

## KEY POINTS OF INTEREST

1. Forth & Clyde Canal - explore the towpath along the canal which links Scotland's east and west coasts
2. Carron Dams - a thriving wetland local nature reserve and Site of Special Scientific Interest created from the reservoirs for the Carron Iron Works
3. The Kelpies and the Helix - 30 m high sculptures depicting shape-shifting water spirits. Helix Park has a cafe and adventure play area
4. Grangemouth Dock and the Charlotte Dundas Trail - learn more about the old town's maritime heritage
5. Zetland Park - town park gifted to Grangemouth in 1880 by the Earl of Zetland
6. Antonine Wall - the route follows a small section of this impressive turf wall - once the northernmost frontier of the Roman Empire
7. Westquarter valley - follow the Westquarter Burn as it winds towards the sea
8. Callendar Park - elegant parkland and woods with the French chateau-style Callander House as its centrepiece
9. Site of the Battle of Falkirk Muir, 1746 - where the Jacobite army defeated the Government army, but then retreated north to meet their fate at Culloden
10. Canada Wood - The Café at Canada Wood, cycle hire at Greenrig Cycles, woodland cycling trails, countryside walks and views over the Firth of Forth
11. Rough Castle Fort - the best-preserved fort on the Antonine wall, a glimpse of Roman frontier life
12. The Falkirk Wheel - the only rotating boat lift in the world, an engineering marvel

## THE STATS

<b>DISTANCE:</b>	<b>ELEV GAIN:</b>	Trails are intended as day-long walks or cycles, but route times will vary depending on speed and en-route stops.
23 miles / 37km	1030ft / 400m	

## GEAR

The route follows a mix of pavements, paths and trails. Make sure your footwear and clothing is appropriate for the weather and off-road paths. If cycling, there are some technical sections so you will need a bicycle with off-road capabilities.

Remember to follow the Scottish Outdoor Access Code.

## ROUTE 8 : ROMAN FALKIRK & THE CARRON

Encompassing the Antonine Wall and Grangemouth Docks, this loop also has many hidden gems of urban and estuary wildlife.

Delve beneath the surface of contemporary Falkirk and explore rich Roman history and its traces left on the landscape.

This route can be started from any of the railway stations in the Falkirk area - Falkirk High, Grahamston, Camelon, Larbert or Polmont.

## WANDERINGS AND WINDINGS

Inner Forth Futures (IFF) is a partnership organisation that is taking forward the legacy of the Inner Forth Landscape Initiative. Find out more at [www.innerforthlandscape.co.uk](http://www.innerforthlandscape.co.uk).

Wanderings and Windings (W&W) is an IFF project, supported by the National Lottery Heritage Fund. This leaflet is just one of nine Wanderings and Windings routes around the Inner Forth - day-long walks and cycles highlighting and linking some of the fantastic wildlife and historic heritage of this unique landscape at the heart of Scotland. Visit our W&W page at [www.innerforthlandscape.co.uk/about/wanderings-windings](http://www.innerforthlandscape.co.uk/about/wanderings-windings) to download all the leaflets and for further information on each of the routes.

If you would like to share your photos and experiences of the routes, why not join the Wanderings and Windings Facebook Group, where you can upload them for others. You can also engage with us on Twitter @innerforth.

## NAVIGATION

A GPX file can be downloaded here and sent to a GPS device or to a smartphone:

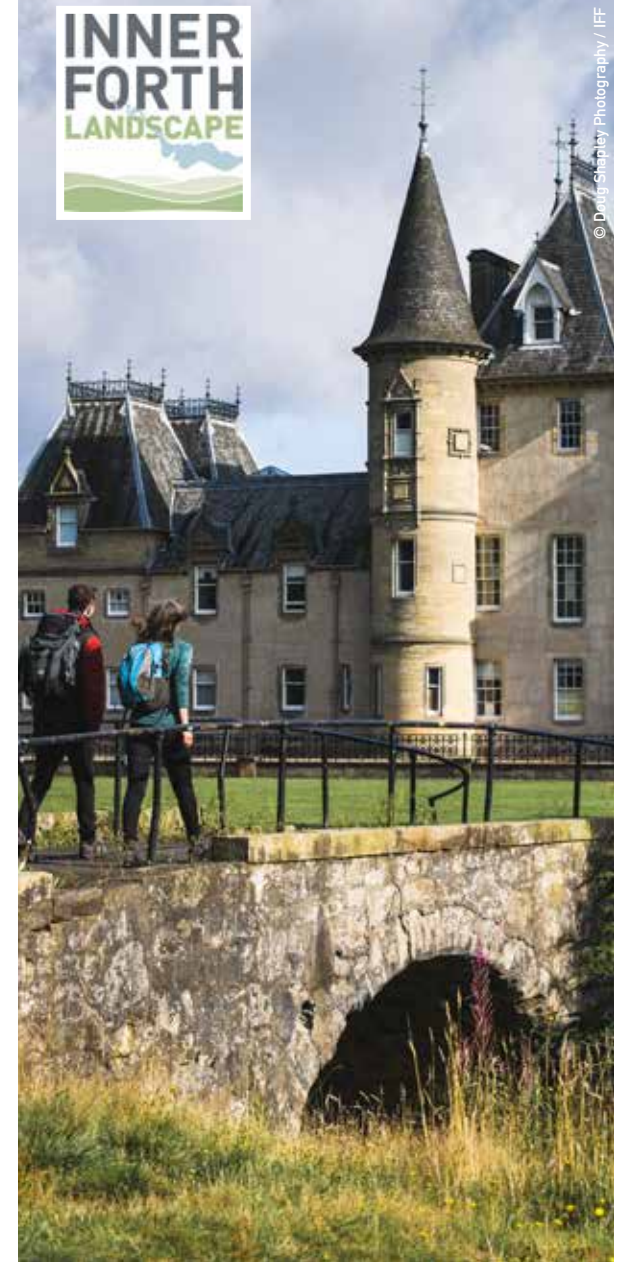


You can also navigate the route by using Ordnance Survey Landranger 65 Falkirk & Linlithgow Map.

