

KEY POINTS OF INTEREST

1. Millhall – Robert the Bruce defeated the English here at the Battle of Bannockburn in 1314
2. Balquhiderock Wood – a local nature reserve and ancient woodland. The wood is a sea of bluebells in spring
3. Bannockburn Heritage Trail – Telford's Bridge, historic industrial weirs and woods, and the site of King James III's murder in 1460
4. The Battle of Bannockburn memorials and visitor centre
5. Tinker's Loan – an 18th century packhorse bridge
6. Gillies Hill – community-owned ancient woodland, remains of Polmaise castle and walled garden, and a chance to see red squirrels
7. Kings Park – historic park, play areas and café
8. Back Walk – visit the King's Knot, walk the crags, see the beheading stone and Stirling Castle
9. Stirling Old Bridge: you can see the foundations of the older timber bridge north of the current stone bridge when the river is low
10. University of Stirling – an 18th century designed landscape
11. The Wallace Monument and Abbey Craig – a nationally important woodland for wildlife, with spectacular views of the River Forth's meanders
12. Cambuskenneth Abbey – a ruined Augustinian monastery and tomb of King James III

THE STATS

DISTANCE:	ELEV GAIN:	Trails are intended as day-long walks or cycles, but route times will vary depending on speed and en-route stops.
17.2 miles / 27.7km	1718ft / 524m	

GEAR

The route follows a mix of pavements, paths and trails. Make sure your footwear and clothing is appropriate for the weather and off-road paths. If cycling, there are some technical sections so you will need a bicycle with off-road capabilities.

Remember to follow the Scottish Outdoor Access Code.

ROUTE 1 : THE FIRST FORTH BRIDGES

Spanning the Forth valley at the historic first bridging point of Stirling, this walking circuit would also suit a cycle journey. However the Gillie's Hill section is a little rough in places, so if you're on a bike you may need to get off and walk occasionally.

This culturally rich route connects the site of the Battle of Bannockburn, Stirling Castle, Stirling Old Bridge, the Wallace Monument and Cambuskenneth Abbey. On the way you'll cross the Forth and some of its tributaries, climb through ancient woodland at Gillies Hill, and wander in a Site of Special Scientific Interest (SSSI) at Abbey Craig.

The route starts and finishes at Stirling Railway Station, where the Stirling Active Travel Hub provides e-bike rental for Stirling residents, and Nextbike cycles and Forth Bike e-bikes are also available to hire.

WANDERINGS AND WINDINGS

Inner Forth Futures (IFF) is a partnership organisation that is taking forward the legacy of the Inner Forth Landscape Initiative. Find out more at www.innerforthlandscape.co.uk.

Wanderings and Windings (W&W) is an IFF project, supported by the National Lottery Heritage Fund. This leaflet is just one of nine Wanderings and Windings routes around the Inner Forth - day-long walks and cycles highlighting and linking some of the fantastic wildlife and historic heritage of this unique landscape at the heart of Scotland. Visit our W&W page at www.innerforthlandscape.co.uk/about/wanderings-windings to download all the leaflets and for further information on each of the routes.

If you would like to share your photos and experiences of the routes, why not join the Wanderings and Windings Facebook Group, where you can upload them for others. You can also engage with us on Twitter @innerforth.

NAVIGATION

A GPX file can be downloaded here and sent to a GPS device or to a smartphone:

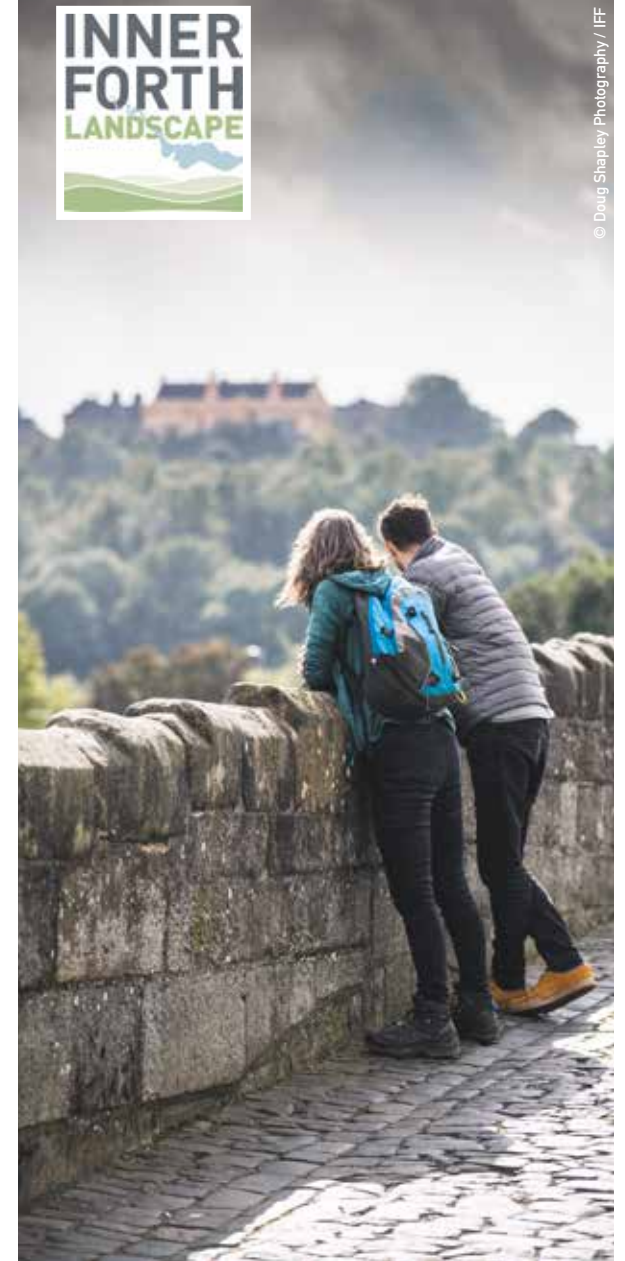


You can also navigate the route by using Ordnance Survey Landranger 57 Stirling & The Trossachs Map.

