

A breath of fresh air in Lanarkshire

Poor air quality affects our health, especially for people who already have heart or lung problems such as heart disease or asthma.

Air quality in Lanarkshire is generally good but we do still have hotspots of poor air quality, mainly from road traffic emissions. Both North and South Lanarkshire Councils carry out air quality monitoring to find out how good or bad our air quality is.

We all have a duty to help improve air quality in our area. The good news is that if everyone does a little, overall it can achieve a lot.

Things you can do to improve air quality in your area can include...

- Walk / cycle / scooter as part of your journey
- Pledge to make one less car journey a week, maybe at the weekend when you have more time
- Use public transport instead of the car if you can
- Make sure your car is serviced regularly to keep the engine in good condition

Strathclyde Park is a wonderful resource that joins North and South Lanarkshire. There are many path options into and within the park and this sign hopes to highlight some of these route options. Maybe you will feel inspired to walk or cycle more whether for fitness, mental wellbeing, commuting or just for fun!

By walking or cycling more you can be part of the solution, not the pollution!

To find out more log on to www.scottishairquality.co.uk

Within Strathclyde Country Park

Strathclyde country park is ideally situated in 400 hectares of countryside in the valley of the River Clyde. The central location encourages travellers to access the area actively.

Cyclists and pedestrians can access the country park with ease from nearby train stations, transport hubs and popular locations. Onsite there is a host of activities that cater for all ages and skills. The park offers a water sports centre with a café, conference rooms, outdoor playgrounds, a fitness gym and bicycle hire to name but a few.

The water sports centre provides a wide variety of activities including bumper boats, pedalos, Canadian canoes, ocean kayaks, speedboat trips, waterwalker and paddleboards. Being a proud host of the Glasgow 2014 Commonwealth Games, it is evident that the centre and the park are well equipped.

There are also plenty of things to do on land such as walk and cycle the four highlighted routes within the park, visit the rebuilt Bothwellhaugh Roman Baths where the remains of the bath house, that was used between 142 AD and 162 AD, lie, or make use of the various outdoor play parks and the "Goose Beach". Throughout the year various sporting and music events are held within the country park's grounds.

Inside the park area there is also M&D's theme park, Amazonia (Scotland's largest indoor tropical rainforest), a caravan and camping site, two hotels and places to eat and drink.

Walking and Cycling in Strathclyde Park



get out for a breath of fresh air in Lanarkshire

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Route 2 Retail Park North to Strathclyde Country Park via Hamilton Palace Grounds
0.6 miles / 0.9 km

11 min 1,183 steps 3 metres

Easy walk with a tarmac path. There is a slight incline after the tunnel over the bridge.

Easy cycle with a tarmac path. There is a small incline after the tunnel over the bridge.

Directions The route begins at the Hamilton Palace Retail Park where the path takes you through the sports ground. Following the path, you then meet the NCN 74 at the Mausoleum, the route goes under the M74 and you then cross the bridge over the River Clyde into Strathclyde Park.

Historical Points **Davie Cooper statue** – Erected in 1990 by South Lanarkshire Council, in the Hamilton Palace sports grounds, the bronze-plated Davie Cooper Statue pays tribute to the local footballing legend David Cooper. **Hamilton Mausoleum** – The distinctive dome-shaped Hamilton Mausoleum is a monument and tomb for the 10th Duke of Hamilton, Alexander, who died in 1852. The structure stands over 36 metres tall. The floor inside is made up of marble sourced from all over the world and the large entrance doors are finished with bronze. Upon slamming the entrance doors, visitors can experience a 15 second echo, one of the longest in the world. Tours of the Mausoleum are on the first Sunday of the month between February and November.

Places of Interest This route begins at Hamilton Palace Retail Park where there are several shops, eateries and a cinema.

B Interior dome in Hamilton Mausoleum

C Hamilton Palace grounds

Route 3 North Motherwell (Bellshill Road) to Strathclyde Park via Logans Road
1.2 miles / 1.9 km

23 min 2,492 steps 2 metres

Reasonably easy walk with a tarmac path. The route goes over a level-crossing. This can be avoided with the steps that run over the railway line.

Easy cycle with tarmac paths/roads. The route goes over a level-crossing. Most of this route is downhill and is predominantly on the road.

