



## Kirkcaldy leads the way

Kirkcaldy is unique in Scotland in that Sustrans has been working in partnership with Fife Council and the Scottish Government on a wider range of activities to promote sustainable travel than we have been able to do before in any one place – under the banner of Make your move Kirkcaldy. Our work has included improving the existing cycle network, working with schools, creating maps and online information, running inspiring events and working with residents in the Templehall area to look at improving one of the streets there. We want to show that with the proper sustained investment in proven projects, it is possible to support people to change their travel behaviour to benefit themselves, their community and the environment.

The project has only been running since August 2010, but in that time we have already seen great interest and enthusiasm from the public, including more than 800 people attending our event at Ravenscraig Park in September 2011. We are confident that by the end of the project we will have achieved a big step towards the Scottish Government target of 10% of all trips by bike by 2020.

At one of our community events, staff and volunteers ran a special session for women keen to start cycling or get back into cycling. One participant, Rosalind Gould, commented,

**“The most useful part for me was the led ride. It has given me the confidence to take my bike out on the roads by myself, even if it’s only at 10am during the week when there is no traffic.”**

### Schools take to their bikes

Since August 2011, Sustrans’ James Sloggie has been working in Kirkcaldy schools to promote cycling to school and for other trips too, with great results and lots of enthusiasm from pupils – bike check and repair sessions attracted up to 90 bikes at one school in mid November!

The whole project is planned to run for four years, to ensure a sustained effort to support and encourage a change in travel behaviour and culture in Kirkcaldy. The funding outlook is uncertain but the first year has laid an excellent foundation for the future.

If you live in the Kirkcaldy area, how about getting involved? We are currently looking for people to help out with some of our activities such as:

- CycleStart rides - cycle leader training is available if required
- support for schools activities
- promoting the project activities at your workplace or a community venue.

To discuss any of this please contact Project Co-ordinator Michael Nimmo on [michael.nimmo@sustrans.org.uk](mailto:michael.nimmo@sustrans.org.uk) or **07824 628491** and you can find more information at: [www.makeyourmovekirkcaldy.co.uk](http://www.makeyourmovekirkcaldy.co.uk)

## Volunteers take action to reopen route

As obtaining funding for creating cycling and walking routes becomes more difficult, many projects may become more reliant on local fundraising to bring them to fruition. An excellent model for this has been provided by the Stirlingshire Sustrans volunteer group, which has worked in partnership with Dunblane Development Trust and Bridge of Allan Development Council to raise funds and carry out work to re-open a de-adopted road to form part of the National Cycle Network.

Glen Road, which runs through the Kippenraik Glen and forms part of a quiet road route between Dunblane and Bridge of Allan, has been closed to traffic for over 20 years and regular landslips mean that it will eventually be lost altogether. Stirling Council did not have the resources required to undertake the necessary work to restore the road, however Richard Barron, Senior Access Officer, has been actively supportive. Sustrans volunteer, Bridget Clark, coordinated a partnership of community groups to raise funds and undertake practical work including clearing vegetation, removing surface residue and cleaning drains as well as persuading engineer Ian MacLachlan, IKM Consulting, to donate his time. The route, which is popular for leisure rides, runs, walks and commuting between Dunblane, Bridge of Allan and beyond to Stirling, will form part of National Route 765.

Well done to everyone involved!

# UPDATE

## From the National Director



The proposed budget cuts to spending on active and sustainable travel announced by the Scottish Government in October were a major disappointment to everyone who wants to see a healthier, less carbon emitting Scotland. In particular, the abandonment of the Cycling Action Plan left me and many others scratching our heads at a Government that had pledged to increase spending in its election

manifesto and is now proposing a sharp reduction in fiscal support.

Since the announcement, Sustrans Scotland has been working with all its partners and many friends to present an alternative view and recommend to Keith Brown, the Housing and Transport Minister, that he reverse his decision. To date, every representative group in the environmental sector has written to him as have many individuals, not least Sustrans supporters. I have met the Minister and presented our case in person. It's not too late for the Government to change its decision and invest in walking and cycling: with growing carbon emissions from transport, a worrying increase in obesity and congested urban roads there has never been a more sensible time to invest in healthy, low carbon transport.

I'd like to thank all of you who have supported our campaign by writing to the relevant Ministers (Mr Brown and Mr Swinney), your local MSPs and elected councillors. It has been a real boost to everyone here to be able to show that our supporters care about the future of transport in Scotland just as much as we do.

### Cyclists encouraged by 20mph limits

You will have seen from the front page that we have been working with Fife Council on a range of initiatives centred on Kirkcaldy. Kirkcaldy is a 20mph town and there is no doubt that it has a good environment for walking and cycling as a result. Our research shows that people in the town do not regard fear of traffic as a deterrent to cycling. This contrasts sharply with the rest of Scotland, where 70% of people who do not cycle give worries about traffic and driver behaviour as their primary reason. There's no doubt that the best thing to encourage parents and school communities to let kids cycle more is to get our Government and local authorities to follow Fife Council's example and introduce 20mph as the mandatory speed limit in streets.

