

# Helix Around Town Trail

**ROUTE TYPE:** Cycle

**DISTANCE:** 16 miles/26 km

**AVERAGE TIME TO COMPLETE:** 2.5 Hours

**DIFFICULTY LEVEL:** ■■■□□ Fairly flat, some rough off-road sections



## THE ROUTE

Beginning at The Helix, one of Scotland's newest and most innovative parks, this circular route travels by cycleway, towpath and woodland trail past The Kelpies, The Falkirk Wheel and Callendar Park.

The route links 16 communities around Falkirk's perimeter, and takes in many of the area's lesserknown 'hidden gems' and attractions. With plenty of opportunities to pause and enjoy spectacular wildlife and history, the route is ideal for splitting into smaller sections as an alternative to a full day out.

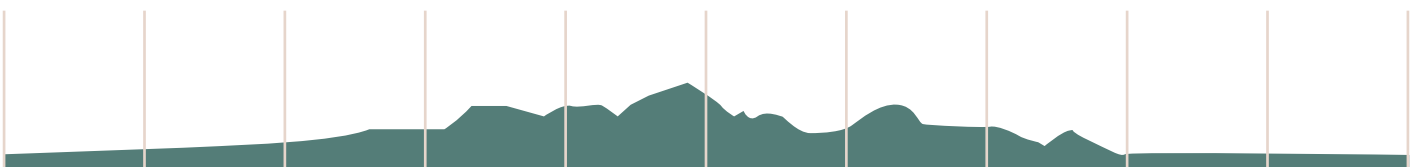
Running mostly on traffic-free paths and tracks, the route has only one very short, lightlytrafficked on-road section. However, please note, there are several road crossings and some sections where shared-use paths next to busy roads are used to link the route.



*Leaving the Falkirk Wheel*

## ELEVATION PROFILE

Total ascent 251m / Highest point 710m



## PLACES OF INTEREST

- 1 **THE HELIX & THE KELPIES**  
Situated in the 300-hectare Helix park, the 30m-high Kelpies guard the entrance to the Forth & Clyde Canal at its eastern terminus. Go on a tour inside to learn about their story.
- 2 **ROSEBANK DISTILLERY**  
After 25 years of inactivity, this 19th century whisky distillery, once a thriving hub of Falkirk life, is having new life breathed into it through an ambitious restoration.
- 3 **FALKIRK WHEEL**  
The world's only rotating boat lift bridges the 24m height difference between the Forth & Clyde and Union Canals. Take a boat trip, play on the *waterwalkerz* or relax in the café.

*Callendar House**The Kelpies*

- 4 **ROUGH CASTLE**  
The best preserved Roman fort on the Antonine Wall offers a fascinating glimpse back in time with ancient ramparts and defensive lilia pits.
- 5 **CALENDAR HOUSE**  
Dating from the 14th century and set in the historic Callendar Park, the house features regular exhibitions, a Georgian kitchen and tearoom.
- 6 **WESTQUARTER GLEN**  
A peaceful little haven of pathways that follow Westquarter Burn with a picturesque waterfall.

**THE INSIDE TRACK**

This trail is known as the HArTT and is for the most part signposted. There are more places of interest than those listed here, so if exploring the area's cultural heritage is your thing, split it into sections and take your time. You'll also find plenty of cafes and eateries along the way.

## TERRAIN

Much of the route follows canal and riverside paths, making it quite flat. However there are some steep gradients at the Wheel and Callendar Park. Surfaces vary from tarmac to rough gravel and some muddy sections, so a mountain or gravel bike with wide tyres is recommended.

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

## GETTING THERE

**BY RAIL:** There are several train stations close to this route, including Falkirk High, Grahamston and Camelon.

**BY BUS:** Falkirk is well served by a number of bus routes including the 35 service between Falkirk and Kilsyth, and the X38 to Stirling or Edinburgh.

**BY CAR:** There is parking at the Helix Park, the Falkirk Wheel or Callendar House.

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