Directions This route begins at Bellshill Road where Logans Road connects. Cross the level crossing, when appropriate to do so, and head down Logans Road. Follow the road past Logans Primary School and onto Pinnmill Avenue. Follow Pinnmill Avenue until you reach the off-road path at the intersection of Kilbrennan Drive. Follow the off-road path taking you over the Strathclyde Country Park road and leading you into the country park.

Places of Interest The route goes past the **Pat Cullinan Community Centre** which has a large hall which is available for bookings. It can accommodate up to 150 people with catering facilities on-site. Many local events and activities take place here. There is a local shop, restaurant and bar on this route. There are buses that run on this route.

D View from The Furlongs to Strathclyde Park

E Chathelherault Country Park

F Hamilton Racecourse

G Low Parks Museum

Route 4 Chathelherault Hunting Lodge to Strathclyde Country Park via NCN74
2.3 miles / 3.7 km

45 min 4,858 steps 9 metres

Challenging walk with a relatively steep decline section at start of route to descend onto path from car park. There is a further steep decline on off-road section before the Old Avon Bridge. The route is predominantly tarmac, however, there are cobbles stones over the Old Avon Bridge.

Challenging cycle with a relatively steep decline section at start of route to descend onto path from car park. Most of this route is off-road, there is a small on road section on a lightly trafficked road. There is a further steep decline on off-road section before the Old Avon Bridge, the route is predominantly tarmac, however, there are cobbles stones over the Old Avon Bridge.

Directions The route begins at the Hunting Lodge where a steep descent takes you onto the NCN 74. Following the path, you go past the Portrait Bench, a steep decline then awaits. From here you cross the Old Avon Bridge and join up with the path to the right which leads you all the way under the A723 bridge. Follow the wooded path with the M74 on your left-hand side. Where you meet the tunnel under the M74, turn right and cross the River Clyde over the bridge and into Strathclyde Park.

Historical Points **Chathelherault Hunting Lodge** – The route starts with a view over this city of Glasgow at the Chathelherault Hunting Lodge. This lodge was built in 1732 for the Duke of Hamilton where hunting took place in the nearby woodlands and coal and sand were quarried in the grounds. This is evidenced by the steep decline, in what is known as the Grand Avenue, where a mass amount of material has been removed. Visitors to the lodge can now make use of the café, galleries and gift shop. **The Portrait Bench** – Sheet metal life-size figures of William Wallace, David Livingstone and Robert Owen surround a park bench in the Chathelherault grounds. The icons were selected through a public poll to recognise local heroes and the bench proves to be a popular picnic and picture-taking spot. **The Old Avon Bridge** – This category A listed bridge was constructed in the early 16th century to allow pack horses to cross the river Avon. The bridge was then extended in the 18th century to accommodate for vehicles. While standing on the bridge, a historic mill lade can be seen which ran water from the weir upstream and powered a water wheel in the Avon Mill.

D View from the lodge

E The Portrait Bench

Route 5 Hamilton West Station (via The Furlongs) to Strathclyde Country Park
1.3 miles / 2.1 km

25 min 2,746 steps 8 metres

Moderate walk with a tarmac path. There is a steep decline between The Furlongs and the golf centre and a slight incline after the tunnel over the bridge.

Easy cycle with tarmac paths/roads. Part of this route is on road and there is a steep decline between The Furlongs and the golf centre. Further there is a slight incline after the tunnel over the bridge.

Directions This route takes you from the Hamilton West train station on the A724 onto the A72 and then crossing the Furlongs roundabout. You follow the route along the furlongs and onto Mausoleum Drive where you meet the off-road section of the NCN74 leading past the Mausoleum and under the M74 through the tunnel, finally the path goes over the River Clyde crossing bridge leading you into Strathclyde Park.

Historical Points **The Furlongs** – This route takes you past "The Furlongs" in Hamilton. The name refers to the Hamilton Racecourse where, unlike most of the other UK racecourses, the jockeys ride right-handed. The first evening and the first morning racing fixtures also took place at the Hamilton Racecourse in 1947 and 1971 respectively. **Hamilton Mausoleum** – The distinctive dome-shaped Hamilton Mausoleum is a monument and tomb for the 10th Duke of Hamilton, Alexander, who died in 1852. The structure stands over 36 metres tall. The floor inside is made up of marble sourced from all over the world and the large entrance doors are finished with bronze. Upon slamming the entrance doors, visitors can experience a 15-second echo, one of the longest in the world. Tours of the Mausoleum are on the first Sunday of the month between February and November.

