

across South Lanarkshire  
walking and cycling  
Make Your Way,

# Lesmahagow

## MAKE YOUR WAY

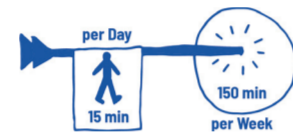


### Lesmahagow

#### 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.

##### Reduce Stress and Anxiety



Connecting with nature by being physically active outdoors 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 a 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 in reducing pollution.

#### Transport

Public transport info: [www.travelinescotland.com](http://www.travelinescotland.com) 0871 200 2233

##### From Lesmahagow

- 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

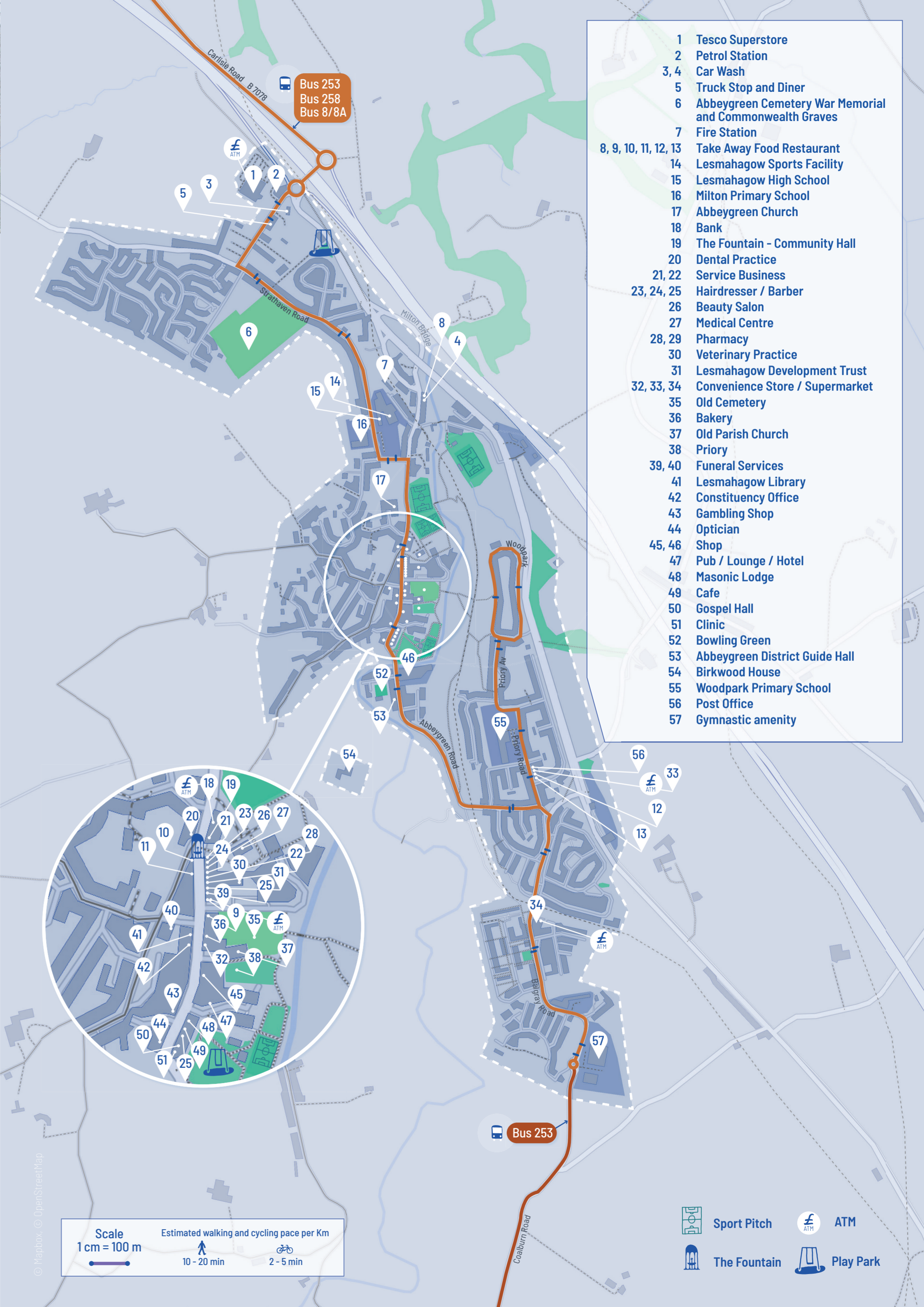
- Tarmac and/or pavements ; flat ; wide ; suitable for all shoes ; places to stop and easy to follow.
- Safe ; minimal traffic or off road ; cycle lane.

