

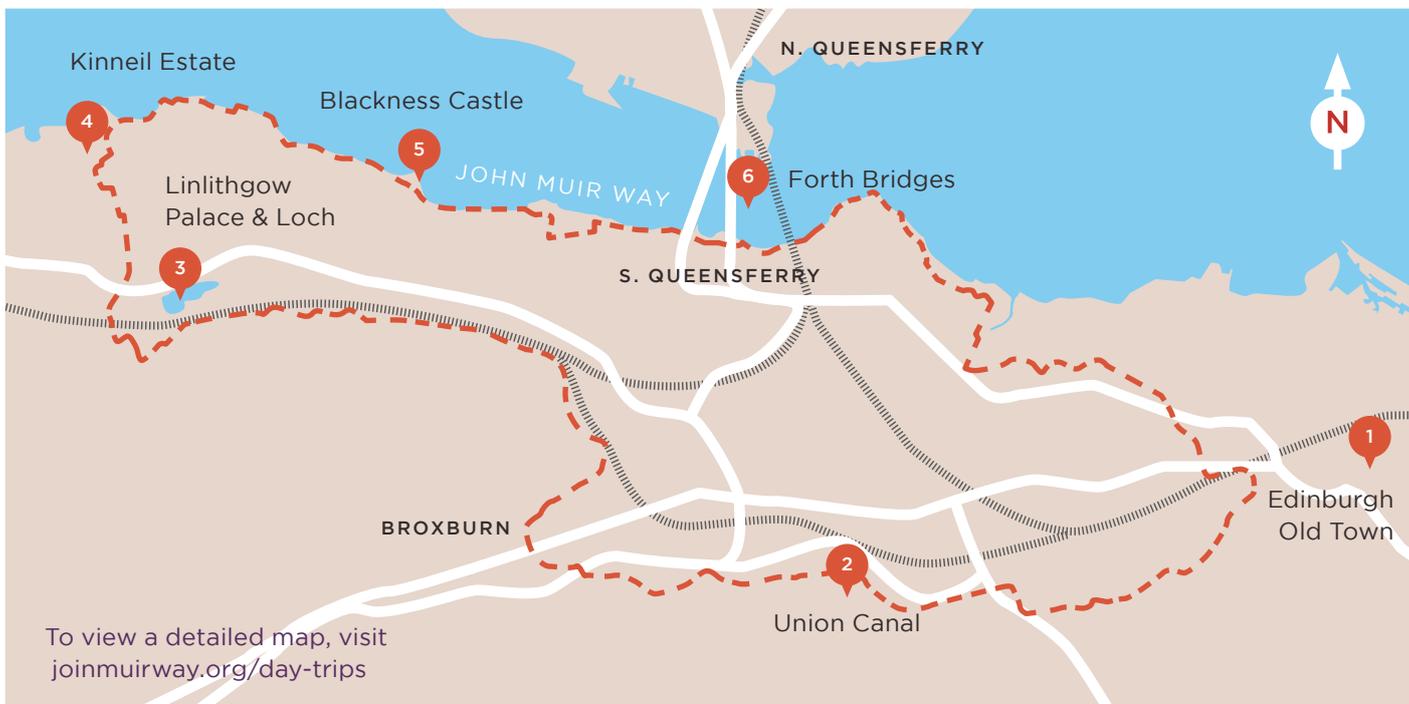
Forth Bridges Loop

ROUTE TYPE: Cycle

DISTANCE: 48 miles/77 km

AVERAGE TIME TO COMPLETE: Two days at a relaxed pace

DIFFICULTY LEVEL: ■■■□ Moderate if split over two days



THE ROUTE

Starting and finishing at Haymarket Station in Edinburgh, this 48-mile loop can be done as a long day ride but is ideally split in two with an overnight stop in Linlithgow or Bo'ness.

A great way to explore Edinburgh, West Lothian and Falkirk areas, while staying almost completely off-road, the route follows the Union Canal out of the city towards Linlithgow. There's plenty of industrial heritage to discover along the canal. On arrival in Linlithgow, take some time to wander around the palace and loch before continuing up the Fishers' Brae climb and into the woods of Kinneil Estate.

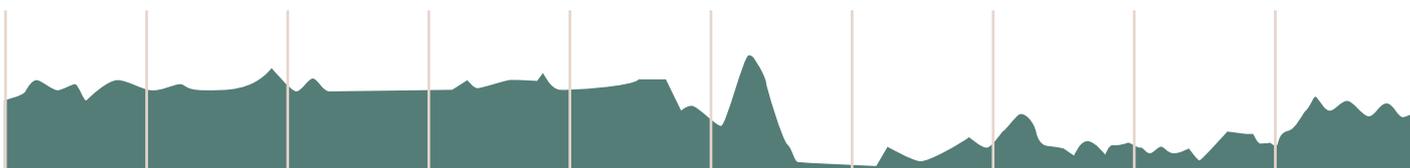
From Bo'ness you will hug the coast, following the John Muir Way, to Blackness with its impressive castle. It's then on through Hopetoun Estate to the dramatic Forth Bridges at South Queensferry. After sampling the cafes and ice cream shops, continue around the coast towards Cramond before turning inland back to Edinburgh.



Blackness Castle

ELEVATION PROFILE

Total ascent 477m / Highest point 108m



PLACES OF INTEREST

1

EDINBURGH OLD TOWN

The route starts near this UNESCO World Heritage Site, which is home to iconic landmarks such as Edinburgh Castle, the Royal Mile and Holyrood Palace.

2

UNION CANAL

Connecting Falkirk and Edinburgh, the canal dates back to 1822 to transport materials like coal. It was reopened in 2001.

3

LINLITHGOW PALACE & LOCH

Famous as the birthplace of Mary, Queen of Scots and often used as a film location, these magnificent ruins are set in a park beside a loch rich in wildlife.

4

KINNEIL ESTATE

A rich slice of history can be explored here, with the 15th century house and part of the Antonine Wall. Look out for the museum and James Watt cottage where he worked on his steam engine.

*Forth Bridge**Kinneil House*

5

BLACKNESS CASTLE

This imposing 15th century castle has hosted garrisons, prisoners and many a film crew. Climb the towers for fantastic views of the Forth.

6

FORTH BRIDGES

Three impressive bridges spanning three centuries cross the Firth of Forth at South Queensferry, including the original rail Forth Bridge, a designated UNESCO site.

THE INSIDE TRACK

There are many more attractions to visit on this route than those listed here, so there's a real advantage to splitting this trip over two days. You'll find a selection of accommodation and places to eat out in both Linlithgow and Bo'ness.

TERRAIN

The majority of this route is off road, following cycle paths, canal towpath and a mixture of paved and unpaved surfaces. This makes it ideal for a gravel, mountain or hybrid bike. Gradients are generally gentle or flat with just a couple of fairly steep climbs in Edinburgh and north of Linlithgow.

Please enjoy Scotland's outdoors responsibly.
Visit: outdooraccess-scotland.com

GETTING THERE

BY RAIL: The route starts and finishes at Haymarket Station in Edinburgh.

BY BUS: Edinburgh is well served by bus services – see Lothian Buses for more details.

BY CAR: Starting from the city centre will let you leave the car at home!

Plan your trip and find more routes at:
johnmuirway.org/day-trips