

Kinneil to Blackness

ROUTE TYPE: Cycle

DISTANCE: 13 miles/21 km return

AVERAGE TIME TO COMPLETE: 2 Hours

DIFFICULTY LEVEL: ■□□□ Short and flat



THE ROUTE

This trip along the coast will take you from one slice of Scottish history at Kinneil, to another at Blackness, via the local nature reserve on the Firth of Forth.

Starting in Kinneil Estate, take a wander round the grounds of the house before riding around the coast of Kinneil Nature Reserve. Following the coast takes you into Bo'ness where you may hear the puffing of steam engines from its working steam railway.

A gentle ride along the flat coastal path follows the John Muir Way all the way to Blackness Castle, nicknamed 'the ship that never sailed' due to its unique shape.

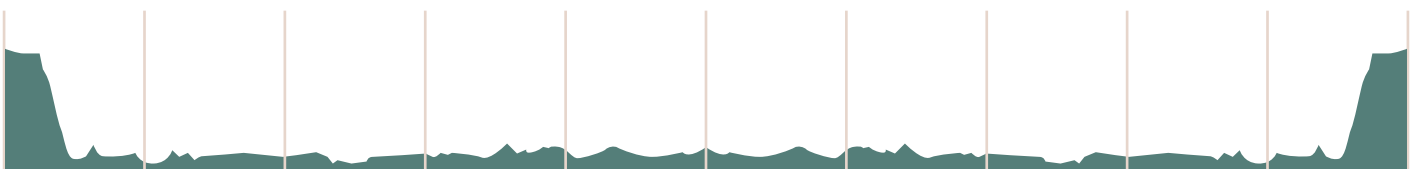
After soaking in the history and maybe a coffee or ice cream in Blackness, retrace your path back along the coast to enjoy the views over the Forth towards the Ochil Hills.



Blackness Castle

ELEVATION PROFILE

Total ascent 65m / Highest point 35m



PLACES OF INTEREST

- 1 **KINNEIL ESTATE**
A rich slice of history can be explored here, with the 15th century house and part of the Antonine Wall. Look out for the museum and James Watt cottage where he worked on his steam engine.
- 2 **KINNEIL NATURE RESERVE**
Part of the Firth of Forth Special Protected Area, the foreshore at Kinneil is internationally important for breeding and overwintering birds.
- 3 **BO'NESS & KINNEIL RAILWAY**
Take a step back in time with a ride on a steam train and learn all about the history of rail travel at the museum and visitor centre.

*Bo'ness & Kinneil Railway**Kinneil House*

- 4 **BRIDGENESS SLAB**
Just off the trail is this replica of an ancient Roman distance slab found here at the eastern end of the Antonine Wall.
- 5 **BLACKNESS CASTLE**
This imposing 15th century castle has hosted garrisons, prisoners and many a film crew. Climb the towers for fantastic views of the Forth.

THE INSIDE TRACK

This short cycle will give you plenty of time to explore the coast around Kinneil Foreshore and venture into the town of Bo'ness, which has Scotland's oldest cinema and a selection of places to eat and drink.

TERRAIN

This route follows mainly shared walking/cycling path on tarmac with some unsealed surfaces around Kinneil Estate. The coastal sections are almost entirely flat and the only uphill is to and from Kinneil Estate. We have therefore rated this route as low difficulty.

Please enjoy Scotland's outdoors responsibly.
Visit: outdooraccess-scotland.com

GETTING THERE

BY RAIL: The nearest train station is Linlithgow, which is 4 miles away.

BY BUS: Bo'ness Community Bus operates a service between Bo'ness, Blackness and Edinburgh.

BY CAR: There is some parking available at Kinneil Museum and plenty of parking options in Bo'ness. Please avoid starting this route from Blackness as parking and congestion can be an issue.

Plan your trip and find more routes at:
johnmuirway.org/day-trips