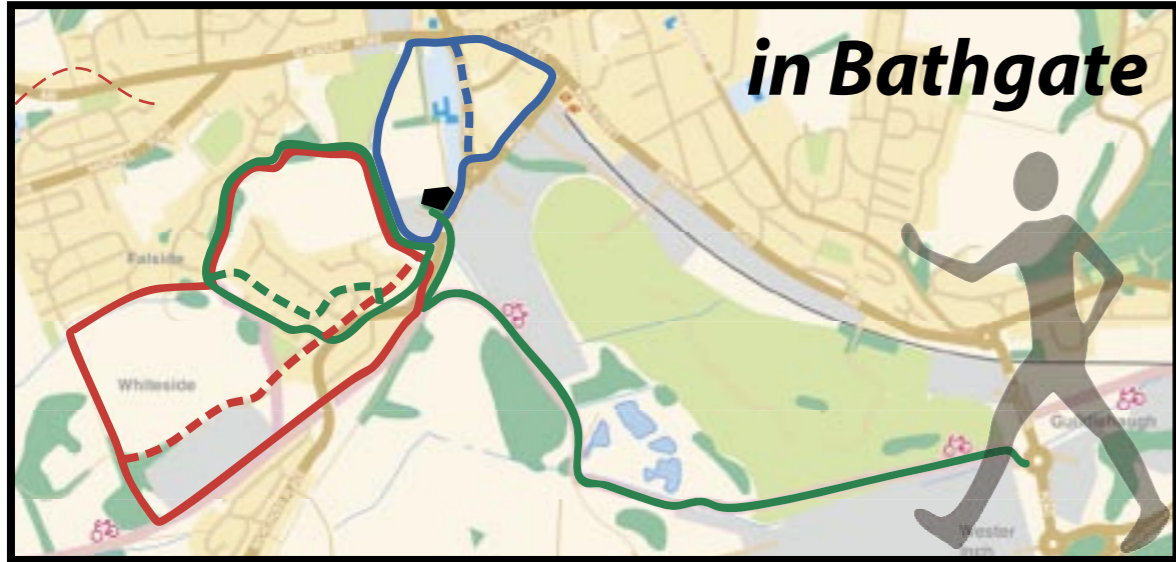




PUT YOUR WEST FOOT FORWARD

in Bathgate

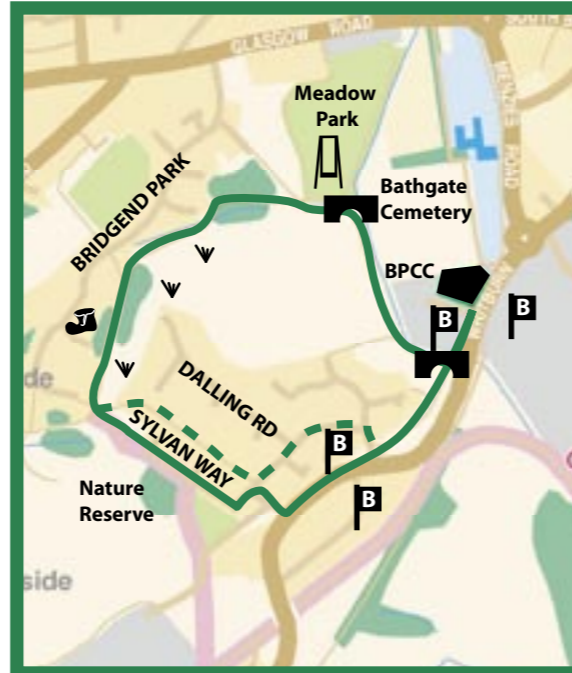


-  light traffic road
-  uneven ground
-  bus stop
-  soft surfaces eg. grass/gravel
-  bridge
-  Muddy underfoot in wet weather
-  park
-  Health Centre:
Bathgate Primary Care Centre (BPCC)

LINEAR CYCLE TRACK WALK App time: 30-60mins

Distance: 1.2miles one way (2.4miles return journey)

From BPCC join cycle track as in Whiteside Walk, follow main track until you reach junction, here take path to left, signposted Edinburgh. Continue on tarmac track through woodland, you will come across lagoons to your left and the path will veer slightly to the right before swinging back round to follow the burn. The golf course will be to your far left, continue on the path until you reach Blackburn Rd - ahead you will see Tesco's Supermarket - this is an excellent stopping point for refreshments, before heading back the way you came. Alternatively a regular bus service is available back to Bathgate Town Centre from Blackburn Rd.

