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## Discover 14 miles from Balerno to Bathgate

This 14 mile section of National Route 75 is mainly traffic-free and offers many opportunities for commuting and leisure trips.

Highlights include the **Almondell and Calderwood Country Park**, which is tucked out of sight in the valley of the River Almond. You can cycle right through the Almondell area of the park between East Calder and Mid Calder, under the impressive railway viaduct. From here you can return over the viaduct towards Edinburgh on the Union Canal towpath. The Visitor Centre is open all year and provides information on what to see and do in the surrounding countryside. You can book the use of the facilities, such as the barbecue sites, or enjoy refreshments in the conservatory - telephone 01506 882 254.

**Mid Calder** sees the beginning of a traffic-free path that continues through Livingston, linking up with the network of cycle and walkways that run through the new town. In the original Livingston Village, you can visit the **Almond Valley Heritage Trust**, which has something for all the family - [www.almondvalley.co.uk](http://www.almondvalley.co.uk)

After 'flying' over the M8, the route continues to **Bathgate**, once a major mining town. Look out for the new residential and landscaped area that the track goes through just before Bathgate. This is the site of the former **Leyland Trucks** manufacturing plant, which closed in 1986.

Trains from Edinburgh stop at Kirknewton, Uphall, Livingston and Bathgate, so why not cycle one way and return with your bike on the train?

To order the Clyde to Forth cycle route map (Leith to Gourock) visit: [www.sustransshop.co.uk](http://www.sustransshop.co.uk)

The City of Edinburgh Council •  
The Scottish Executive •  
West Lothian Council •



The **National Cycle Network** is a comprehensive network of safe and attractive walking and cycling routes throughout the UK. 10,000 miles will be completed by the end of 2005 – one third traffic-free, the rest following quiet lanes or traffic-calmed roads. The National Cycle Network is co-ordinated by Sustrans, the UK's leading sustainable transport charity, and other partners, such as local authorities.

For more information on routes in your area, or more about Sustrans and how to become a Supporter, visit or call:

[www.nationalcyclenetwork.org.uk](http://www.nationalcyclenetwork.org.uk)

0845 113 00 65



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Front cover: Bathgate Banner ©Copyright/credit: West Lothian Council

# Balerno to Bathgate

Discover 14 safe and attractive miles of mainly traffic-free cycling and walking routes



[www.nationalcyclenetwork.org.uk](http://www.nationalcyclenetwork.org.uk)

# Balerno to Bathgate



Icons for a public house, cafe, bike shop, and tourist information.

Blue directional sign with a bicycle icon and the number 25, pointing right.

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When you are on the National Cycle Network you will see these signs, red for national route, blue for regional route.

## Know the Code before you go ... Enjoy Scotland's outdoors - responsibly!

Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code.

Whether you're in the outdoors or managing the outdoors, the key things are to :

- take responsibility for your own actions;
- respect the interests of other people;
- care for the environment.

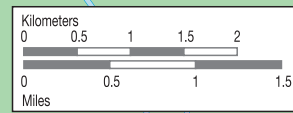
Find out more by visiting [www.outdooraccess-scotland.com](http://www.outdooraccess-scotland.com) or phoning your local Scottish Natural Heritage office.



SCOTTISH  
OUTDOOR ACCESS CODE



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	Traffic-free sections
	On road sections
	Railway (station)
	Link path
	Proposed route
	Access point
	Signalled crossing
	Take care
	Tourist attraction
	Public house / Shop
	Cafe / Post office
	Bike shop / Toilet
	Tourist information