

Make Your Way to Active Travel

Make Your Way promotes Active Travel for transport and leisure. Active Travel means making journeys with physically active means such as walking or cycling. By getting a bit more active you can contribute to reducing pollution, improve your physical and mental health, and save money!

Exercise Target

Walking or cycling for just 15 minutes a day can help you to reach the recommended exercise target of 150 minutes per week.

Reduce Stress and Anxiety

Being physically active outdoors, connecting with nature, is also great for our mental health and sense of well-being.

Improve Your Health

Small amounts of walking and cycling can contribute to reducing your risk of stroke, diabetes, high blood pressure and forms of arthritis.

Reduce Carbon Emissions

Transport is the biggest emitter of greenhouse gasses in Scotland (37%). Using cars less can make a big difference towards reducing pollution.

Suggested Stroll

Castle Walk
2.3 km - 30min / 40min - Easy
Enjoy a gentle walk along the grounds to Douglas Castle, the inspiration for Walter Scott's novel *Castle Dangerous*. Take time to spot the wildlife around the Stable Lake.

Transport

Public transport info: www.travelinescotland.com 0871 200 2233
Scan QR Codes to access each bus timetable [correct at time of printing]

From Douglas
- Bus 9-259 Lanark - Glespin
Service all week.



Glossary

- Easy Path/Route** —————
- Tarmac and/or pavements ; flat ; wide ; suitable for all shoes ; places to stop and easy to follow.
 - Safe ; minimal traffic or off road ; cycle lane.
- Medium Path/Route** - - - - -
- Potentially boggy ; wellies or boots recommended; not flat ; easy obstacles ; relatively easy to follow.
 - On the road with cycle lanes ; moderate traffic.
- Hard Path/Route** ■ ■ ■ ■ ■
- Wellies or boots required ; obstacles (walls or pass over stream); steep and hard to follow in places.
 - Experienced cyclists only ; road without cycle lane and busy traffic.

Community Map from Community Knowledge

This map has been created in collaboration with community members from Douglas. It is part of a collection of eight co-designed active travel maps that highlight cycling and walking routes that are known to local people. These routes can be used for practical journeys, for leisure and for exercise.

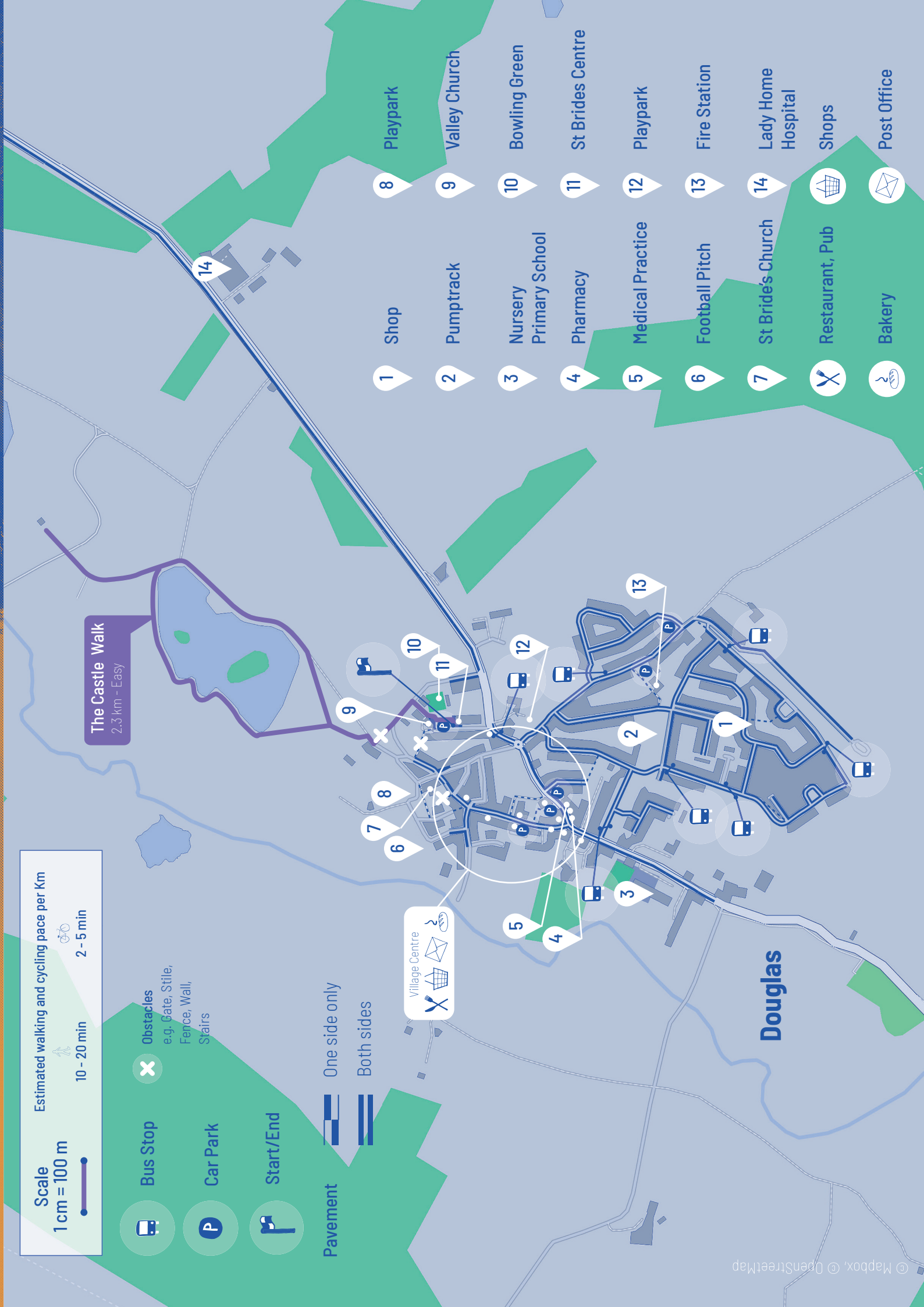
MAKE YOUR WAY

Explore other routes and find out more at www.communityactionlanarkshire.org

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COMMUNITY ACTION LANARKSHIRE
RURAL DEVELOPMENT TRUST
SOUTH LANARKSHIRE COUNCIL
LEADER
SRDP Scottish Rural Development Programme
The European Agricultural Fund for Rural Development
The Scottish Government

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A70
Rigside 6.8 km
Lanark 18.7 km

N 74
Abington 16.9 km
Crawfordjohn 13.8 km

N 74
Rigside 10.9 km
Lanark 17.8 km

N 74
Coalburn 11 km
Lesmahagow 12 km

Coalburn

Coalburn

10 km
Wind Farm

14.4 km
Crawfordjohn

6 km
Glespin

Scale
1 cm = 150 m
Estimated walking and cycling pace per 1.5 Km
17 - 27 min
4 - 6 min

Mix	Cycling	Walking	Suggested Stroll	Pavement	Known Hazard	Hill	Heritage
Easy	—	—	—	—	Blind crossing, Dangerous turns, High speed route, High traffic route (lorries and cars)	▲	🏰
Medium	—	—	—	—	~	⊗	🗑️
Hard	—	—	—	—	Start/End	▲	🏠

Obstacles
e.g. Gate,
Stile, Fence,
Wall, Stairs

Missing Bridge

Livestock