

Inner Forth Landscape  
[www.innerforthlandscape.co.uk](http://www.innerforthlandscape.co.uk)

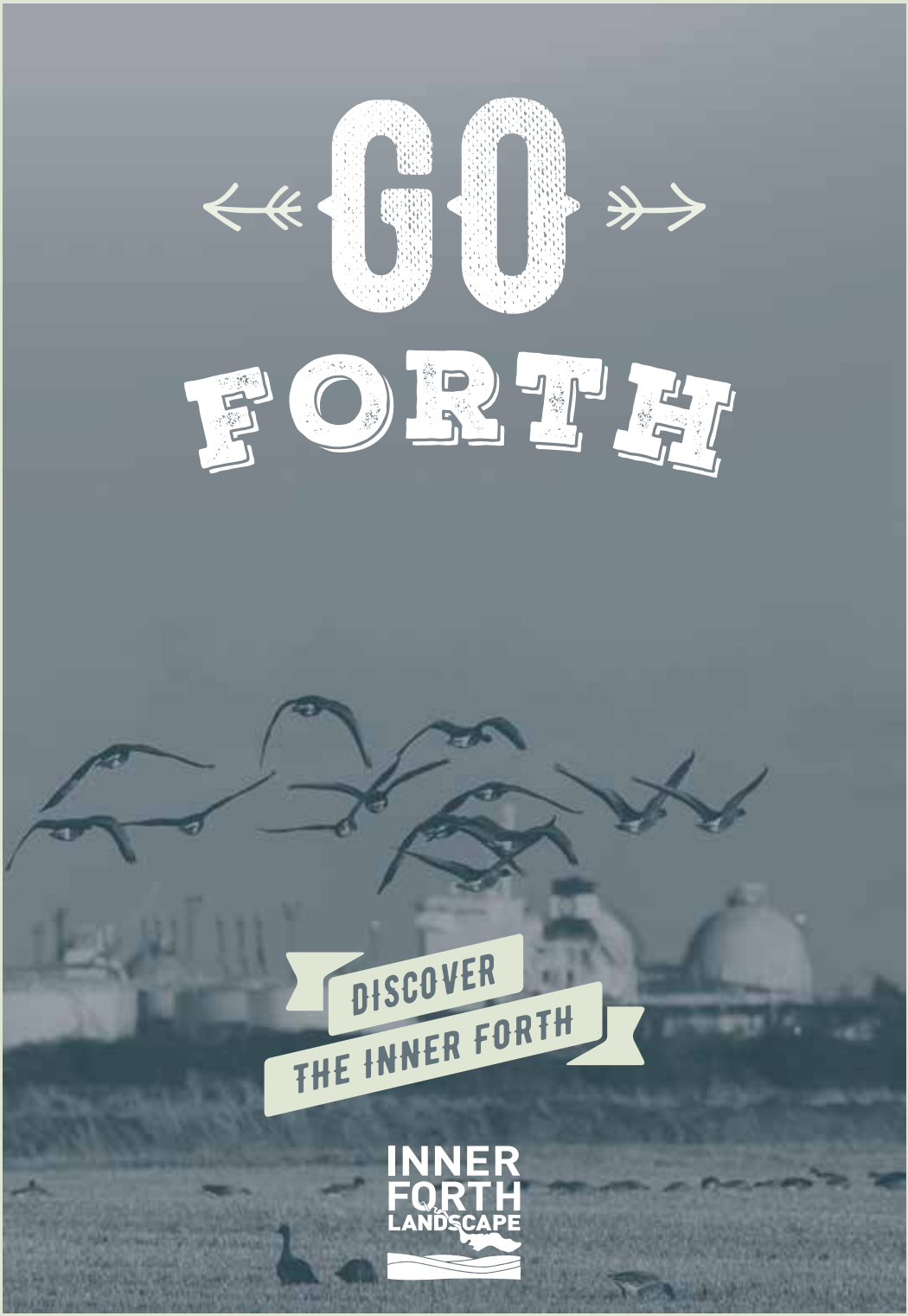


Eight organisations  
make up the Initiative:

- RSPB Scotland
- Central Scotland Green Network Trust
- Clackmannanshire Council
- Falkirk Council
- Historic Environment Scotland
- Scottish Natural Heritage
- Stirling Council
- Sustrans



