

The Lowland Highland Trail can be walked or cycled all the way - but not all sections are suitable for horse riding. Parts of the trail are on purpose built traffic-free tracks and many follow the route of disused railways. Other sections use minor roads where extra care is needed.

The trail crosses the Highland Boundary Fault. This important geological event shaped this part of Scotland creating a tremendous variety of landscapes and wildlife habitats. This unique combination is one reason why Loch Lomond and The Trossachs area will soon become a National Park. Don't worry if you'd rather not do the whole trail in one day. There are plenty of ways of either doing a short section or a circuit by using other tracks or minor roads. The map will help you to plan something suitable for all ages and abilities.

Look after yourself and others

- Be courteous and considerate
- Acknowledge those who give way to you
- Take special care when cycling downhill
- Some sections are remote - make sure you have a map, warm clothing and extra food
- It is strongly recommended that cyclists and horse riders wear suitable head protection
- Take your litter home

Tourist Information Centres: Drymen (01360) 660068, Aberfoyle (01877) 382352, Callander (01877) 330342, Killin (01567) 820254

Queen Elizabeth Forest Park Visitor Centre: Aberfoyle (01877) 382258

Loch Lomond Park Visitor Centre: Balmaha (01360) 870470

Stirling Council: Countryside (01786) 442875, Transport information (01786) 442707

National Cycle Network Information Service: (0117) 929 0888

Bus Information: (01786) 446474

Rail Travel: For details of rail services telephone 0845 748 4950. Bicycles travel free on trains between Glasgow and Balloch.

Police: Balfron (01360) 440220, Callander (01877) 330222, Stirling (01786) 456000



The Lowland Highland Trail begins as you enter the Stirling Council area. From the south this is just west of Croftamie, near Drymen, and from the north, just east of Ardeonaig on the south side of Loch Tay. The total distance between these points is about sixty miles.



Further information on the Lowland Highland Trail is available from information panels along the trail and Tourist Information Centres in Drymen, Aberfoyle, Callander and Killin. There are also visitor centres at Balmaha and Queen Elizabeth Forest Park, Aberfoyle. The official route map of the Inverness to Glasgow Cycle Route, part of National Cycle Network Route 7, is the essential guide to all 214 miles between Inverness and Glasgow, and is published by Sustrans (ISBN 1 901389 09 X).

This leaflet has been printed on environmentally friendly paper



An exciting 60 mile trail through some of Scotland's finest landscapes



The Lowland Highland Trail

part of National Cycle Network Route 7



Key to map symbols

- trail: on-road
- trail: off-road
- other cycle routes
- minor road
- B road
- A road
- motorway
- Stirling Council boundary*
- Highland Boundary Fault
- river / stream
- loch
- woodland / forest
- tourist information / visitor centres:
- open all year
- seasonal opening
- cycle shop / hire
- car park / toilets
- cafe / pub
- picnic site

Produced for Stirling Council, Scottish Natural Heritage and Scottish Enterprise Forth Valley by David Warrack Tourism and Environment Consultancy in association with Stirling Surveys. None of these companies or agencies shall be responsible for any loss or damage, however caused, arising from the use of this map.

Based on 1965 Ordnance Survey Quarter Inch map of Great Britain. Revised by compilation from air photographs on 15th June 1996. Printed in the Royal Ulster Constabulary Press, Belfast, Northern Ireland, Scotland. Main cover photograph © Andy J. The lakes Loch Lomond, Stirling & Troosachs Tourist Board. Inset photographs © J. Bayne (top) & © D. Waincock (bottom).

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Scottish Enterprise Forth Valley



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There is an optional detour to Killin which has good facilities for cyclists and walkers.

Take care crossing the busy A85 road.

The route passes through Glen Ogle with wonderful views over the village of Lochearnhead and Loch Earn. The Glen has been used by past travellers, including Roman Legions and Redcoats, as the easiest way to get to and from the highlands. Queen Victoria called it the 'Kyber Pass of Scotland'.

The route crosses the Highland Boundary Fault here. As you cross the faultline try to remember the landscape features around you. As you go north towards Ben Ledi you should notice more rugged highland scenery. When you head south towards Callander the countryside becomes gentler, with more fields and meadows.

There is another cycle route, along the north side of Loch Katrine. For information on steamer sailings telephone 01877-376316.

There are firm proposals to link Stirling with the Lowland Highland Trail. Until this is completed some sections are on the busy A84 road where extra care is needed.

Within Loch Ard Forest there is a series of optional routes which link to the Lowland Highland Trail. Telephone Forest Enterprise (01877) 382256 for details or see guide to Queen Elizabeth Forest Park.

The Highland Boundary Fault
The main feature of the Lowland Highland Trail is the variety of landscapes the route passes through. These landscapes have been shaped over millions of years but the most important feature is the Highland Boundary Fault which occurred about 420 million years ago. In simple terms this event forced the harder rocks of the highlands up and the softer sandstone rocks of the lowlands down. These landscapes and the many different species of wildlife that live in them makes this area very special today. On the Lowland Highland Trail you could be passing a lowland field hedgerow and scanning the highland mountain tops for red deer, all in the same day. This is all part of the Lowland Highland Trail experience. We hope you enjoy your visit.