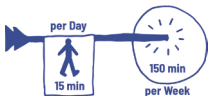


Make Your Way to Active Travel

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 gases in Scotland (37%). Using cars less can make a big difference towards reducing pollution.

Suggested Stroll

Down the Wood Loop
4 km - 1 h - Easy/Medium

Walk between Carstairs Junction and Carstairs. On your way, you cross the Whitemoss Wood where you can spot the wildlife and enjoy a view of Tinto Hill. You return using the Carstairs Road and crossing the railway.

Transport

Public transport info: www.travelinescotland.com 0871 200 2233

From Carstairs Junction

Bus 37/137 Carnwath - Lanark - Forth - Braehead
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.

MAKE YOUR WAY

Carstairs Junction

across South Lanarkshire

Make Your Way,

walking and cycling

Community Map from Community Knowledge

This map has been created in collaboration with community members from Carstairs Junction. It is part of a collection of three 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.

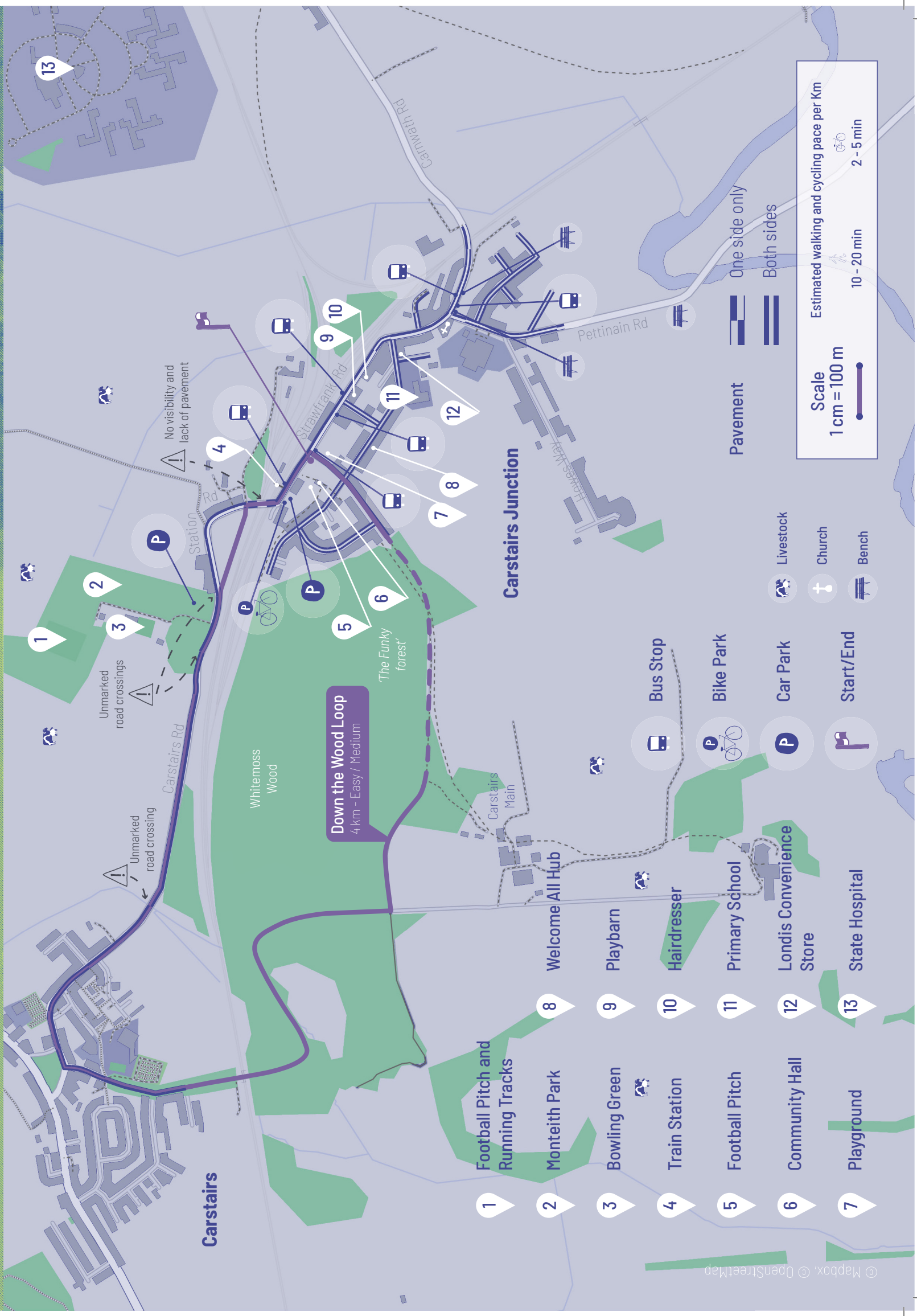
MAKE YOUR WAY

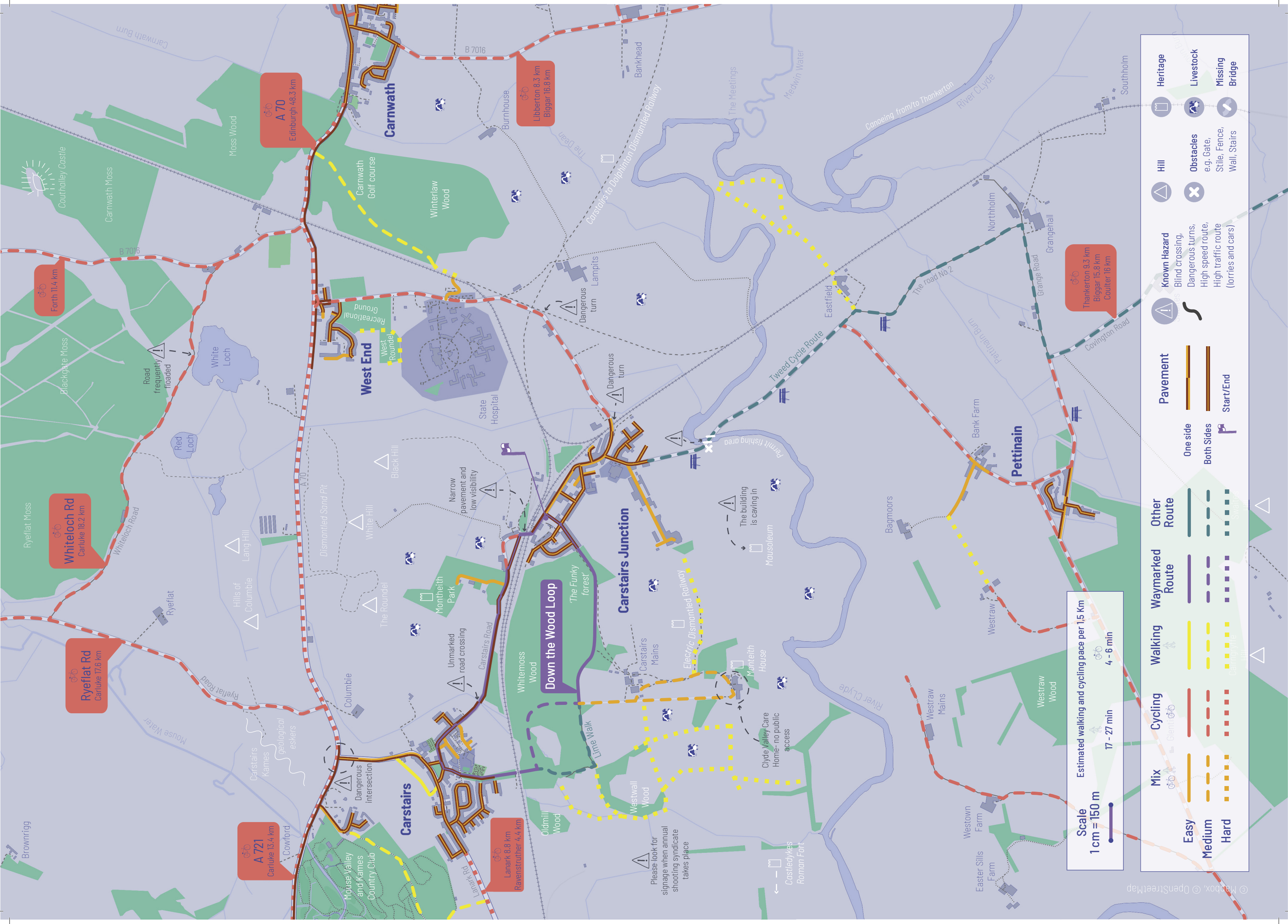
Explore other routes and find out more at www.makeyourwayclydesdale.com

Make Your Way is managed by Rural Development Trust's Community Action Lanarkshire project and delivered by icecream architecture and Bike Town. It is supported by Paths for All Smarter Choices Smarter Places, South Lanarkshire Renewable Energy Fund and Rural Development Trust.



KNOW THE CODE BEFORE YOU GO
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Scale
1 cm = 150 m

Estimated walking and cycling pace per 1,5 Km

Walking	17 - 27 min
Cycling	4 - 6 min

Mix		Cycling		Walking		Waymarked Route		Other Route	
Easy									
Medium									
Hard									
Pavement		Known Hazard		Obstacles		Hill		Heritage	
One side		Blind crossing,		e.g. Gate,		Dangerous turns,		Livestock	
Both Sides		Dangerous turns,		Stile, Fence,		High speed route,		Missing	
		High traffic route		Wall, Stairs		(lorries and cars)		Bridge	
Start/End									