Images courtesy of David Palmer/[www.photoscot.co.uk](http://www.photoscot.co.uk); Robert Trevis-Smith/IFLI;  
Sue Walker/IFLI; Suzanne Burgess/Buglife Scotland; Harry Sullivan/Friends of Kinneil Foreshore Group;  
Emilie Wadsworth/CSGNT; Tom Churchyard/IFLI; Kirsty McAlister/IFLI



# Welcome to the Inner Forth

The Inner Forth stretches from Old Stirling Bridge in the west, to Rosyth and Blackness in the east. In 2014 the Inner Forth Landscape Initiative began a four year programme of projects to help protect, improve and celebrate this unique landscape at the heart of Scotland. Read on to discover what makes this area so special.



EXPLORE!



#### Beacons

- 1 Bo'ness Foreshore
- 2 Kinneil Estate
- 3 Fallin Bing
- 4 Abbey Craig
- 5 Alloa Harbour
- 6 Clackmannan Tower
- 7 Limekins

#### Markers

- 1 Charlestown Harbour
- 2 Torry Bay
- 3 High Valleyfield
- 4 Kennetpans
- 5 Clackmannan
- 6 Black Devon Wetlands
- 7 Cambus Pools
- 8 Cambuskenneth Watergate
- 9 Higgins Neuk
- 10 Skinflats Reserve
- 11 Kinneil Foreshore

- JMW** John Muir Way  
**FCP** Fife Coastal Path  
**76** National Cycle Network



#### Birds

Thousands of birds come here to escape the Arctic winter

#### Great views

of the Inner Forth from historic Clackmannan Tower

# EXPLORE

**DISCOVER**  
**THE INNER FORTH**



**Download the app now!**

There is so much to discover about the Inner Forth that we can only scratch the surface in a booklet like this. If you have a mobile device you can download our Inner Forth Explorer app, which will tell you more. The app is available for download from Google Play or Apple Appstore.



The app will help you find out more about these fascinating places - but you'll have to visit them to reveal the whole story!



# Yours to explore!

The Inner Forth is a really valuable and special landscape – a unique mix of industry, towns, historic and wild places. In the past many people saw only the chimneys and factories, but now perceptions are changing. We see that the rich and varied history of the area is a crucial part of Scotland's story. Its precious wildlife is important and protected on a global scale.









The Inner Forth Landscape Initiative (IFLI) was set up in 2014 to help change those perceptions. A partnership of eight organisations, funded by the National Lottery through the Heritage Lottery Fund, its vision is of an Inner Forth where local people and visitors alike value, protect and celebrate this unique landscape at the heart of Scotland. Over 50 projects make up the Initiative.

Working together as a partnership, IFLI has achieved much more than individual organisations could have done. In the future, we hope that organisations and local people can all ensure that the Inner Forth landscape is protected, enhanced and celebrated by continuing to work together.

This booklet will take you to some of the special places that make this part of Scotland so exciting to discover. Many of them are hidden gems away from the tourist trail, which means you can often have them all to yourself to enjoy and explore – at least for the time being!

To help you get the best from your visit, there are beacons or markers at many of these sites to give you more information. Beacons are larger installations, often with somewhere to sit, which aim to capture the sense of place. Markers are smaller, and tell you one or two key facts about the site. There are also more traditional interpretation boards in some places. Look out for the IFLI app icon symbol at a location, and listed at the end of this booklet, as this means you can find out more about it by downloading our Inner Forth Explorer app.

## SYMBOLS KEY

-  Within one mile of train station
-  Within one mile of NCN76
-  Within one mile of other cycle route
-  Within one mile of bus stop
-  Within one mile of John Muir Way
-  Within one mile of Fife Coast Path
-  Car parking at site
-  Within one mile of car parking



## Mud

**Oystercatchers love the fact that the banks of the Forth are muddy - it's where their food comes from!**







## 1 Bo'ness Foreshore

From here there are great views across the Forth to Fife, and you realise what an impressive river this is. It's hard to imagine that beneath it are the remains of a tunnel that once linked the collieries of Valleyfield and Kinneil. Now the foreshore is a peaceful place where you can sit and imagine what it was like when the pits were working, and the harbour bustling with ships. Walk a little further east and you will find Grangepans, where an IFLI project has created a new wildflower meadow for people, and wildlife, to enjoy.

