

- The Glen  0.8 Km  
1/2 mile
- Quality Row  1.2 Km  
3/4 mile
- Rab's Path  1.5 Km  
1 mile
- Hie Dyke Path  1.6 Km  
1 mile
- Peat Pond Path  2.0 Km  
1 1/4 miles
- Tom's Trail  2.9 Km  
1 1/2 miles

○ ○ ○ Non-waymarked route  
 Routes may have uneven surfaces that can get muddy at times, and there are gradients in certain places. Ground conditions are too wet for horses on non-recommended routes. For further information on the condition of the routes please contact the Chair of the Forth Access Group.

- |                                   |                              |
|-----------------------------------|------------------------------|
| EASY<br>sensible footwear         | EASY<br>muscle loosener      |
| MODERATE<br>waterproof footwear   | MODERATE<br>muscle stretcher |
| STRENUOUS<br>hillwalking footwear | STRENUOUS<br>muscle builder  |

- railway lines, farm tracks and made up paths
- responsible cycle and horse access welcomed where ground conditions permit
- Central Scotland Challenge Fund woodland
- Other mixed woodland
- Forestry Commission Scotland woodland

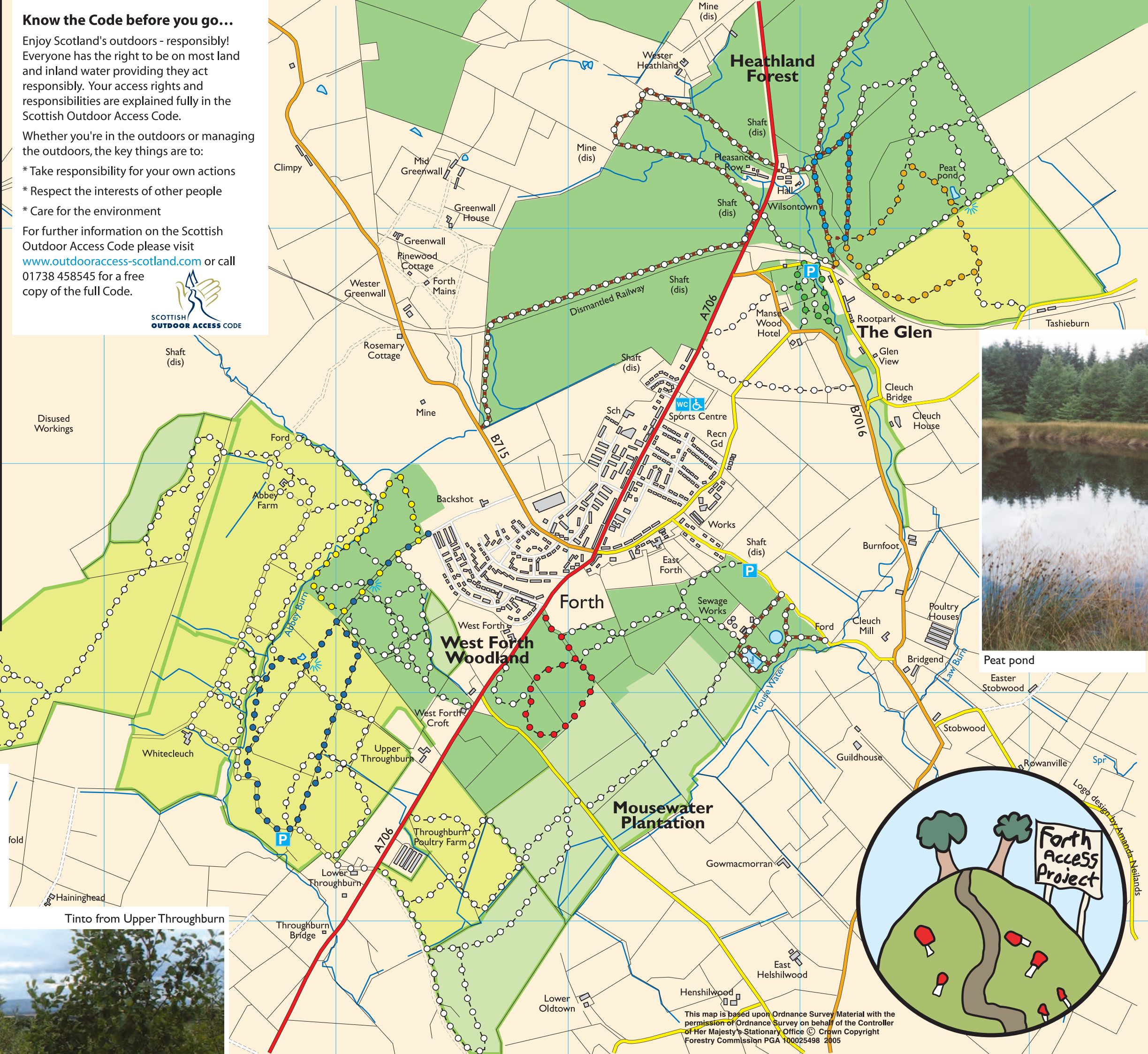
**Know the Code before you go...**

Enjoy Scotland's outdoors - responsibly! Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code.

Whether you're in the outdoors or managing the outdoors, the key things are to:

- \* Take responsibility for your own actions
- \* Respect the interests of other people
- \* Care for the environment

For further information on the Scottish Outdoor Access Code please visit [www.outdooraccess-scotland.com](http://www.outdooraccess-scotland.com) or call 01738 458545 for a free copy of the full Code.



Peat pond

- GUARD** against all risk of fire.
- PROTECT** trees, plants and wildlife.
- LEAVE** things as you find them, take nothing away.
- KEEP** dogs under proper control.
- AVOID** damaging buildings, fences, hedges, walls and signs. **LEAVE** no litter.

Tinto from Upper Throughburn



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