Look out for the Wanderings & Windings way markers, located at key points and junctions to help guide you, and download our free 'Inner Forth Landscape Explorer' app for additional information as you navigate the route.



Route, Waymarker and Guide Design by Ian White Associates Landscape Architects

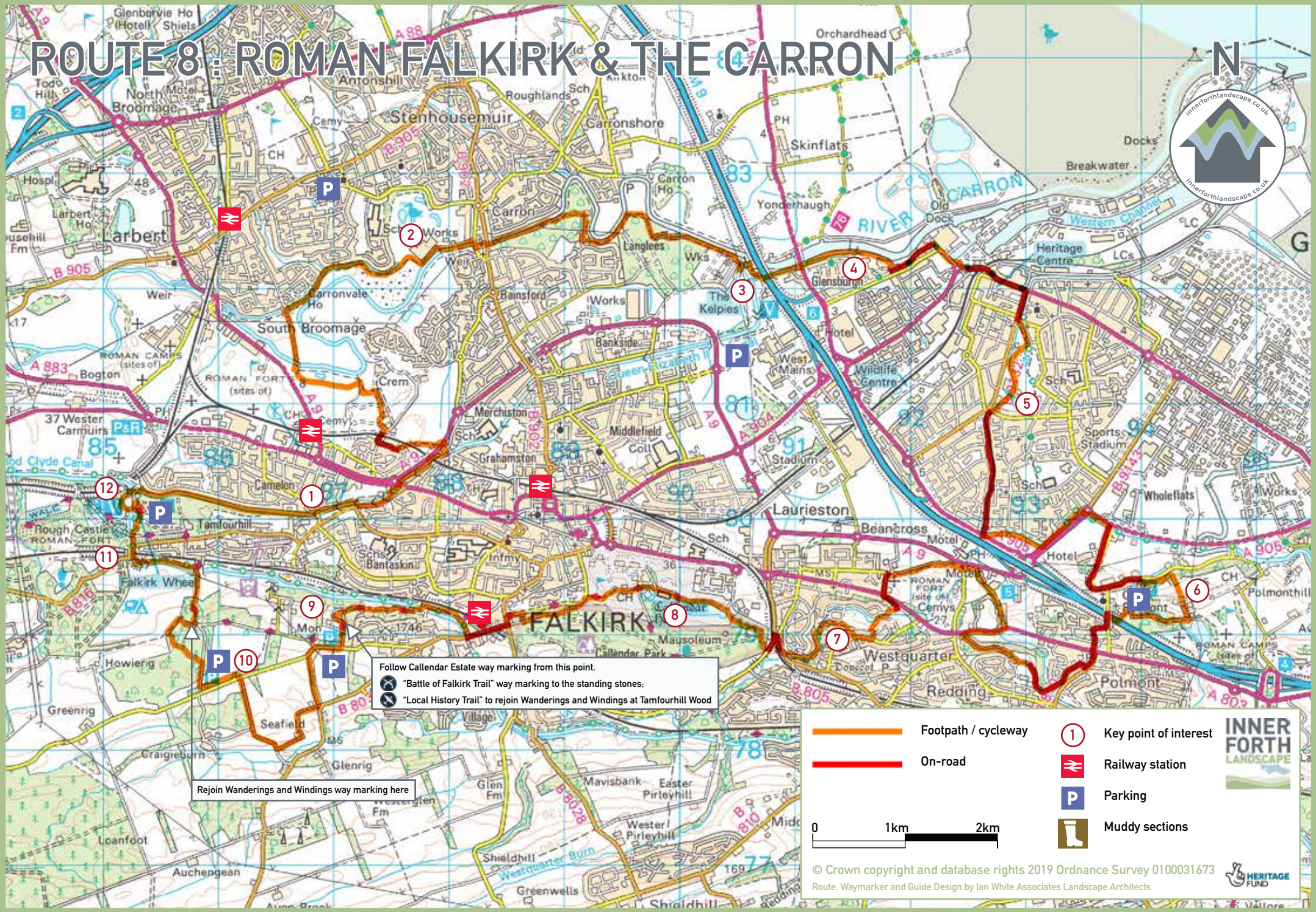


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## WANDERINGS & WINDINGS



# ROUTE 8: ROMAN FALKIRK & THE CARRON



Follow Calendar Estate way marking from this point.

- "Battle of Falkirk Trail" way marking to the standing stones;
- "Local History Trail" to rejoin Wanderings and Windings at Tamfourhill Wood

Rejoin Wanderings and Windings way marking here

- Footpath / cycleway
- On-road
- Key point of interest
- Railway station
- Parking
- Muddy sections