### How to get there

Union St Car Park, Bo'ness EH51 9AE



## 10 Skinflats Nature Reserve

This small RSPB nature reserve is a great place to see wetland habitat creation in action. The site was once a soil research station, but now boasts pools and scrapes that attract a range of waders and wildfowl all year round. There are also seawall views over some of the mudflats and saltmarsh that make the Forth so important for wintering wildlife. An IFLI project aims to make the site even better for wildlife.

### How to get there

RSPB Skinflats Nature Reserve, FK2 8PP



### Other sites of IFLI projects

**Higgins Neuk** 9 off A905 near Airth, 0.5miles beyond the golf range is the site of a royal shipyard where James IV's great battleship the Michael was berthed;

**Bothkennar Pools**, off A905 by Skinflats, 200m along Newton Road, where there are freshwater and brackish lagoons which attract a great range of waders and wildfowl.



### Check tide times!

The best time to see waders and wildfowl is when the tide is coming in.



# DISCOVER



## 2 Kinneil Estate

The layers of history at Kinneil Estate make it a fascinating place to visit. The Roman Antonine Wall, medieval Kinneil Kirk, 16th century mansion, and the cottage where James Watt developed his ideas for the steam engine in the 18th century, all come together to tell of a landscape that has long been important to people. IFLI projects have helped safeguard the kirk and reveal some of its secrets; rejuvenate the woodlands; create new paths; and plant a new meadow and a community orchard.

### How to get there

Bo'ness, EH51 0PR. Off Provost Road, just off A993



## 11 Kinneil Foreshore

Amazingly this Local Nature Reserve was once part of Kinneil Colliery. The woodlands were improved and a new meadow planted through an IFLI project. Visit in summer to see the drifts of wildflowers and hear the woodland birds, and in winter to watch the migrating waders and wildfowl that come to the Forth.

### How to get there

Nearest parking at Snab Lane Car Park, EH51 0AY



### Bzzzz!

We need more wildflower meadows to help feed our bumblebees, butterflies and bugs!







### 3 Fallin Bing

Fallin Bing is well worth a visit in spring and summer, when this former mining bing is carpeted in colourful wildflowers, and buzzing with bees, butterflies and moths. IFLI projects have supported the creation of new meadow areas on the bing, and an improved access route to the site. There are fantastic views of the Inner Forth from Stirling down to Kincardine and beyond from the top, as well as over Wester Moss, a rare lowland raised bog, which spreads out at the base of the bing.

#### How to get there

Adjacent to Fallin Mining Museum, FK7 7JH

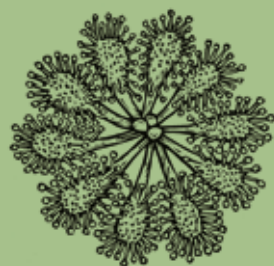


### Wester Moss

Wester Moss is a lowland raised bog – an increasingly rare habitat, but vital for the special wildlife that relies on it. Butterfly Conservation Scotland manages the site for its rare butterflies and moths, and worked with IFLI on a project to help keep the bog wet. Bogs have their own subtle beauty, and you'll be repaid for taking a close-up view.

#### How to get to both sites

Adjacent to Fallin Mining Museum, FK7 7JH



### Youth dew?

Women used to believe that the sticky 'dew' that insectivorous sundews use to catch their prey would keep their skin young.





## 8 Cambuskenneth Abbey

This impressive 12th century abbey, managed by Historic Environment Scotland, played an important part in Scotland's history. The unique bell tower is still standing, though much of the remains of the abbey have been lost. However the views along the Forth, and over to Stirling Castle, give you a taste of what it must have felt like to live here in its heyday. A new community orchard has been planted near what is thought to have been the old gardens, and a dig in 2015 revealed more about the abbey's watergate, both supported through IFLI.

