

KEY POINTS OF INTEREST

This route links parts of each of the eight loops and combines them with linking sections that in many places coincide with either the NCN76 or the John Muir Way to create a truly memorable adventure through the unique history, wildlife and landscape of the Inner Forth.

1. Millhall – Robert the Bruce defeated the English here at the Battle of Bannockburn in 1314
2. Antonine Wall – the route follows a section of this impressive turf wall – once the northernmost frontier of the Roman Empire
3. Bo'ness harbour – once a vital link to the coal mines in the town, the harbour closed in 1959 as the railways took over
4. Abercorn – attractive village, church and museum, which holds some fascinating artefacts such as Viking hogback stones
5. Charlestown & Limekilns – heritage coastal villages with harbours and the largest limekiln complex in Scotland
6. Torry Bay – a Local Nature Reserve. The mudflats and saltmarsh are great for waders and coastal bird watching
7. Black Devon Wetlands – RSPB nature reserve and award-winning viewing screen
8. Cambus Pools – Scottish Wildlife Trust nature reserve with reedbeds and open water attracting waders, warblers and wildfowl

THE STATS

DISTANCE: 78.5 miles / 126km
ELEV GAIN: 3037ft / 926m
Trails are intended as day-long walks or cycles, but route times will vary depending on speed and en-route stops.

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 9 : STRAVAIG THE FORTH

A 78-mile alternative to the Round the Forth NCN 76, taking our adventurous stravaiger deep into the countryside bounding either bank of the Firth of Forth, to explore quiet rural tracks and lanes and accumulate a Munro's worth of ascent (3,037 feet in total).

One to work up to, do with friends or as a challenge. Don't underestimate it; the going is slow in places and the route devious and sometimes indirect; leave time for taking in the sights and enjoying some of the natural and historic features on the way.

There are plenty of opportunities for tasty, guilt-free on-trip refuelling.

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:

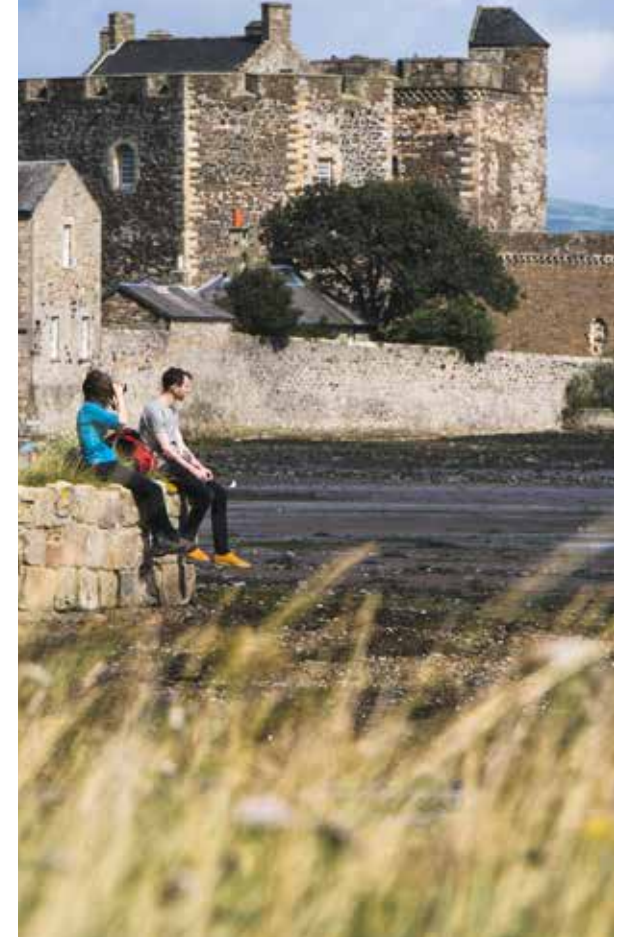
You can also navigate the route by using Ordnance Survey Landranger 57 Stirling & The Trossachs Map; Landranger 65 Falkirk & Linlithgow Map; and Landranger 58 Perth & Alloa Map.



