

Make Your Way to Active Travel

Make Your Way promotes Active Travel for transport and leisure. Active Travel means making journeys with physically active means such as walking or cycling. By getting a bit more active you can contribute to reducing pollution, improve your physical and mental health, and save money!

Exercise Target



Walking or cycling for just 15 minutes a day can help you to reach the recommended exercise target of 150 minutes per week.

Reduce Stress and Anxiety



Being physically active outdoors, connecting with nature, is also great for our mental health and sense of well-being.

Improve Your Health



Small amounts of walking and cycling can contribute to reducing your risk of stroke, diabetes, high blood pressure and forms of arthritis.

Reduce Carbon Emissions



Transport is the biggest emitter of greenhouse gases in Scotland (37%). Using cars less can make a big difference towards reducing pollution.

Transport

Public transport info: www.travelinescotland.com 0871 200 2233

From Blackwood and Kirkmuirhill

- Bus 253 Coalburn - Hamilton Service all week.
- Bus 258 Lesmahagow - Lanark Service Monday to Saturday, no service on Sunday.
- Bus 8 Lanark - Lesmahagow Service only on Sunday.
- Bus 8A Lanark - Glespin Service only on Sunday.

Glossary

Easy Path/Route

- Tarmac and/or pavements ; flat ; wide ; suitable for all shoes ; places to stop and easy to follow.
- Safe ; minimal traffic or off road ; cycle lane.

Medium Path/Route

- Potentially boggy ; wellies or boots recommended; not flat ; easy obstacles ; relatively easy to follow.
- On the road with cycle lanes ; moderate traffic.

Hard Path/Route

- Wellies or boots required ; obstacles (walls or pass over stream) ; steep and hard to follow in places.
- Experienced cyclists only ; road without cycle lane and busy traffic.

MAKE YOUR WAY Blackwood, Kirkmuirhill and Boghead DRAF MAP

Community Map from Community Knowledge

This map has been created in collaboration with community members from Blackwood, Kirkmuirhill and Boghead. It is part of a collection of co-designed active travel maps that highlight cycling and walking routes that are known to local people. These routes can be used for practical journeys, for leisure and for exercise.