##### 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 Tesco Superstore
- 2 Petrol Station
- 3, 4 Car Wash
- 5 Truck Stop and Diner
- 6 Abbeygreen Cemetery War Memorial and Commonwealth Graves
- 7 Fire Station
- 8, 9, 10, 11, 12, 13 Take Away Food Restaurant
- 14 Lesmahagow Sports Facility
- 15 Lesmahagow High School
- 16 Milton Primary School
- 17 Abbeygreen Church
- 18 Bank
- 19 The Fountain - Community Hall
- 20 Dental Practice
- 21, 22 Service Business
- 23, 24, 25 Hairdresser / Barber
- 26 Beauty Salon
- 27 Medical Centre
- 28, 29 Pharmacy
- 30 Veterinary Practice
- 31 Lesmahagow Development Trust
- 32, 33, 34 Convenience Store / Supermarket
- 35 Old Cemetery
- 36 Bakery
- 37 Old Parish Church
- 38 Priory
- 39, 40 Funeral Services
- 41 Lesmahagow Library
- 42 Constituency Office
- 43 Gambling Shop
- 44 Optician
- 45, 46 Shop
- 47 Pub / Lounge / Hotel
- 48 Masonic Lodge
- 49 Cafe
- 50 Gospel Hall
- 51 Clinic
- 52 Bowling Green
- 53 Abbeygreen District Guide Hall
- 54 Birkwood House
- 55 Woodpark Primary School
- 56 Post Office
- 57 Gymnastic amenity

#### Community Map from Community Knowledge

This map has been created in collaboration with community members from Lesmahagow. 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

