



Kilsyth & Auchinstarry Loop

ROUTE TYPE: Cycle
DISTANCE: 7 miles/11 km
AVERAGE TIME TO COMPLETE: 2 Hours
DIFFICULTY LEVEL: ■□□□ Low, family friendly



THE ROUTE

This circular route leads riders through a diverse array of landscapes as it takes in the areas of Auchinstarry, Twechar, Kilsyth, Colzium and Banton Loch.

Explore constantly changing views of woodland, wetland, parkland and open landscapes, or explore the Roman fort at Bar Hill and modern canal engineering along the waterway.

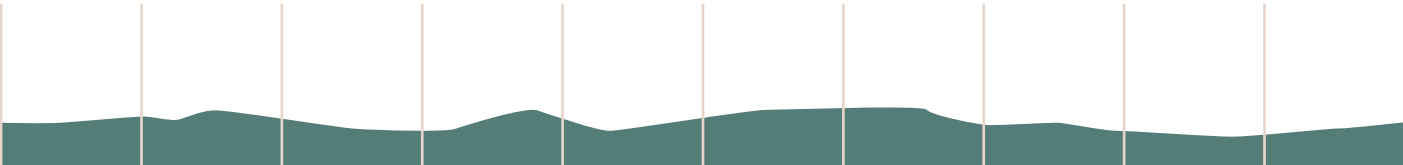
You'll find a range of facilities along the way including bike hire and food at Auchinstarry Marina as well as eateries in Kilsyth and Colzium.



Forth & Clyde Canal

ELEVATION PROFILE

Total ascent 76m / Highest point 72m



PLACES OF INTEREST

1

AUCHINSTARRY MARINA

This little haven of canalboat life also has a hotel/restaurant and bike or canoe hire for exploring the canal. The nearby quarry is also popular with rock climbers.

2

COLZIUM ESTATE

Visitors can explore the many trails and splendid gardens surrounding Colzium House. There's also a large kids' play area and a ruined castle in the grounds.

3

DUMBRECK MARSH NATURE RESERVE

This local nature reserve features ponds and grassland and is now home to many grassland birds, including lapwing and skylarks, and the water rail.



Auchinstarry & The Campsie Fells



Colzium House

4

BAR HILL ROMAN FORT

The highest fort on the Antonine Wall still contains the foundations of the almost 2,000-year-old Roman headquarters building and bath house.

THE INSIDE TRACK

This route starts and finishes following the waymarked John Muir Way along the Forth and Clyde Canal. It is virtually all off road and is a family friendly option, although there are some road crossings to watch out for.

TERRAIN

This is a mostly flat route, following canal towpath and a mix of other paths, pavements, quiet streets and pedestrianised areas through Kilsyth. Surfaces vary from tarmac to gravel, so a bike with wide tyres is recommended.

GETTING THERE

BY RAIL: The route can be accessed from Croy train station, 1km from the trail.

BY BUS: The 88C bus service links Kilsyth, Kirkintilloch and Lennoxton; the 35 service runs between Falkirk and Kilsyth/Croy.

BY CAR: Parking is available at Auchinstarry Marina.

Please enjoy Scotland's outdoors responsibly.
Visit: [outdooraccess-scotland.com](https://www.outdooraccess-scotland.com)

Plan your trip and find more routes at:
[johnmuirway.org/day-trips](https://www.johnmuirway.org/day-trips)