MAKE YOUR WAY

Explore other routes and find out more at www.makeyourwayclydesdale.com

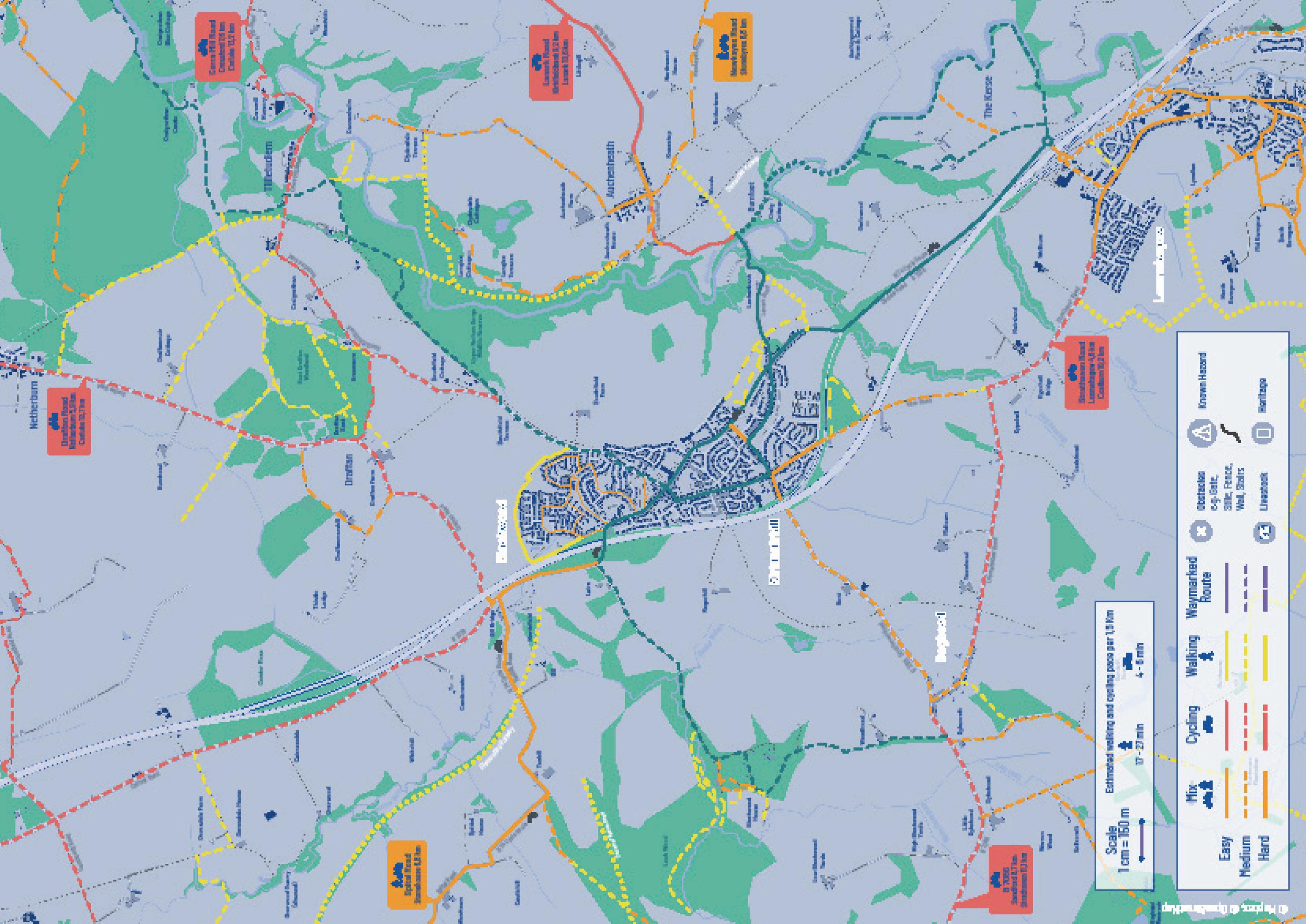
Make Your Way is managed by Rural Development Trust's Community Action Lanarkshire project and delivered by icecream architecture and... It is supported by Paths for All Smarter Choices Smarter Places, South Lanarkshire Renewable Energy Fund and Rural Development Trust.



- 1 Wiggly Park
- 2, 8, 21, 34, 37 Convenience Store / Supermarket
- 3 St John's Primary School
- 4, 43 Postbox
- 5 Our Lady and St John's Church
- 6 Blackwood Park
- 7 Blackwood Medical Practice
- 8 Blackwood and Kirkmuirhill Community Wing
- 10 Blackwood Primary School
- 11 Blackwood Victoria Bowling Club / Green
- 12 Hope Church and Community Hub
- 13 Braeside Clinic
- 14, 34, 37, 38, 40 Hairdresser / Barber / Beauty Salon
- 15 Kirkmuirhill Gospel Hall
- 16 Bakery
- 17, 35 Restaurant / Pub / Hotel
- 18, 23, 28, 30 Takeaway Restaurant
- 19 Service Business
- 20, 29 Gambling Shop
- 22 Pharmacy
- 25 Charity Shop
- 27 Lodge Hetham St. John No. 1288
- 28 Butchers
- 32 Thornton Food Community Centre and Neak's Shed
- 33 Kirkmuirhill Post Office
- 35 Woodhill Early Learning and Childrens
- 38 Petrol Station
- 39 Farm Shop
- 41 Kirkmuirhill Parish Church
- 42 Bank Primary School
- 44 Defibrillator

- Sport Pitch
- Play Park
- Bus Stop
- Car Park
- Obstade
- Bench
- Church





Canal Hill Board
 Coordinates 52.0 km
 Length 12.7 km

Lanzsch Board
 Coordinates 12.7 km
 Length 10.0 km

Mankayen Board
 Coordinates 12.7 km

Dordrecht Board
 Coordinates 2.0 km
 Length 10.7 km

Strookbos Board
 Coordinates 4.0 km
 Length 10.0 km

Dordrecht Board
 Coordinates 1.0 km

Dordrecht Board
 Coordinates 1.0 km

Scale
 1 cm = 160 m

Estimated walking and cycling paces per 1.0 km
 Walking 4-5 min
 Cycling 17-20 min

Easy	Medium	Hard	Mix	Cycling	Walking	Waymarked Route	Obstacles	Known Hazard
							e.g. Gate, Silt, Fence, Wall, Stairs	
							Livestock	Heritage