

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

**Golf Course Walk**  
2.9 km - 35min / 45min - Easy / Medium -   
Hop over the stile next to the Community Hall and cross over the Douglas Water Golf Course towards the forest. Walk through the forest and come back along the road towards the village. A quick way to enjoy the great outdoors on your doorstep.

Transport

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

**From Rigside**  
- 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 Rigside. 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](http://www.communityactionlanarkshire.org)

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MAKE YOUR WAY  
Rigside  
walking and cycling  
across South Lanarkshire





