

KEY POINTS OF INTEREST

1. Wester Moss – a Butterfly Conservation Scotland nature reserve next to Fallin Bing, for great wildflowers and insects in spring and summer
2. Dunmore Wood and The Pineapple – ancient woodland, romantic estate and unique folly
3. Higgins Neuk – once the site of James IV's royal dockyard
4. RSPB Skinflats nature reserve - a haven for wading birds on the newly-created saline lagoons and salt marsh
5. Kincardine Bridge – historic 1930s swing bridge – once the largest in Europe
6. Clackmannan Tower – 14th century tower house with views over the estuary plain
7. Black Devon Wetlands - RSPB nature reserve and award-winning viewing screen
8. Views across the Forth to the haunting remains of the WW2 Bandeaux Munitions Depot
9. Cambus Pools – Scottish Wildlife Trust nature reserve with reedbeds and open water attracting waders, warblers and wildfowl
10. Blackgrange bonded warehouses – look out for the strange black whisky fungus that coats the trees and buildings
11. Cambuskenneth Abbey - ruined Augustinian monastery and tomb of 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.
35.2 miles / 56.6km	993ft / 302m	

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 2 : BIRDING BY BIKE

A loop of the upper Forth estuary, crossing the river via the road bridge at Kincardine and returning across the footbridge at Cambuskenneth. The route takes in several wetland nature reserves as it winds across the lower carselands of the Forth. It's worth taking binoculars if you have them.

Take in the once-busy ports of Stirling, Higgins Neuk, Kincardine and Alloa; you'll also see signs of the Forth's rich industrial past all along the route.

There are potential start points at either Stirling or Alloa railway stations. At Stirling Station 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; Landranger 58 Perth & Alloa Map; and Landranger 65 Falkirk & Linlithgow 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



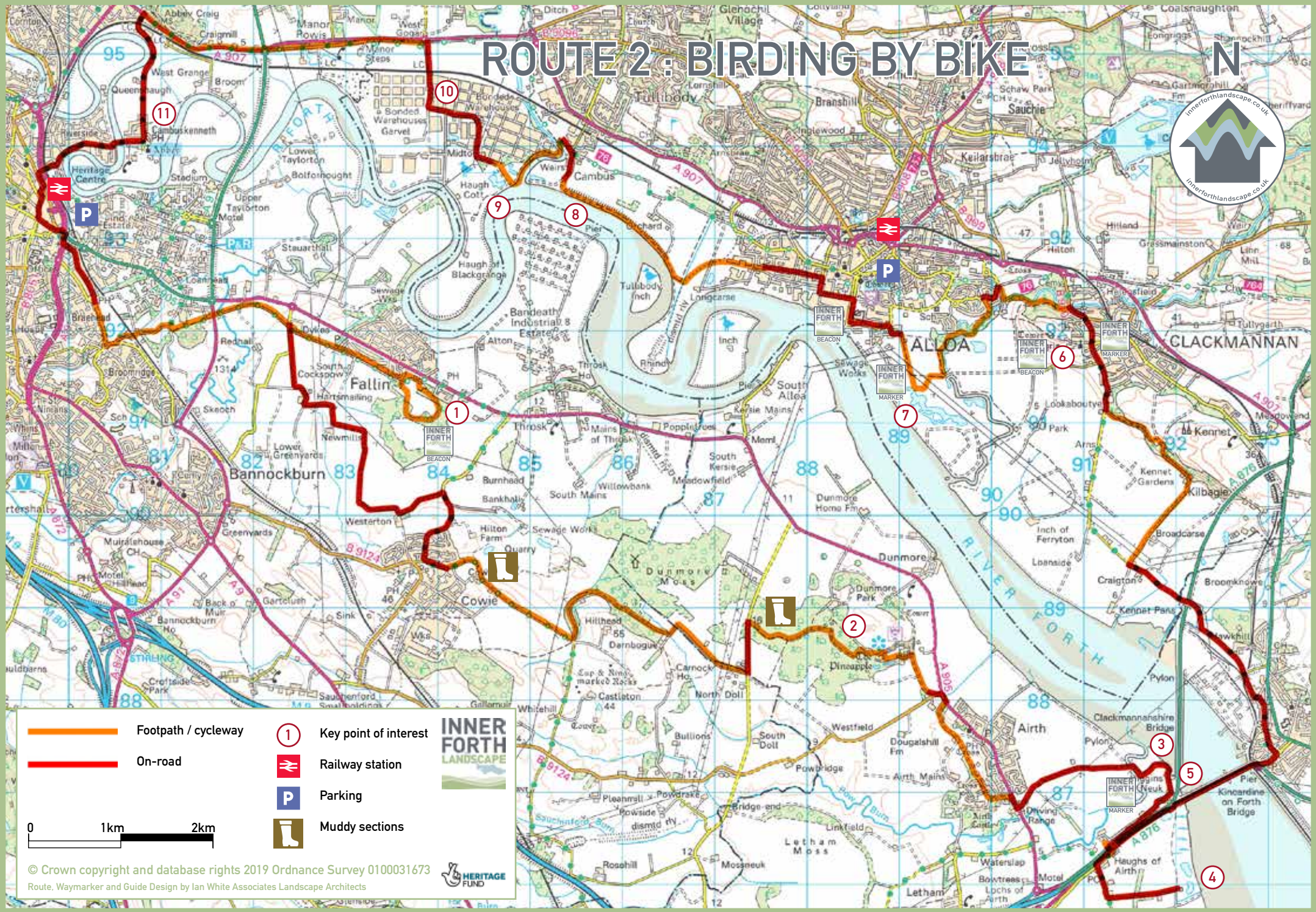
WANDERINGS & WINDINGS









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ROUTE 2 : BIRDING BY BIKE

ROUTE 2: BIRDING BY BIKE



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

