

KEY POINTS OF INTEREST

1. Dundas Castle estate – grand parklands and woods
2. Duntarvie Castle – originally a 16th century Renaissance house
3. The Union Canal towpath (with connection to the Shale Trail - a link to West Lothian's industrial past)
4. Ladywalk Woods – stroll through woodlands by the Union Canal
5. Philipstoun Muir - protected as a Site of Special Scientific Interest (SSSI) because of its unusual mixed ash woodland
6. Binns Hill – views over the Forth at the Binns Tower, and past the striking Scottish baronial-style House of the Binns
7. Blackness Castle - 15th-century fortress guarding the Forth - sometimes describes as 'the ship that never sailed'
8. Great views of the Forth estuary, which is globally important for wildlife, and is protected at national and European level.
9. Midhope Castle – a 16th century tower house that featured in the Outlander television series
10. Abercorn – attractive village, church and museum, which holds some fascinating artefacts such as Viking hogback stones
11. Hopetoun – one of Scotland's most impressive stately homes, set in a grand estate and deer park
12. Queensferry and the three bridges – iconic views beneath the bridges, and a quaint coastal townscape

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.
19.5 miles / 31km	1029ft / 313m	

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 6 : BENEATH THE 3 BRIDGES

A loop around the southern shore of the Forth, linking the mining landscape of West Lothian with the estates of Dundas Castle and Hopetoun House, and the coastline between Blackness and Queensferry.

Explore the Union Canal and woodlands through to Philipstoun Muir. Blackness and Midhope castles add a shot of glamour as both have been used in the Outlander TV series.

Passing beneath the three world-famous Forth bridges, this route starts and ends at Dalmeny Station. It can be divided into two smaller loops using the road from Duntarvie Castle to Abercorn.

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 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

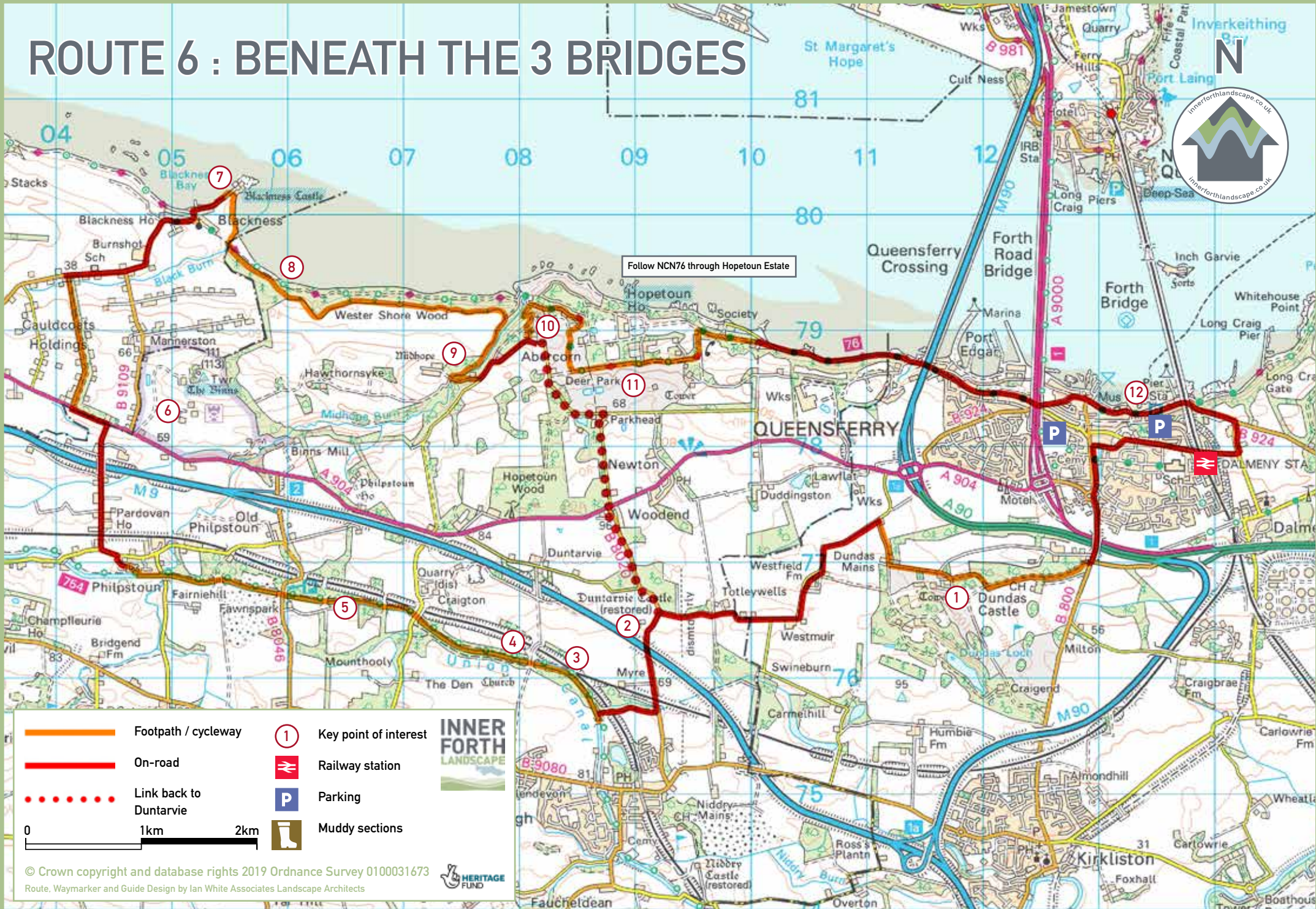





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WANDERINGS & WINDINGS



ROUTE 6 : BENEATH THE 3 BRIDGES



-  Footpath / cycleway
-  On-road
-  Link back to Duntarvie
-  Key point of interest
-  Railway station
-  Parking
-  Muddy sections

