

MAKE YOUR WAY

Blackwood, Kirkmuirhill and Boghead

Make Your Way, walking and cycling across South Lanarkshire

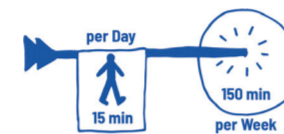


Blackwood, Kirkmuirhill and Boghead

Make Your Way to Active Travel

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

Exercise Target



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

Improve Your Health



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

Reduce Stress and Anxiety



Connecting with nature by being physically active outdoors is also great for our mental health and sense of well-being.

Reduce Carbon Emissions



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

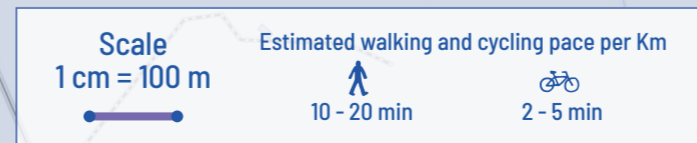
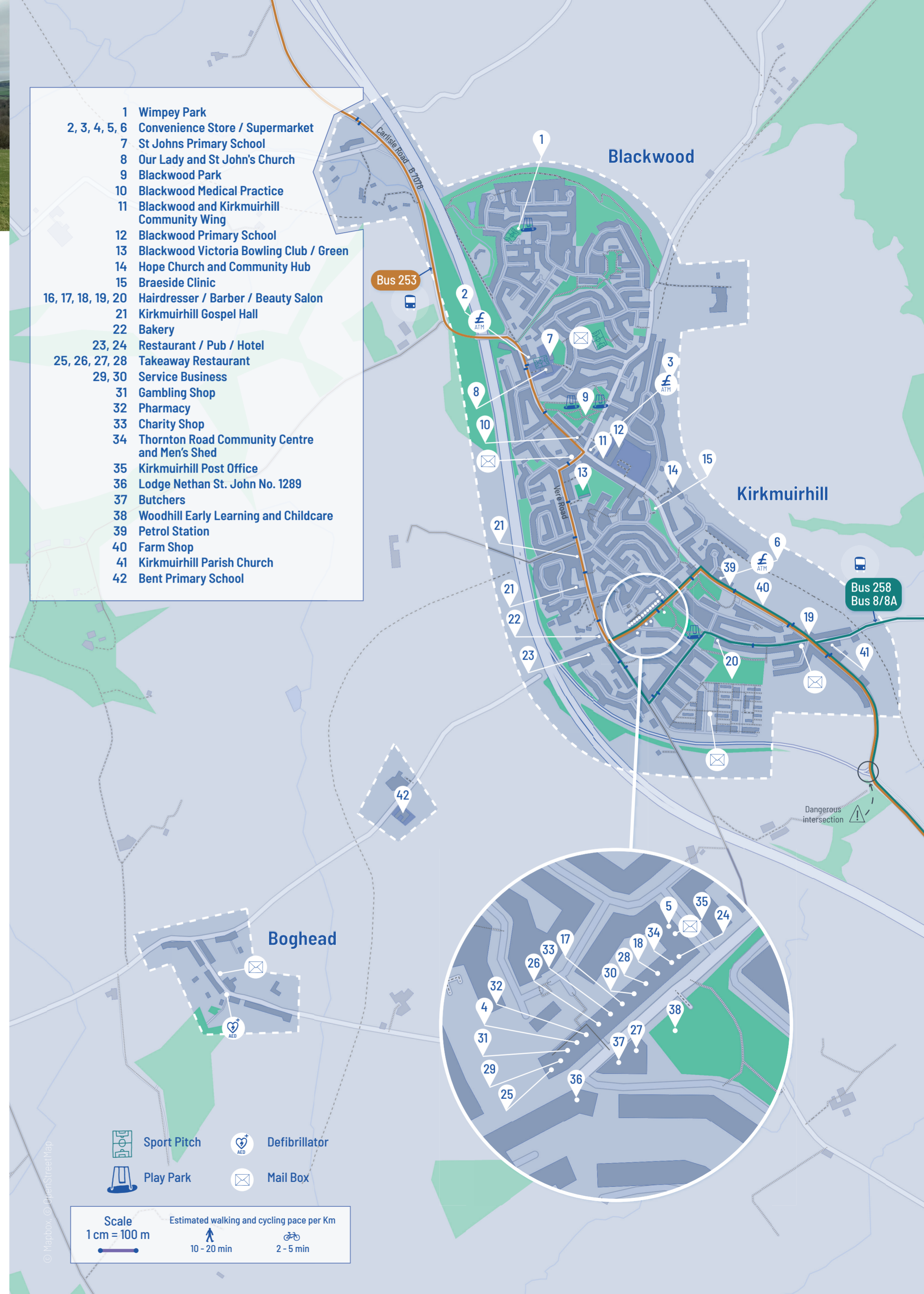
Medium Path/Route