Places of Interest Bordering the Hamilton Racecourse is the **Strathclyde Park Golf Course and Centre**. Run by South Lanarkshire Council, the centre offers a driving range to practice on and a 9-hole course which members of the public can play and play with locals being able to make use of discounted prices. There are buses that run on this route.

D Stroll through the woodlands

E View over Motherwell towards park

F Motherwell Heritage Centre

Route 6 Hamilton Central to Strathclyde Country Park
1.2 miles / 1.9 km

23 min 2,492 steps 5 metres

Reasonably easy walk with a tarmac path. There is a slight descent from the station to the retail park.

Easy cycle with tarmac paths/roads. Part of this route is on road and there is a long continuous descent on the A72 roundabout at the retail park.

Directions The route starts at Hamilton Central Station where you follow the B7071. When the road is about to branch off, turn right prior to this onto Cadzow Lane and then down onto Campbell Street, crossing over at Cadzow Street. Going down Campbell Street turn left onto Postgate and then take the first right onto Castle Street. Following the road, you reach the A72 where you cross and go past Low Parks Museum and onto Mote Hill. Follow the road round to the right past the golf centre and onto Mausoleum Drive, joining on the NCN74 off-road section you pass the Mausoleum and under the M74 through the tunnel. Finally, the path goes over the River Clyde crossing bridge leading you into Strathclyde Park.

Historical Points **Low Parks Museum** – The museum opened in 1967 and is set within two historic buildings. The first building was built in 1696 and was the home of the lawyer/secretary to the 3rd Duke, and Duchess, of Hamilton. The other was the Palace Riding School, which was built for the 10th Duke of Hamilton, Alexander, in 1837. The museum provides information and details on the history of the Hamilton Palace. Members of the public can also make use of the café and activities that are put on for children. **Hamilton Mausoleum** (see Route 5).

Places of Interest This route goes past various local shops, eateries and a cinema. **Hamilton Ice Rink** is situated on this route, along with the ice rink and curling lanes there are 5 squash courts, a fitness centre with sauna, a restaurant and a bar. Bordering the Hamilton Racecourse is the **Strathclyde Park Golf Course and Centre** (see route 5). There are buses that run on this route.

B Interior dome in Hamilton Mausoleum

C Hamilton Palace grounds

D View from the lodge

E The Portrait Bench

Route 7 Bellshill Station to Strathclyde Country Park via Bogs Brae
1.9 miles / 3.1 km

37 min 4,068 steps 6 metres

Challenging walk with a tarmac path. A slight incline up to the A725 and a continuous descent from A725 turning down through caravan park.

Moderate cycle with a tarmac road/path. Most of this route is on road with an incline on approach to the A725 and a decline from the roadside A725 turning down through to the caravan park.

Directions Begin at Bellshill Train Station and head south on the B7070 where you join up with the A725. Turn left after the crash barriers on the A725 and down onto the access road. From here follow the access road past the Caravan Park and into the Country Park.

Historical Points **The Strathclyde Country Park Caravan and Motorhome Club Site** – With areas for tents, caravans and motorhomes, the Strathclyde Country Park Caravan and Motorhome Club Site is the perfect location for a family stay. With wifi, cleaning facilities and a shop, the caravan park is well-equipped for all. Further conveniences on site include a woodland, kids playpark and facilities for the disabled. The centrally-located site ensures that there is plenty to do in the vicinity and Loch Lomond, Stirling and Edinburgh are all within an hours drive.

Places of Interest This route goes past various eateries. There are buses that run on this route.

D View from the lodge

E The Portrait Bench

Route 8 Bellshill Station to Strathclyde Country Park via Raith Interchange
1.9 miles / 3.1 km

36 min 3,937 steps 6 metres

Challenging walk with a tarmac path. There is a slight incline up to the A725 and a long continuous descent on the A725 down to the Raith Interchange.

Moderate cycle with tarmac road/path. Most of this route is on road with an incline on approach to the A725 and a long continuous descent on the roadside at the A725 towards the Raith Interchange.

Directions Begin at Bellshill Train Station and head south on the B7070 where you join up with the A725. Following the Raith Interchange path turn left onto the Country Park access road past the hotel and into Strathclyde Park.

Historical Points **Raith Interchange** – The newly constructed shared-use path includes two new bridges where pedestrians and cyclists can easily travel around the Raith Interchange and access Strathclyde Park. The new flyovers have been designed to accommodate all types of travellers.