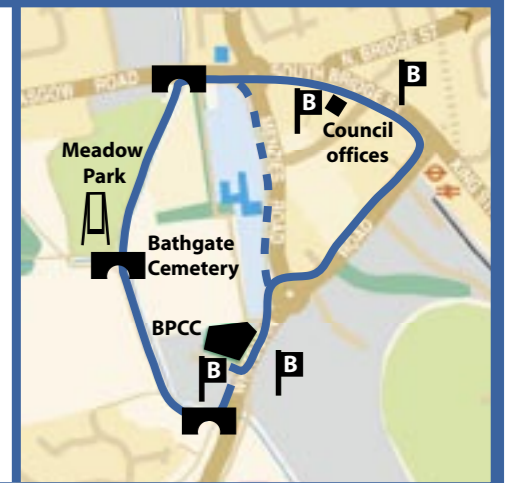


PAULVILLE CIRCULAR WALK Distance: 1mile App time: 20mins

From BPCC turn right and follow footpath straight ahead over footbridge, continue straight ahead until you reach Meadowpark Rd. Here you will join footpath running alongside main road, follow pavement until you reach Dalling Rd. Turn right into Dalling Rd and continue to the junction with Sylvan Way (you will notice a post box to your left), turn left towards Sylvan Way. With Little Boghead Nature Reserve on your left continue until you reach a tarmac footpath marked by white bollards at Sylvan Rd end. Follow path, passing mini football park and where several paths meet follow ***red shale path** to your right running behind Bridgend Park Housing Estate, stick to main path avoiding any paths veering to left into housing estate. Where trees open, you will pass a play park on your left. Follow path to right over footbridge and continue on tarmac path alongside the burn until you reach Whitburn Rd and BPCC.

TOWN CENTRE CIRCULAR WALK Distance: 1mile App time: 20mins

From BPCC, turn left following footpath on Whitburn Rd heading towards town centre, continue uphill until you reach a set of traffic lights and turn left onto South Bridge St. follow pavement downhill towards roundabout passing council offices on your left. At roundabout turn left and cross Menzies Rd using pedestrian crossing, follow footpath to right onto Glasgow Rd. After entrance to cemetery you will cross a stone bridge, look out for a wide lane between a house and some old stone sheds, follow lane into Meadowpark and continue on tarmac path running alongside the burn. When you reach footbridge, follow tarmac path to the left, taking you back towards Whitburn Rd and BPCC.



WHITESIDE CIRCULAR WALK Dist: 1.8miles App time: 40mins

PLEASE NOTE: This walk has some very uneven and sometimes muddy surfaces, please take care when using off road tracks.

From BPCC, cross main road using traffic island and join cycle track directly opposite. Follow main tarmac path until you reach a junction, here take path to right, signposted Armadale. Continue along track passing under a bridge - industrial estate to your right and housing scheme to your left - you will pass a play park on left, ahead you will notice white bollards which mark an off-road track to your right. Follow track uphill, bringing you to a country road where another off-road track lies slightly to your left, follow track heading downhill between two fields (alternative route, follow country road downhill - see map), at the bottom, turn right through a grassy area into Robertson Ave. At the end of Robertson Ave join footpath straight ahead into woodland. Little Bog Head Nature Reserve is to your right, follow the main path through metal barriers, where trees open and several paths meet, follow the ***red shale path** (see Paulville description) to your left back to BPCC.