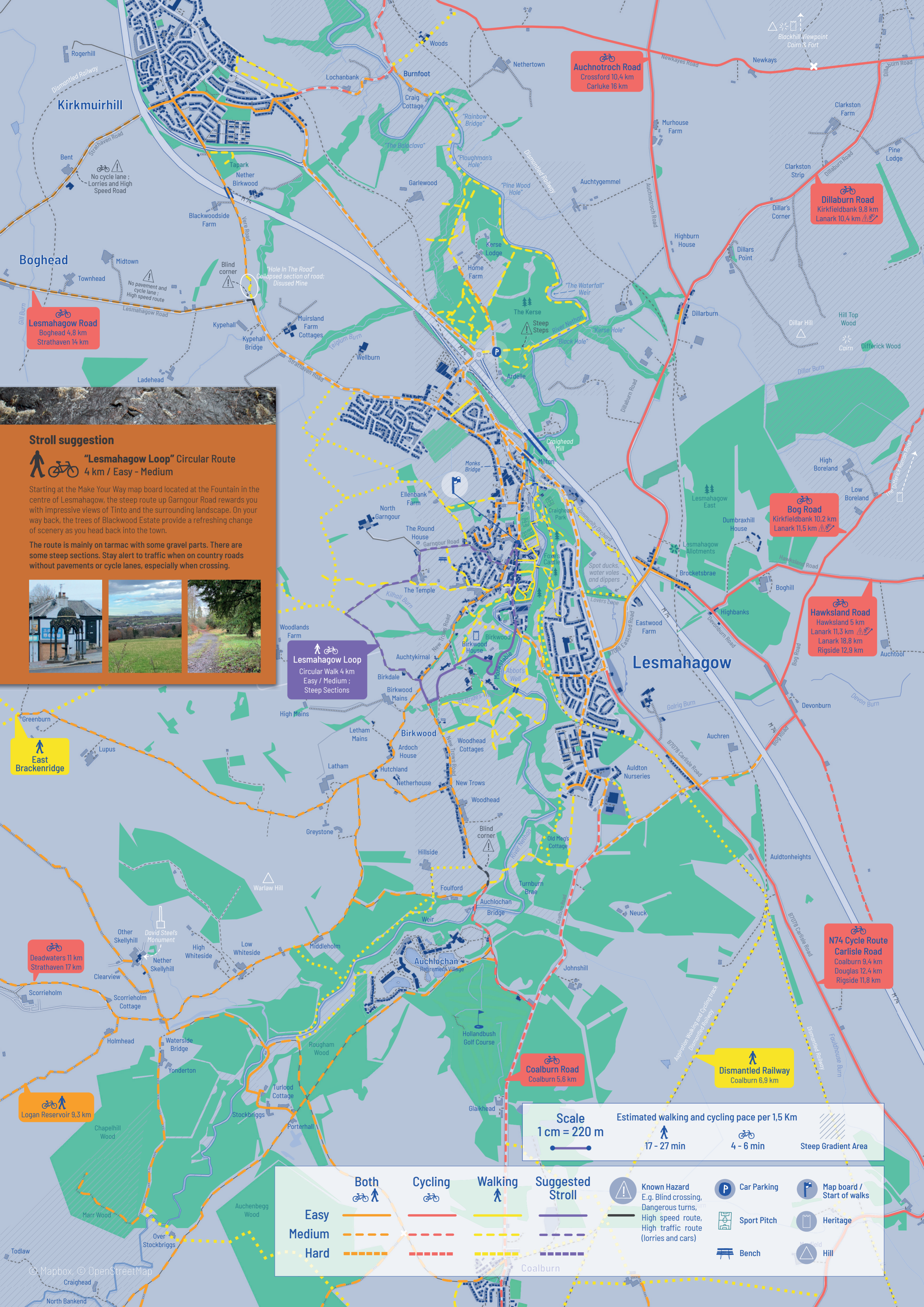
Explore other routes and find out more at [www.makeyourwayclydesdale.com](http://www.makeyourwayclydesdale.com)

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.



**KNOW THE CODE BEFORE YOU GO**  
outdooraccess-scotland.scot





**Auchnotroch Road**  
 Crossford 10.4 km  
 Carluke 16 km

**Dillaburn Road**  
 Kirkfieldbank 9.8 km  
 Lanark 10.4 km

**Lesmahagow Road**  
 Boghead 4.8 km  
 Strathaven 14 km

**Bog Road**  
 Kirkfieldbank 10.2 km  
 Lanark 11.5 km

**Hawkisland Road**  
 Hawkisland 5 km  
 Lanark 11.3 km  
 Lanark 18.8 km  
 Rigside 12.9 km

**N74 Cycle Route**  
 Carlisle Road 9.4 km  
 Douglas 12.4 km  
 Rigside 11.8 km

**Coalburn Road**  
 Coalburn 5.6 km

**Dismantled Railway**  
 Coalburn 6.9 km



**Stroll suggestion**

**"Lesmahagow Loop" Circular Route**  
 4 km / Easy - Medium

Starting at the Make Your Way map board located at the Fountain in the centre of Lesmahagow, the steep route up Garngour Road rewards you with impressive views of Tinto and the surrounding landscape. On your way back, the trees of Blackwood Estate provide a refreshing change of scenery as you head back into the town.

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

**Lesmahagow Loop**  
 Circular Walk 4 km  
 Easy / Medium ;  
 Steep Sections

**East Brackenridge**

**Scale**  
 1 cm = 220 m

**Estimated walking and cycling pace per 1,5 Km**

17 - 27 min	4 - 6 min	Steep Gradient Area

	Both	Cycling	Walking	Suggested Stroll
<b>Easy</b>				
<b>Medium</b>				
<b>Hard</b>				

- Known Hazard  
 E.g. Blind crossing, Dangerous turns, High speed route, High traffic route (lorries and cars)
- Car Parking
- Sport Pitch
- Bench
- Map board / Start of walks
- Heritage
- Hill