Places of Interest This route goes past various eateries. There are buses that run on this route.

D Early morning fishing in the loch

E Sailing on the loch

Route 9 Airbles Station to Strathclyde Country Park
1.7 miles / 2.7 km

33 min 3,590 steps 4 metres

Reasonably easy walk with a tarmac path. There is a long continuous descent on Airbles Road and steps on the A723 roadside.

Easy cycle with a tarmac road. This route is on road with a long continuous descent on Airbles Road. There are steps on the A723 bridge with a wheeling ramp.

Directions Starting at Airbles Station go west on the B754, follow the road downhill past the cemetery and meet the A723. Follow the path left on the A723 over the River Clyde, cut-down off the path down the steps/ wheeling ramp after the bridge and follow the path under the bridge on the NCN74. Follow the wooded path, with the M74 on your left-hand side. Where you meet the tunnel under the M74, turn right to cross the River Clyde over the bridge and into Strathclyde Park.

Places of Interest At the start of the route the nearby **Duchess Park** offers a kid's play park and a skate park. There are buses that run on this route.

D Stroll through the woodlands

E View over Motherwell towards park

F Motherwell Heritage Centre

Route 10 Motherwell Station to Strathclyde Country Park via Ladywell Road
1.9 miles / 3.1 km

37 min 4,013 steps 3 metres

Moderate walk with a tarmac path. There is a long continuous descent on Ladywell Road.

Easy cycle with a tarmac path/road. Part of this route is on road and there is a long continuous descent on Ladywell Road.

Directions The route starts at Motherwell train station where you head south on the A721. Once over the bridge turn right onto High Road and go past the North Lanarkshire Heritage Centre cutting down onto Farm Street where you meet Ladywell Road. Follow this road the whole way down and onto Strathclyde Road. Using the slip path, cut down over the road and into Strathclyde Park.

Historical Points **North Lanarkshire Heritage Centre** – The North Lanarkshire Heritage Centre opened in 1996 where the previous Motherwell Swimming Baths were. These baths were used by many local Olympic swimmers to train in the mid twentieth century. There is plenty on offer for visitors including exhibits, guided tours, galleries, family craft activities, a gift shop and a viewing platform looking over the Clyde Valley. **Ladywell Stone** – The Ladywell Stone or "Our Lady's Well" is a local historic landmark and is believed to be the reason for Motherwell's name. The stone that is present today is positioned near the original site of the well where it is said that St Patrick drank from on his way to the Roman camp on the banks of the River Clyde. The well ran dry in 1963, however, there is now a modern water fountain to pay homage to the original well.

Places of Interest The route starts in Motherwell where there are various local shops and eateries. The shopping centre also offers further places to shop and eat. There are buses that run on this route.

M Barons Haugh

N Bothwell Parish Church

O Bothwell Bridge

Route 11 Barons Haugh to Strathclyde Country Park
1.3 miles / 2.1 km

25 min 2,756 steps 5 metres

Reasonably easy walk with differing terrain, predominantly off-road. The route begins on a tarmac path. It then moves to a compressed gravel path and on some parts the route is on compacted earth. There is also a small section on an access road. This route has steps at several points.

Moderate cycle with differing terrain, predominantly off-road. The route begins on a tarmac path. It then moves to a compressed gravel path and on some parts the route is on compacted earth. There is also a small section on an access road. This route has steps at several points and a section where cyclists must dismount.

Directions Begin in Barons Haugh and follow the route under the rail bridge. Following the route, you go past Airbles Cemetery on your right-hand side. Follow the route up the steps and onto Prentice Road where you turn left and join back on to the off-road route. Cyclists are then asked to dismount while going under the A723 bridge down the steps and back up into the country park.

Historical Points **RSPB Barons Haugh** – The route begins in the Barons Haugh nature reserve. The reserve hosts many routes with 4 hides where you can see ducks and swans. During certain times of the year, kingfishers and otters may also be seen within the reserve. Nature-themed events take place throughout the year in Barons Haugh that are run by the RSPB.

M Barons Haugh

N Bothwell Parish Church

O Bothwell Bridge

Route 12 Uddingston Station to Strathclyde Country Park via Bothwell
3.7 miles / 6.1 km

1hr 16 min 7,814 steps 40 metres

Challenging walk with a tarmac path. There is a slight decline at Bellshill Bypass and an incline on approach to the Raith Interchange flyover. There is also a decline back down to road level.