Making the sensible decision to make all residential streets 20mph will improve the quality of life for all the people who live there. Noise and emissions pollution would reduce and streets would return to communal places that people enjoy rather than predominantly thoroughfares for cars.

If you'd like to find out more about our campaign for 20mph speed limits, visit the website at: [www.sustrans.org.uk](http://www.sustrans.org.uk)

**John Lauder**  
National Director, Scotland



### Contact details

If you would like to get involved or have any comments, please get in touch with the Sustrans Scotland team:  
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*Kids can go free range in Kirkcaldy*



# Network News

The National Cycle Network continues to grow and improve all the time due to your generous support. Thank you on behalf of happy walkers and cyclists everywhere.

## Community Links make everyday journeys easier

We are continuing to provide direct, convenient and attractive walking and cycling links to places people want to go every day through our Community Links Programme. In each of our 60 projects across Scotland we are providing short routes that communities need and want, with the aim of increasing the share that walking and cycling has in the transport mix. Many of the schemes could significantly reduce the distance to be walked or cycled by overcoming barriers such as fences, walls, muddy fields and rivers, which can only encourage people to get about more by bike and on foot.

We are working with over 30 partners on these community links as part of the Cycling Action Plan for Scotland (CAPS).



People all over Scotland can look forward to better walking and cycling routes

## Bridge to Nowhere? Not for long!

The contract has been awarded to complete the Bridge to Nowhere over the M8 in **Glasgow**. Combined with a two-way cycle link along Waterloo Street, the bridge will restore access between **Anderston** and **Glasgow City Centre** that was lost during the motorway building in the 1960s. The construction of the bridge should begin soon after you read this and be completed by spring 2013.

The Bridge to Nowhere is one of many local networks Sustrans is developing with the help of funding from the Big Lottery Fund. The aim of the work is to bring the National Cycle Network into the heart of communities. To find out more about these projects, please visit: [www.sustrans.org.uk/connect2](http://www.sustrans.org.uk/connect2)

## 78 Brand new paths on Oban to Fort William route

Almost one mile of path has recently been completed between the Auchindarroch Road and Lagnaha Farm in **Duror, Argyll and Bute**. This section is so new that it does not appear on the free **Oban to Fort William** map that we published last summer. The map shows completed sections and suggested circular rides and is available from visitor information centres in the area, the Sustrans shop or at: [sustrans.org.uk/sustrans-near-you/scotland/maps-and-leaflets](http://sustrans.org.uk/sustrans-near-you/scotland/maps-and-leaflets)

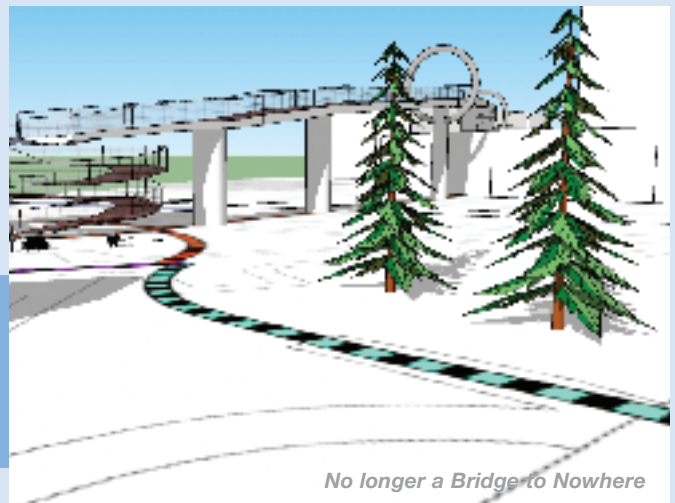


## 75 Filling the gaps between Airdrie and Bathgate

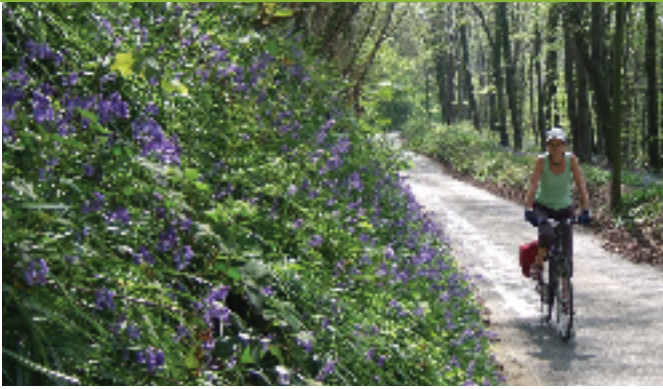
North Lanarkshire Council is making progress with upgrading the 'missing' section of National Route 75 between **Plains** and **Drumgelloch** in **Airdrie**. The existing footway alongside the A89 is being improved and drop kerbs installed, plus the pavement will be redesignated to allow cycling along it. These works should be complete by the end of March 2012.