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



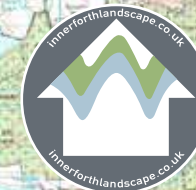
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WANDERINGS & WINDINGS



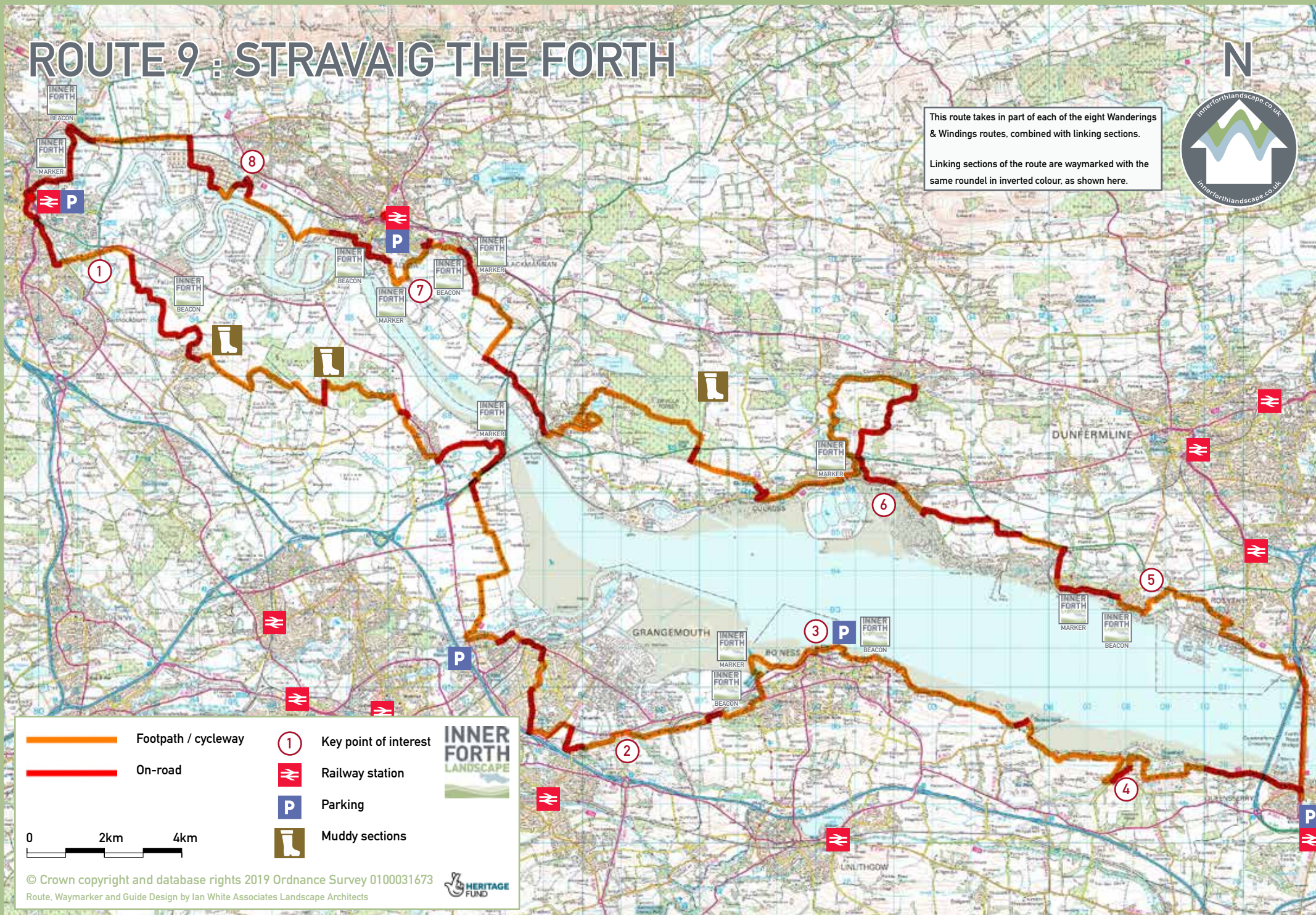
ROUTE 9: STRAVAIG THE FORTH







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This route takes in part of each of the eight Wanderings & Windings routes, combined with linking sections.

Linking sections of the route are waymarked with the same roundel in inverted colour, as shown here.



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



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