Moderate cycle with tarmac path/road. Most of this route is on road. There is a slight decline at Bellshill Bypass and an incline on approach to the Raith Interchange flyover. There is also a decline back down to road level.

Directions Start at Uddingston train station and follow the B7071 south through Uddingston main street past the shops and eateries. Keep following the road past the golf course and through Bothwell. Turn left just before the River Clyde onto Bellshill Road and follow the Raith Interchange path over the two fly-overs and left onto Hamilton Road past the hotel and into Strathclyde Park.

Historical Points **Tunnoch's Factory** – The family business dates back to 1890 where the first factory was opened in Uddingston. The original factory burnt down, however, the replacement one, having had extensions along the way, still stands and has tours available for visitors. **Bothwell Parish Church** – The oldest collegiate church in Scotland in which worship is still held. Several community events are held within the church and there is a café. **Raith Interchange** – The newly constructed shared-use path includes two new bridges where pedestrians and cyclists can easily travel around the Raith Interchange and access Strathclyde Park. The new flyovers have been designed to accommodate all types of travellers.

Places of Interest The route goes past some local eateries, shops, a superstore and a hotel. **The Bothwell Library** is in this route where various courses, classes and events take place. Meeting rooms can be booked out in Bothwell Library. There are buses that run on this route.

D Sailing on the loch

E The Portrait Bench

Route 13 Whirlies Roundabout to Strathclyde Country Park via NCN 74 and Raith Interchange
6.6 miles / 10.7 km

N/A N/A 51 metres

Challenging cycle with tarmac road/path. The route is mostly on road, however, there are some off-road shared-use sections. There are several long continuous downhill sections and some gradual uphill ascents throughout.

Directions Begin the route at Whirlies roundabout and head along Stoneymeadow Road going past the golf course on your left-hand side. Following the path, join onto B7012 Hamilton Road. Turn left off Hamilton Road which becomes Main Street, High Blantyre (still B7012) and from here turn onto NCN74 at Auchinraith Road. Follow the NCN 74 towards Bothwell Bridge. Cross over Bothwell Bridge and turn right onto the Raith Interchange path passing over the two fly-overs and turning left onto the Country Park access road past the hotel and into Strathclyde Country Park.

Historical Points **Greenhall Park** – Greenhall park is around 332 acres of land in what was the Greenhall House estate. The park has many routes around the Rotten Calder River. There are remains of an old rail viaduct, with plenty of opportunities for photos at the water fall and old bridge. **Bothwell Bridge** – The Battle of Bothwell Bridge occurred in 1699. The 300 Covenanters on the bridge, who led the revolt, were faced with a 5,000-strong government army sent by the Duke of Monmouth at Bothwell Bridge. The Covenanters managed to withhold the bridge for a couple of hours, however they soon became exhausted and lacked ammunition. The rebels were suppressed relatively easily due to a lack of experience and equipment within their army, allowing Monmouth's army to capture the south side of the bridge. **Raith Interchange** (see Route 12).

Places of Interest This route goes past a golf course, a paintball venue and a hotel. The route also goes past a playpark. There are local shops, eateries and a superstore on this route. There are buses that run on this route.