### How to get there

Ladysneuk Road, Cambuskenneth, FK9 5NG



### Other IFLI projects

There are wonderful views over the upper part of the Forth from a viewpoint near the top of **Abbey Craig** 4 the volcanic plug on which the Wallace Monument sits. New paths up the Craig through the woodland have been partly funded through an IFLI project, along with new seating and interpretation.



# GO WILD!



## 6 Clackmannan Tower

The tower sits on top of King's Seat Hill – really part of an ancient raised beach – with spectacular views of the Forth estuary. The 14th century keep's fortunes were quite literally linked with the area's mining past, with the great crack down the tower's spine and distinct lean the result of subsidence. You can access the tower for guided tours run by Historic Environment Scotland to find out more and get an even better view from the top. Check the HES website for more information. This has been made possible by an IFLI project to improve the lighting and build a new balustrade around the roof.

### How to get there

High Street, Clackmannan FK10 4HR



## 4 Kennetpans

Built in the 18th century, Kennetpans, on the banks of the Forth, was once Scotland's most technologically advanced distillery, using one of the first Boulton and Watt steam engines. Now an impressive ruin, an IFLI project at this hidden gem has helped us understand more about the buildings, and taken steps to preserve them for the future.

### How to get there

Kennetpans, FK10 4BW. Access by foot or bike.

NCN76



The best views

### See for miles

On a clear day look east to the Forth bridges and west to Stirling Castle!



## 6 Black Devon Wetlands

This RSPB nature reserve's stunning viewing screen, with its wildlife frieze and green roof, plus a network of paths and boardwalks, all created thanks to an IFLI project, make this a great place for a family visit. The pools and scrapes attract a wealth of wetland birds, while the grassland and scrubby areas buzz with warblers and invertebrates during the summer. The RSPB holds regular events here too, so check out their website for dates.

### How to get there

RSPB Black Devon Wetlands, FK10 1BU



## 7 Cambus Pools

The mix of reedbeds, open water and grassland at this Scottish Wildlife Trust nature reserve make it a haven for warblers, wildfowl and waders. A lovely woodland stroll from Cambus village along the banks of the Devon River to the Forth leads you there. IFLI projects have helped keep the pools open, and improved the access path.