Look out for the Wanderings & Windings way markers, located at key points and junctions to help guide you, and download our free 'Inner Forth Landscape Explorer' app for additional information as you navigate the route.



Route, Waymarker and Guide Design by Ian White Associates Landscape Architects

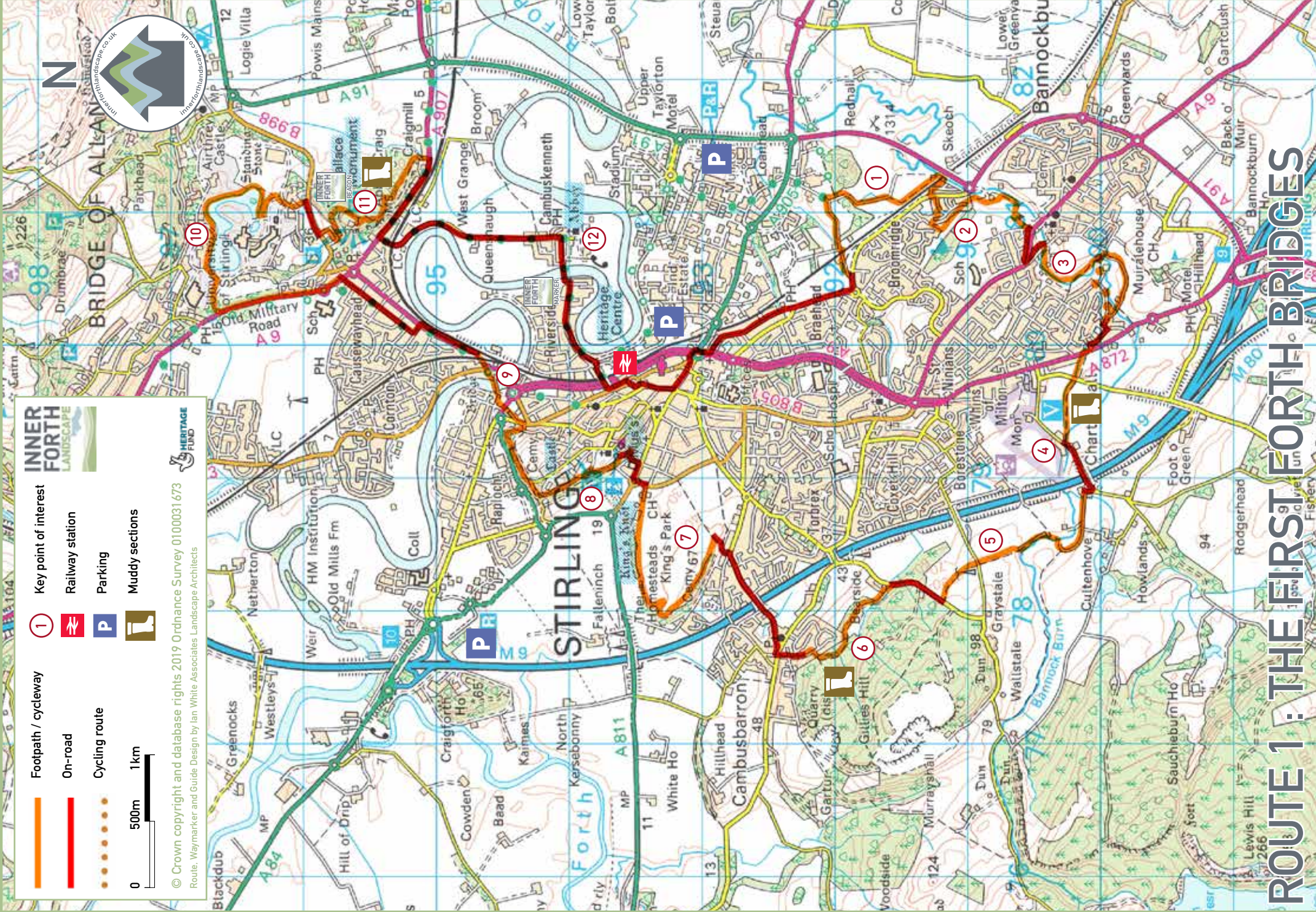


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WANDERINGS & WINDINGS



ROUTE 1 : THE FIRST FORTH BRIDGES



INNER FORTH LANDSCAPE

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 Route, Waymarker and Guide Design by Ian White Associates Landscape Architects

HERITAGE FUND

- Footpath / cycleway
- On-road
- Cycling route
- Key point of interest
- Railway station
- Parking
- Muddy sections

0 500m 1km

ROUTE 1: THE FIRST FORTH BRIDGES