D Stroll through the woodlands

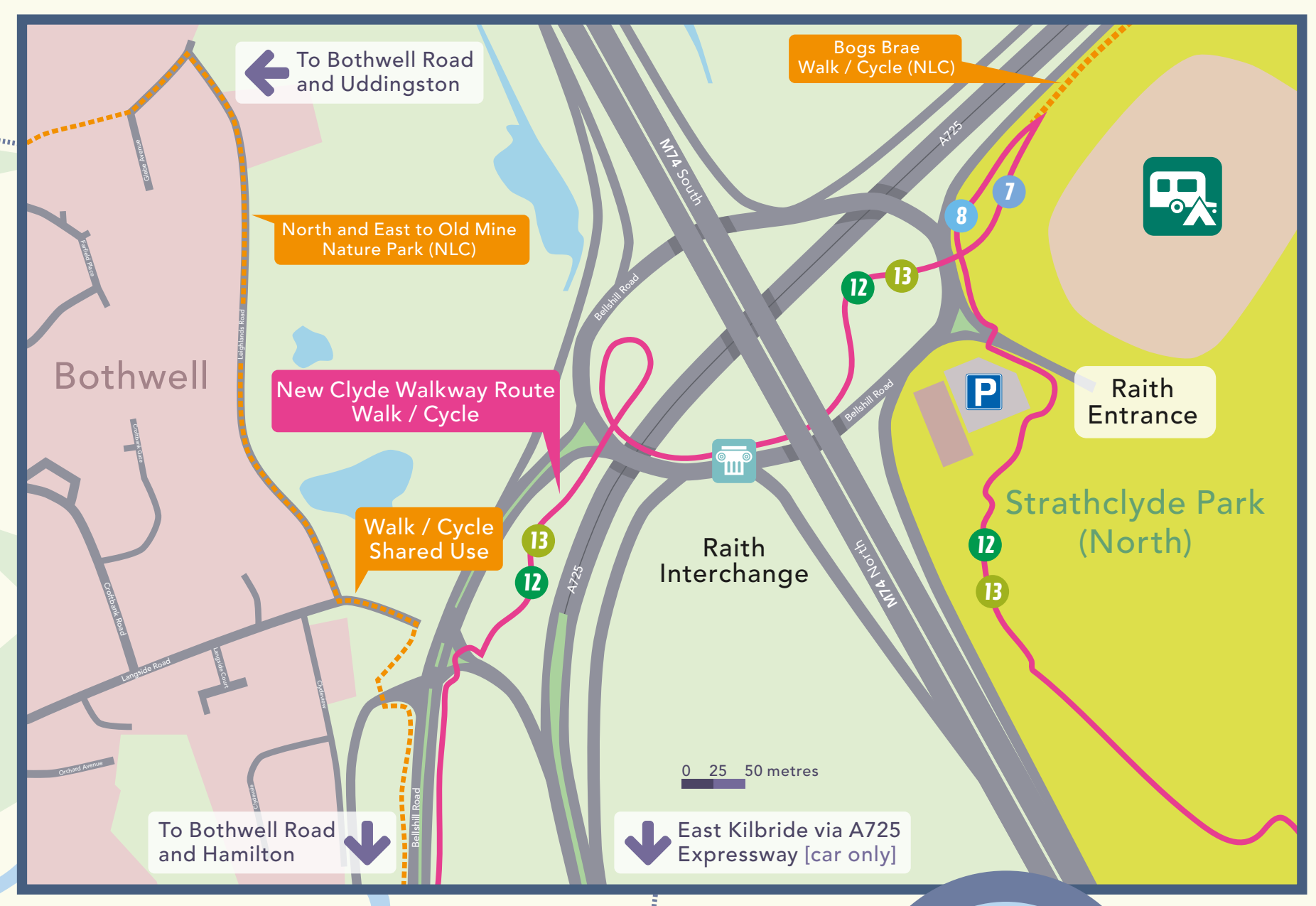
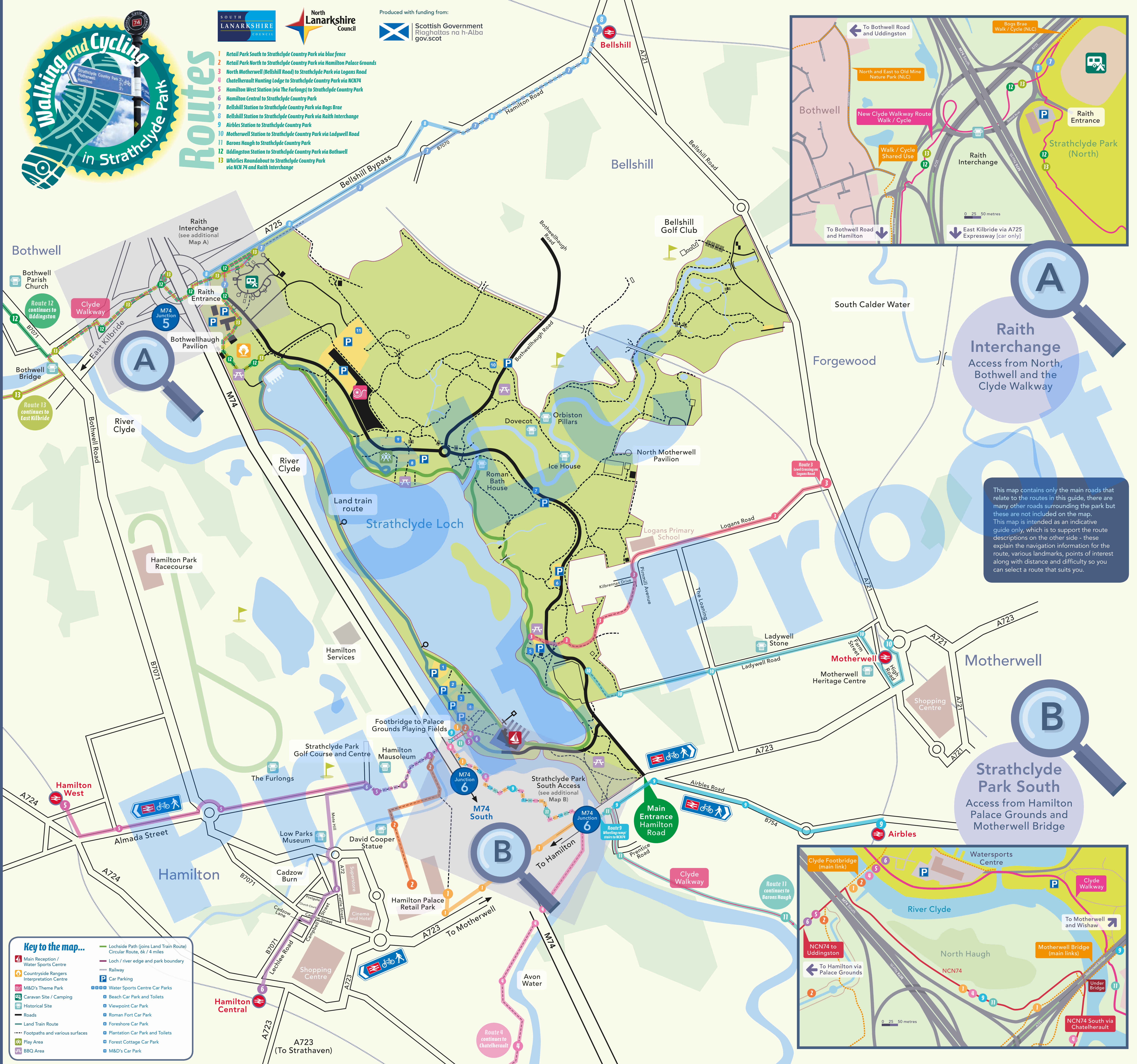
E View over Motherwell towards park