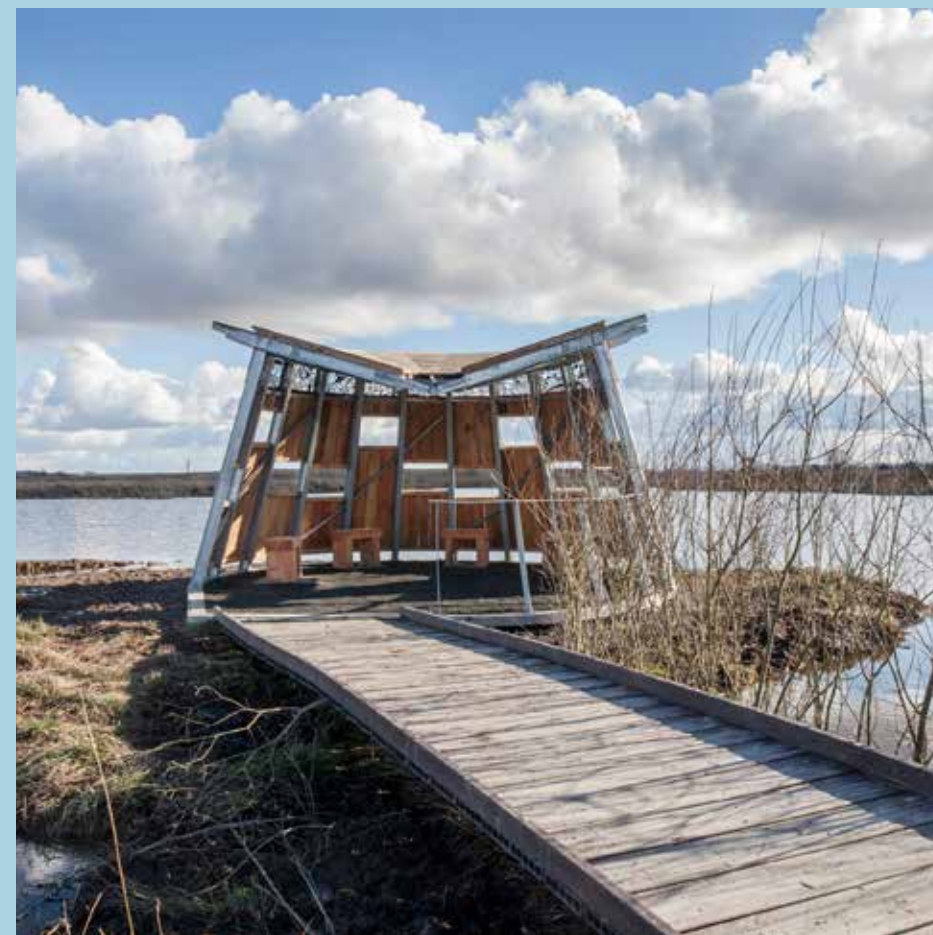
### How to get there

Devon Place, Cambus FK10 2NZ



### Other sites of IFLI projects

You can take a stroll from Cambus to Alloa along the Forth via the Inner Forth Inches Trail; or walk between Clackmannan Tower and Black Devon Wetlands along the Black Devon.



### Bird or bug?

If you visit Black Devon Wetlands in late spring listen out for a churring sound. It's not an insect - it's a bird called a grasshopper warbler!





## Valleyfield Woodland Park

The Valleyfield Woodland Park, which is a lovely place for walks at any time of year, was once the estate of Sir Robert Preston, an 18th century mining magnate. The grand house is gone and the grounds, with their rustic bridges and walled gardens, are now ruins. They were designed by Humphry Repton, a famous landscape designer. But one part of the gardens has found a new life thanks to an IFLI project led by West Fife Woodlands, who worked with local schools to plant a new community orchard, along with a new wildflower meadow, on the site of the old kitchen garden. Visit in spring and summer to see them at their best.

### How to get there

Adjacent to Shiresmill Therapy Riding Centre, KY12 8ER



## 2 Torry Bay

From here you can get great views over Torry Bay, a Local Nature Reserve, which is one of the best places in the Inner Forth to see the mudflats and saltmarsh that make the river so vital for wildlife. You may well spot curlew, shelduck, pink-footed geese or oystercatchers, and a host of other waders and wildfowl. The whole estuary is designated as a Special Protection Area (SPA), which means it is protected at European level, as well as being a Ramsar site, meaning it is recognised as being of global importance.

### How to get there

Torryburn Picnic area, KY12 8SU



# EXPLORE



## Find out more

The Inner Forth Explorer digital app is available for Android or Apple devices. Download it free from your app store.



The app covers loads of sites around the Inner Forth, including:

Abbey Craig  
Alloa Harbour  
Black Devon Wetlands  
Blackness  
Bo'ness Foreshore  
Bothkennar Pools  
Cambuskenneth  
Cambus Pools  
Charlestown Limekilns  
Clackmannan Town  
Clackmannan Tower  
Fallin Bing  
Grangepans Meadow

Kennetpans  
Kincardine Town  
Kinneil Estate  
Kinneil Kirk  
Kinneil Foreshore  
Limekilns  
Skinflats Nature Reserve  
Torry Bay  
Valleyfield Estate  
Clackmannan waggonyway  
Wester Moss  
Zetland Park



Besides a detailed map, and more info about the sites, there's a scavenger hunt quiz with lots of wildlife stories to collect en route!



### 1 Charlestown

The limekilns at Charlestown are an impressive sight. When they were first built in the 18th century they were the largest industrial buildings in Scotland, sending millions of tons of limestone across the seas in ships berthed in the now sleepy harbour there. The old part of the village above them was built by their owner, Charles, Lord Elgin to house his workers. The terraced cottages are laid out to make C E – the initials of his name. An IFLI project to clear encroaching overgrowth from the building and consolidate the structure will help to safeguard it for the future.

#### How to get there

East Harbour Road, Charlestown, KY11 3ET



### 7 Limekilns Village

This quiet little village was once the port for Dunfermline, as well as the terminus for a ferry across the Forth to Bo'ness. There are now no traces of the limekilns that gave the village its name, as these moved upriver to Charlestown in the 18th century, but the stone pier that served as harbour still remains.

#### How to get there

Limekilns Promenade, KY11 3HH

