

# Almondvale Park Walk / Run



Almondvale Walk →

Follow the trail of wooden posts to explore the park and surroundings. You can walk it leisurely or run for a more vigorous workout. Keep an eye out for interesting wildlife along the way!

You will see on the map that there are two loops, which join at the footbridge to the Stadium (between posts 15 and 16). The short Almondvale Park loop is within the park on smooth, tarmac paths. The longer Almond Riverside Paths loop can be narrower, rougher and muddy in places.

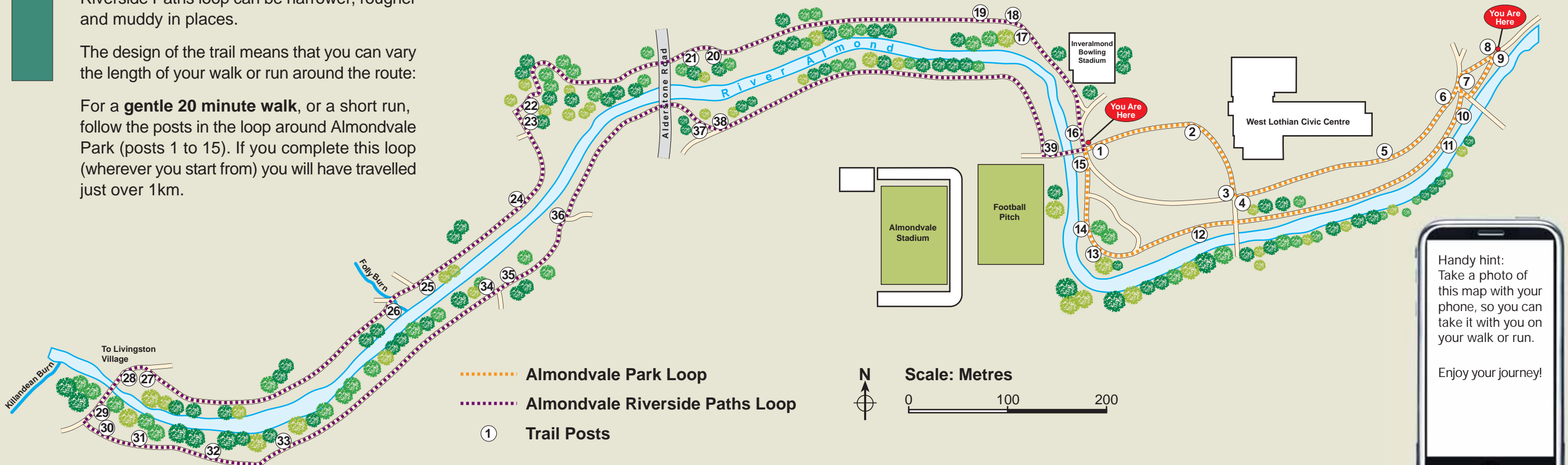
The design of the trail means that you can vary the length of your walk or run around the route:

For a **gentle 20 minute walk**, or a short run, follow the posts in the loop around Almondvale Park (posts 1 to 15). If you complete this loop (wherever you start from) you will have travelled just over 1km.

For a **1 hour walk**, or a **slightly longer run**, you can follow the posts from the footbridge near the Stadium to Livingston Village and back alongside the river (posts 16 to 39). If you complete this loop, you will have travelled approx 2.7km.

If you want to try a **5km walk or run**, then start and finish at the footbridge by the Stadium (or at post 1). You will need to complete 2 laps of the short Almondvale Park loop, plus 1 lap of the Almond Riverside Paths loop in whatever combination you like. This route is used by the Livingston parkrun every Saturday. Details can be found on their website:

[www.parkrun.org.uk/livingston](http://www.parkrun.org.uk/livingston)



Park improvements have been delivered with support from the Scottish Government and Sustrans to encourage walking and cycling. Active travel benefits your health and the environment.

This is your park. Please help us to look after it by reporting any damage or issues to West Lothian Council on **01506 280000** or email: [customer.service@westlothain.gov.uk](mailto:customer.service@westlothain.gov.uk)