We and the council also plan to look at options for providing a safe space for cyclists and pedestrians at **Ford Bridge**, east of **Plains**, where National Route 75 leaves the A89 and begins its wonderful traffic-free journey to **Bathgate**. The replacement path that Network Rail built is excellent, but they left a few gaps. It's taking longer than expected to get our replacement cycle path completed, but we are getting there!

Further west, the new path has been closed at a couple of places near **Armadale** and **Bathgate** due to building developments nearby. Under the Land Reform Act (Scotland) 2003, diversions should be identified or provided and signed by the contractors. We and the local authority are doing our best to make sure that an alternative signed route is provided at Armadale. For the most up to date information on route closures and diversions, please visit: [sustrans.org.uk/Sustrans-near-you/Scotland](http://sustrans.org.uk/Sustrans-near-you/Scotland)



No longer a Bridge to Nowhere



## Spring days out in Scotland

Whether it's discovering hidden bluebell woods or a Mother's Day cream tea, Scotland has lots to choose from when it comes to car-free days out.

### Spring blooms

Over 50 gardens throughout Scotland are taking part in the Scottish Snowdrop Festival where you can find over 300 varieties of snowdrops. Venues close to cycle routes include Blair Castle Gardens in Perthshire (**National Route 7**), Dawyck Botanic Gardens near Peebles in the Scottish Borders (**Regional Route 82**) and Galloway Forest Park in Dumfries and Galloway (**National Route 7**);

check the Visit Scotland website at [www.visitscotland.com](http://www.visitscotland.com) for details. For a stunning carpet of bluebells, the Woodland Trust has picked Wood of Cree on **National Route 7** north of Newton Stewart as one of the best places in the UK to spot this beautiful flower. Meanwhile, *the Guardian* newspaper suggests Carstramon Wood on **National Route 7** near Gatehouse of Fleet in Dumfries and Galloway. Other good choices are Cumbernauld Glen close to **National Route 754** in North Lanarkshire and Darroch Wood near **National Route 195** and Aboyne in Aberdeenshire.

### Mother's Day

A cream tea can be a special treat on Mother's Day – and even better if you've worked up an appetite by cycling there! Here are just a few of the best tearooms in Scotland: Willow Tearooms just off **National Route 75** in Glasgow, Kind Kyttock's Kitchen on **National Route 1** in Falkland, the Conservatory at the Old Course Hotel on **National Route 1** in St Andrews and the Coach House Coffee Shop in Loch Lomond close to **Regional Route 40**. Visit the Tea Council's website at [www.tea.co.uk](http://www.tea.co.uk) for links to individual websites for opening times and booking information.

For further information about routes and attractions on the National Cycle Network plus nearby railway stations, visit the online mapping at: [www.sustrans.org.uk](http://www.sustrans.org.uk)

## Featured Ride:

### Monkland Canal

This family-friendly route, suitable for walking or cycling, begins at the Bank Street Basin Sculpture Park in Coatbridge (next to Coatbridge Central Station). Look out for the giant *Plug Hole* sculpture which indicates the canal disappearing underground! Follow **National Route 75** signs to the western end of the Monkland Canal, near Bargeddie Station.

Opened in 1794, the Monkland Canal was a 12.3 mile (19.6 km) canal which connected the coal mining and industrial areas of Monklands to Glasgow. It was abandoned for navigation in 1942, but its culverted remains still supply water to the Forth and Clyde Canal. Much of it now lies beneath the course of the M8 motorway, but two water-filled sections remain. The open sections of canal lie between Bargeddie and Blair Bridge (Coatbridge town), and further east between Sikeside and Calderbank.

The canal towpath has recently been developed into a heritage path and is now part of the National Cycle Network, providing a traffic-free link between Bargeddie and Coatbridge town. There are still numerous glimpses of the canal's former glory, such as bridges, canal side artefacts and former railway sidings. The canal landscape provides a habitat for various species of waterfowl and water loving mammals – keep your eyes peeled for them.

There are a good number of visitor attractions along the route such as Summerlea Heritage Museum, Drumpellier Country Park, the Museum of Scottish Industrial Life and the Time Capsule sports and leisure centre. A number of high quality art and interpretation monuments coax out historical meaning from the visible clues. This is especially so at the Bank Street Basin sculpture park in Coatbridge where a series of bespoke artworks reflect the location's industrial heritage and culture.

At Drumpellier Country Park, a network of paths makes for easy access to all areas of the former estate. Through old woodland and beside two natural lochs, these paths are suitable for bicycles and make a great optional extra to the route.



Look out for the artworks along the canal



## The Route

**Distance:** 4 miles/6.4 km

**Terrain:** flat, mostly canal towpath

**Getting there:** railway stations at Coatbridge Central, Bargeddie and several others in between

**Maps:** [sustrans.org.uk/map](http://sustrans.org.uk/map)

**OS maps:** NN75: NCN Forth & Clyde Cycle Route map - £6.99 from [www.sustransshop.co.uk](http://www.sustransshop.co.uk) or see our online mapping