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

Hard Path/Route

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

- 1 Wimpey Park
- 2, 3, 4, 5, 6 Convenience Store / Supermarket
- 7 St Johns Primary School
- 8 Our Lady and St John's Church
- 9 Blackwood Park
- 10 Blackwood Medical Practice
- 11 Blackwood and Kirkmuirhill Community Wing
- 12 Blackwood Primary School
- 13 Blackwood Victoria Bowling Club / Green
- 14 Hope Church and Community Hub
- 15 Braeside Clinic
- 16, 17, 18, 19, 20 Hairdresser / Barber / Beauty Salon
- 21 Kirkmuirhill Gospel Hall
- 22 Bakery
- 23, 24 Restaurant / Pub / Hotel
- 25, 26, 27, 28 Takeaway Restaurant
- 29, 30 Service Business
- 31 Gambling Shop
- 32 Pharmacy
- 33 Charity Shop
- 34 Thornton Road Community Centre and Men's Shed
- 35 Kirkmuirhill Post Office
- 36 Lodge Nethan St. John No. 1289
- 37 Butchers
- 38 Woodhill Early Learning and Childcare
- 39 Petrol Station
- 40 Farm Shop
- 41 Kirkmuirhill Parish Church
- 42 Bent Primary School



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 walking and cycling routes known to local people. These routes can be used for practical journeys, leisure and exercise.

MAKE YOUR WAY

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

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



Stroll suggestion

"Roun'Draffan" Circular Route
5,4 km / Easy - Medium

Starting at the Make Your Way map board situated at Blackwood & Kirkmuirhill Community Wing, this route takes you through areas rich in mining history and includes panoramic views over the Upper Nethan Gorge towards Black Hill and the Clyde Valley beyond. A detour is possible into the Gorge, part of the Clyde Valley Woodland Nature Reserve, before returning and heading roun' towards Draffan and back into Blackwood.

The route is mainly on tarmac with some steep sections. Stay alert to traffic when walking or cycling on country roads without pavements or cycle lanes, especially when crossing.



Spital Road
Backroad to Stonehouse 6,8 km

Draffan Road
Netherburn 5,9 km
Carluke 12,7 km

Corra Mill Road
Crossford 7,6 km
Carluke 13,2 km

Lanark Road
Kirkfieldbank 9,2 km
Lanark 10,6 km

Newkayes Road
Stonebyres 6,8 km

"Roun' Draffan"
Circular Walk 5,4 km
Easy / Medium

B 7086
Sandford 8,7 km
Strathaven 11,1 km

Strathaven Road
Lesmahagow 4,6 km
Coalburn 10,2 km

Scale
1 cm = 220 m

Estimated walking and cycling pace per 1,5 Km

Walking: 17 - 27 min

Cycling: 4 - 6 min

Steep Gradient Area

Both	Cycling	Walking	Suggested Stroll	Known Hazard	Sport Pitch
Easy					
Medium					
Hard					