

GLASGOW, LANARKSHIRE, FALKIRK, ARGYLL and AYRSHIRE – December 2023

see *Countrywide, Scotland and Edinburgh*: [Loch Lomond & Trossachs leaflets are also listed under Stirling](#)

Pocket sized guides to the NCN: £7.99 each

37: Ayrshire, Lanark & The Isle of Arran Cycle Map (2021)

41: Glasgow, Stirling & The Clyde Cycle Map (2021)

<http://shop.sustrans.org.uk/> to order on-line (7/23)

Clyde and Loch Lomond Cycleway, Glasgow to Loch Lomond (NCN 7)

<https://lochlomond-thetrossachs.co.uk/item/cycle-route-7/> for details (12/23)

Paisley and Clyde Railway Path (NCN 75), Paisley to Gourock 20 mls (2004)

<https://docslib.org/doc/1039855/paisley-and-clyde-cycling-path> to download (12/23)

Ayrshire Coast Cycleway (NCN 7), Irvine to Ayr 19 mls

Cunninghame Cycleway (NCN 73), Kilmarnock to Ardrossan 17 mls (2004)

Garnock Valley Cycleway (NCN 7), Irvine to Kilbirnie 18 mls (2004)

www.north-ayrshire.gov.uk/leisure-parks-and-events/outdoor-activities/cycling-and-cycle-paths.aspx to download (12/23)

The Clyde Walkway, Glasgow City Centre to New Lanark

www.southlanarkshire.gov.uk/downloads/download/258/clyde_walkway to download (12/23)

Glasgow Mountain Bike Guides

Alexandra Park (2013)

Cathkin Braes (2013)

www.glasgow.gov.uk/index.aspx?articleid=18297 to download (12/23)

The White Cart Water Walkway & Cycle Route, Pollok House in Pollok Country Park & Holmwood House, Cathcart

Follow the Kingfisher signs (OS 64, GR 55 61/58 59)

<http://gobike.org/pdfs/cart-blanche.pdf> to download (12/23)

Crinan Canal, Ardrishaig/Crinan (OS 55, GR 85 85/78 94) 9 mls

www.scottishcanals.co.uk/visit/canals/ for details (12/23)

Fire Tower Mountain Bike Trail, start from Achnabreck, Kilmichael Glassary and Lochgilhead (OS 55)

www.heartofargyll.com/places/argyll-and-bute/lochgilhead/what-to-do/fire-tower-mountain-bike-trail/ for details (12/23)

Walk, Ride and Cycle in and around Denny (Denny Path Network), 7 suggested locations (2012)

www.falkirk.gov.uk/services/environment/environmental-management/docs/paths-walks/05%20Denny%20path%20network.pdf?v=201906271131
to download

Walk, Ride and Cycle in and around The Falkirk Wheel and South Falkirk, 10 suggested locations (2010)

www.falkirk.gov.uk/services/environment/environmental-management/docs/paths-walks/09%20The%20Falkirk%20Wheel%20and%20South%20Falkirk.pdf?v=201906271131
to download (12/23)

Carron Valley MTB Trails (OS 57,64. GR 72 83) (2013)

<https://forestryandland.gov.scot/visit/carron-valley> to download route card (12/23)

Gravelfoyle, 3 gravel routes for all abilities from Aberfoyle Village into Loch Ard Forest

www.gravelfoyle.com/waymarked-routes for details (12/23)

Ayrshire Paths, guide to cycle routes throughout South Ayrshire

www.ayrshirepaths.org.uk/find.htm for details (12/23)

Walking and cycling in South Ayrshire

www.south-ayrshire.gov.uk/article/28446/walking-and-cycling/ to download (12/23)

East Kilbride Cycling Network, 3 routes around the town centre

www.southlanarkshire.gov.uk/downloads/download/201/east_kilbride_cycle_network_routes_one_to_three to download (12/23)

Irving & Kilwinning New Town Trail, Pedestrian & Cycle Trail Map and Guide

www.ayrshirepaths.org.uk/walkirvinentt.htm for details (12/23)

Eglington Country Park - cycling

www.north-ayrshire.gov.uk/leisure-parks-and-events/eglington-park/EPHome.aspx for details (12/23)

Callendar Estate Falkirk Cycling Routes

www.callendarestate.co.uk/activities/cycling for details (12/23)

The Helix (near Falkirk), walking & cycling

www.thehelix.co.uk/visit/walking-cycling for details (12/23)

Cycling in East Renfrewshire

www.whatsoneastrenfrewshire.co.uk/activities/cycling/ for details (12/23)

Cycling in Renfrewshire, includes 10 cycle routes

www.renfrewshire.gov.uk/media/2277/Cycling-in-Renfrewshire/pdf/CyclingInRenfrewshire.pdf?m=1460976002110
to download (12/23)

Cycling, Loch Lomond & the Trossachs National Park

www.lochlomond-trossachs.org/things-to-do/cycling/ for details (12/23)

The Three Lochs Way multi-user notes, linking Loch Lomond, The Gareloch and Loch Long; also Guidebook **£10**

www.threelochs.co.uk to obtain (12/23)

The Whithorn Way, Glasgow/Whithorn (see Scotland) (12/23)

10 Walking and cycling routes in and around Kirkintilloch and Lenzi

www.thecampsies.co.uk/DE-HH%2010%20Walks%20Brochure.pdf to download (12/23)

Rides around the Trossachs, 6 easy to follow rides **£4.95** (2009)

Rides around Loch Lomond **£4.95** (2005)

www.stirlingsurveys.co.uk/cycle.php to order on-line (7/23)