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.

Improve Your Health



Small amounts of walking and cycling can contribute to reducing your risk of of greenhouse gasses in Scotland and forms of arthritis.

Reduce Stress and Anxiety



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

Reduce Carbon Emissions



Transport is the biggest emitter stroke, diabetes, high blood pressure (37%). Using cars less can make a big difference towards reducing pollution

Suggested Stroll

Golf Course Walk

2.9 km - 35min / 45min - Easy / Medium -



Transport

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

From Rigside





Glossary

Easy Path/Route —



💮 - Tarmac and/or pavements ; flat ; wide ; suitable for all shoes; places to stop and easy to follow.

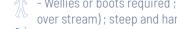
- Safe; minimal traffic or off road; cycle lane.

Medium Path/Route — — —



- 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.

across South Lanarkshire walking and cycling Make Your Way,

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MAKE YOUR WAY

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 codesigned 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

This project is managed by Community Action Lanarkshire and funded through Smarter Choices Smarter Places, Lanarkshire LEADER, South Lanarkshire Council and the Rural Development Trust. It is delivered by icecream architecture and Free Wheel