F Motherwell Heritage Centre



Routes

- Retail Park South to Strathclyde Country Park via blue fence
- Retail Park North to Strathclyde Country Park via Hamilton Palace Grounds
- North Motherwell (Bellshill Road) to Strathclyde Park via Logans Road
- Chatelherault Hunting Lodge to Strathclyde Country Park via NCN74
- Hamilton West Station (via The Furlongs) to Strathclyde Country Park
- Hamilton Central to Strathclyde Country Park
- Bellshill Station to Strathclyde Country Park via Bogs Brae
- Bellshill Station to Strathclyde Country Park via Raith Interchange
- Airbles Station to Strathclyde Country Park
- Motherwell Station to Strathclyde Country Park via Ladywell Road
- Barons Haugh to Strathclyde Country Park
- Uddingston Station to Strathclyde Country Park via Bothwell
- Whirlies Roundabout to Strathclyde Country Park via NCN 74 and Raith Interchange



A

Raith Interchange
Access from North, Bothwell and the Clyde Walkway

This map contains only the main roads that relate to the routes in this guide, there are many other roads surrounding the park but these are not included on the map. This map is intended as an indicative guide only, which is to support the route descriptions on the other side - these explain the navigation information for the route, various landmarks, points of interest along with distance and difficulty so you can select a route that suits you.



B

Strathclyde Park South
Access from Hamilton Palace Grounds and Motherwell Bridge

Key to the map...

- Main Reception / Water Sports Centre
- Countryside Rangers Interpretation Centre
- M&D's Theme Park
- Caravan Site / Camping
- Historical Site
- Roads
- Land Train Route
- Footpaths and various surfaces
- Play Area
- BBO Area
- Lochside Path (joins Land Train Route) Circular Route, 6k / 4 miles
- Loch / river edge and park boundary
- Railway
- Car Parking
- Water Sports Centre Car Parks
- Beach Car Park and Toilets
- Viewpoint Car Park
- Roman Fort Car Park
- Foreshore Car Park
- Plantation Car Park and Toilets
- Forest Cottage Car Park
- M&D's Car Park