**, start from Ach nabreck, Kilmichael Glassary and Lochgilhead (OS 55)

[www.heartofargyll.com/places/what-to-do/fire-tower-mountain-bike-trail/](http://www.heartofargyll.com/places/what-to-do/fire-tower-mountain-bike-trail/) for details (12/18)

**Walk, Ride and Cycle in and around Denny (Denny Path Network)**, 7 suggested locations (2012)

[www.visitfalkirk.com/media/66129/Walking-Denny-Path-Network.pdf](http://www.visitfalkirk.com/media/66129/Walking-Denny-Path-Network.pdf) to download (12/18)

**Walk, Ride and Cycle in and around The Falkirk Wheel and South Falkirk**, 10 suggested locations (2010)

[www.visitfalkirk.com/media/66137/Walking-The-Falkirk-Wheel-and-South-Falkirk.pdf](http://www.visitfalkirk.com/media/66137/Walking-The-Falkirk-Wheel-and-South-Falkirk.pdf) to download (12/18)

**Carron Valley MTB Trails** (OS 57,64. GR 72 83) (2013)

<http://scotland.forestry.gov.uk/visit/carron-valley> to download (12/18)

**Ayrshire Paths**, guide to cycle routes throughout South Ayrshire

[www.ayrshirepaths.org.uk/find.htm](http://www.ayrshirepaths.org.uk/find.htm) for details (12/18)

### **Cycle routes in and around South Ayrshire**

[www.south-ayrshire.gov.uk/leisure/walking-cycling/](http://www.south-ayrshire.gov.uk/leisure/walking-cycling/) to download (12/18)

**East Kilbride Cycling Network**, 3 routes around the town centre

[www.southlanarkshire.gov.uk/downloads/download/201/east\\_kilbride\\_cycle\\_network\\_routes\\_one\\_to\\_three](http://www.southlanarkshire.gov.uk/downloads/download/201/east_kilbride_cycle_network_routes_one_to_three) to download (12/18)

### **North Lanarkshire recommended routes**

[www.northlanarkshire.gov.uk/index.aspx?articleid=6813](http://www.northlanarkshire.gov.uk/index.aspx?articleid=6813) to download (12/18)

**Irving & Kilwinning New Town Trail**, Pedestrian & Cycle Trail Map and Guide

[www.ayrshirepaths.org.uk/walkirvinentt.htm](http://www.ayrshirepaths.org.uk/walkirvinentt.htm) for details (12/18)

### **Eglington Country Park - cycling**

[www.north-ayrshire.gov.uk/leisure-parks-and-events/eglington-park/EPHome.aspx](http://www.north-ayrshire.gov.uk/leisure-parks-and-events/eglington-park/EPHome.aspx) for details (12/18)

**Callendar Estate Falkirk Cycling Routes**

[www.callendarestate.co.uk/things-to-do-in-falkirk/cycling-routes](http://www.callendarestate.co.uk/things-to-do-in-falkirk/cycling-routes) for details (12/18)

**The Helix**, the new cycle route connecting Falkirk and Grangemouth

[www.thehelix.co.uk/things-to-do/activities/cycling/#.VvQ8ue\\_cs5s](http://www.thehelix.co.uk/things-to-do/activities/cycling/#.VvQ8ue_cs5s) for details (12/18)

**Cycling in East Renfrewshire**

[www.eastrenfrewshire.gov.uk/cycling-eastrenfrewshire](http://www.eastrenfrewshire.gov.uk/cycling-eastrenfrewshire) to download guides (12/18)

**Cycling, Loch Lomond & the Trossachs National Park**

[www.lochlomond-trossachs.org/things-to-do/cycling/](http://www.lochlomond-trossachs.org/things-to-do/cycling/) for details (12/18)

**The Three Lochs Way**, linking Loch Lomond, The Gareloch and Loch Long **£5**

[www.threelochs.co.uk](http://www.threelochs.co.uk) to order on-line (12/18)

**10 Walking and cycling routes in and around Kirkintilloch and Lenzi**

[www.thecampsies.co.uk/DE-HH%2010%20Walks%20Brochure.pdf](http://www.thecampsies.co.uk/DE-HH%2010%20Walks%20Brochure.pdf) to download (12/18)