

KEY POINTS OF INTEREST

1. Linlithgow Palace - one of the principal residences of the monarchs of Scotland in the 15th and 16th centuries
2. Linlithgow Loch – a natural freshwater loch from which the town gets name. The two islands in the loch are thought to be 5000-year-old crannogs
3. Avon Valley – a picturesque path through a dramatic wooded gorge by the river
4. Antonine Wall – the route follows a section of this impressive turf wall – once the northernmost frontier of the Roman Empire
5. Kinneil Estate - birthplace of James Watt; estate woodland walks pass a Roman fortlet and historic kirk; and there's also a museum of local history
6. Kinneil foreshore – local nature reserve for shore birds, woodland and wildflower meadows on the site of the ex-Kinneil Colliery
7. Bo'ness harbour – once a vital link to the coal mines in the town, the harbour closed in 1959 as the railways took over.
8. Bo'ness & Kinneil Railway - heritage steam railway. Get the train to Kinneil or Birkhill stops to explore the area
9. Bo'ness Motor Museum - from Bond cars to Only Fools and Horses and Harry Potter, lots of movie memorabilia
10. The Bridgeness Slab - site of the Roman slab dating from 142 CE to mark the end of the Antonine Wall
11. Carriden House and Veluniate roman fort – an historic site where people have lived for thousands of years
12. Airngath Hill and the Hope Monument – panoramic views of the Forth

THE STATS

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|---------------------|-------------------|---|
| DISTANCE: | ELEV GAIN: | Trails are intended as day-long walks or cycles, but route times will vary depending on speed and en-route stops. |
| 17.3 miles / 27.8km | 1815ft / 553m | |

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 7 : BO'NESS & LINLITHGOW RAMBLE

A 20-mile circuit that starts and ends at Linlithgow Railway Station, which can be explored on foot or by bike. The route skirts Linlithgow Loch, travelling to Bo'ness and back via Airngath Hill, Bo'ness foreshore, Kinneil woods and the River Avon.

Rich in history, starting from a Royal palace, the route takes in numerous Roman forts and the Antonine Wall, stark in contrast to the industrial foreshore at Bo'ness with its harbour and ghosts of its maritime past.

Your journey winds through the historic estates at The Grange, Carriden and Kinneil, all of which played a big part in the area's long history.

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



Footpath / cycleway



Key point of interest



On-road



Railway station



Parking



Muddy sections



0 500m 1km



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MOUTH



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