

Wheel to Callendar

ROUTE TYPE: Cycle

DISTANCE: 10.5 miles/17 km

AVERAGE TIME TO COMPLETE: 1.5 Hours

DIFFICULTY LEVEL: ■■■□□ Short with hills, off road



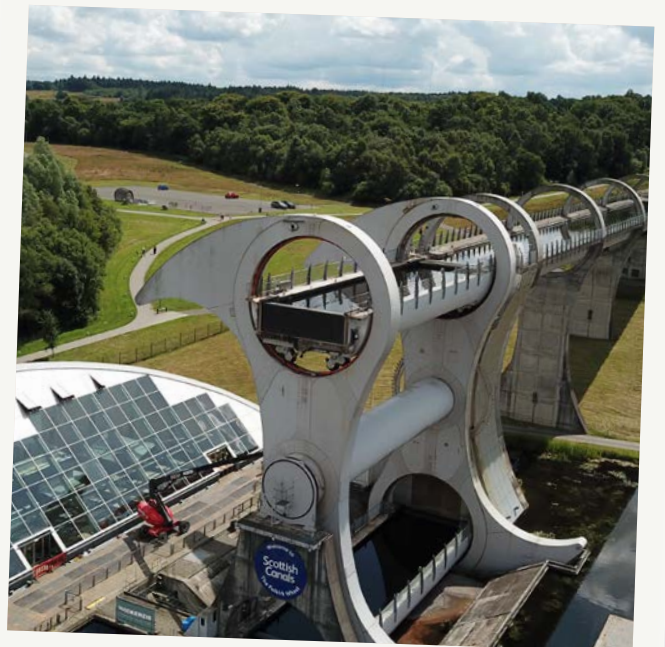
THE ROUTE

Starting at the iconic Falkirk Wheel, this loop of the outskirts of Falkirk takes in peaceful forest trails, the Union Canal and the imperious Callendar House.

Climbing from the Wheel, follow the John Muir Way walking route, which meanders its way through woodland and down to the Union Canal. Briefly following back streets from the canal, Kemper Avenue will take you to Callendar Park.

After checking out the impressive Callendar House, skirt the lake before climbing through Callendar Woods towards the Union Canal again. Here you pick up the John Muir Way cycling route waymarkers past Glen Village and then winding your way to Canada Wood.

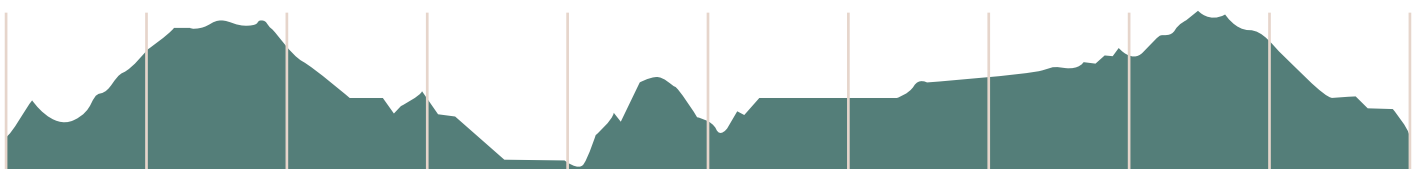
For a slightly different route back to the Wheel, when you reach the canal again, turn left and follow the towpath through Roughcastle Tunnel (cyclists should dismount and walk through the tunnel).



The Falkirk Wheel

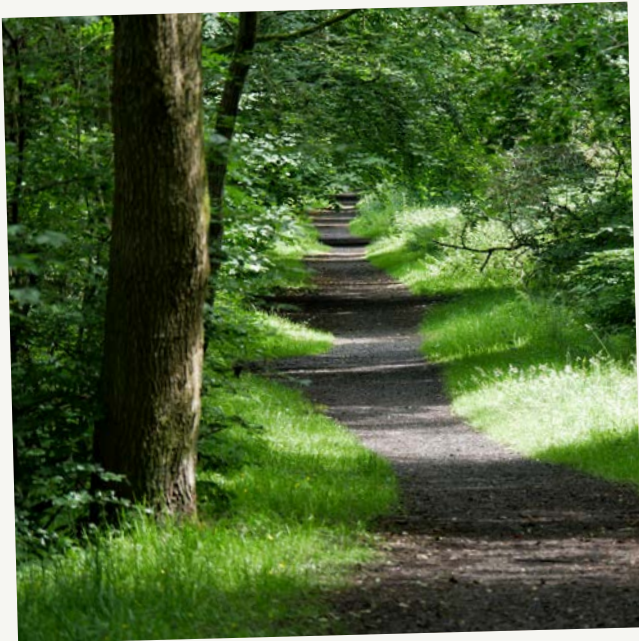
ELEVATION PROFILE

Total ascent 242m / Highest point 125m



PLACES OF INTEREST

- 1 **FALKIRK WHEEL**
The world's only rotating boat lift bridges the 24m height difference between the Forth & Clyde and Union Canals. Take a boat trip, play on the waterwalkerz or relax in the café.
- 2 **ROUGH CASTLE**
The best preserved Roman fort on the Antonine Wall offers a fascinating glimpse back in time. Explore the ancient ramparts but don't fall into the defensive lilia pits.
- 3 **CALENDAR HOUSE**
Dating from the 14th century and set in the historic Callendar Park, the house featured in the TV series Outlander. Visit the exhibitions, Georgian kitchen and tearoom.



Woodland Trail



Callendar House

- 4 **FALKIRK TUNNEL**
Created nearly 200 years ago, the 630-metre long, 19-feet high tunnel carries the Union Canal beneath Prospect Hill on the way to its terminus at the Falkirk Wheel.
- 5 **CANADA WOOD**
Just to the south west of Falkirk is an area of woodland with a great network of walking and off-road cycling trails and a café. Just follow the John Muir Way cycling route to get there.

THE INSIDE TRACK

While this cycle is fairly short, there's plenty to see and do on the way. Callendar House has regular exhibitions and the Falkirk Wheel is packed with activities. When you have finished, consider ditching the bike and strolling around nearby Rough Castle on the Antonine Wall.

TERRAIN

This route is almost entirely off road, following footpaths through woods, along canal towpath and through parks. There is a short section along back roads from the Union Canal to Callendar Park. Much of the route is flat but there are climbs from the Falkirk Wheel and Callendar House, although these are quite short. Surfaces are a mix of gravel, grassy tracks and tarmac, so a mountain bike, gravel bike or hybrid with wide tyres is needed.

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

GETTING THERE

BY RAIL: Falkirk High station sits right on the trail by the Union Canal.

BY BUS: Falkirk is well served by a number of bus routes including the 35 service that runs between Falkirk and Kilsyth/Croy, while the X38 links Falkirk and Linlithgow on route to Stirling or Edinburgh.

BY CAR: There are two car parks at the Falkirk Wheel, plus options at Callendar House and in the town centre.

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