

CYCLE MAPS

LINLITHGOW AREA

Spokes West Lothian Cycle Map

This poster shows extracts from the whole county map, at right, (at a scale of 1:30,000 or 2in:1 mile) and the street map of Linlithgow, below (at 1:10,000). The extracts are partially updated, as the map was published in 2005. Spokes also publishes similar cycle maps of Edinburgh, Glasgow, East Lothian and Midlothian.

Where to buy/order:

- **Linlithgow Bookshop** 48 High St (01506) 845768
- Online at www.spokes.org.uk
- Most bike shops in Edinburgh and the Lothians

Sustrans and other maps

Sustrans is the UK sustainable transport charity behind the National Cycle Network (NCN). www.sustrans.org.uk

1) **Round the Forth** – National Route 76 (Dunbar, Edinburgh, Stirling, Kirkcaldy)

2) **Forth & Clyde Cycle Routes** – Routes 75 and 754 (Gourock, Glasgow, Livingston, Edinburgh).

NB: Route 75 currently closed between Airdrie and Bathgate.

3) **Go Traffic-Free in Scotland** – Free booklet of outline maps only, covering Edinburgh, Fife, Central and Borders.

Forth & Clyde and Union Canals – Towpath and navigation map, including historical information about the canals. Published by British Waterways.

Where to buy/order:

- **Linlithgow Bookshop** 48 High St (01506) 845768 (1 and 2 only)
- Online at www.sustrans.org.uk (delivery charge for all orders)

This poster will be updated periodically. Please send suggestions for improvements to Spokes (see right)



LOCAL INFORMATION FOR CYCLISTS



IT'S A BREEZE!

Some typical local journeys ...cycling at a relaxed speed

- **Commuting**
Linlithgow Academy to the Railway Station – 6 mins
- **Shopping**
Springfield to High Street shops – 4 mins
- **Parcel collection**
Low Port to Mill Rd postal depot – 9 mins
- **Towpath leisure ride (1)**
Linlithgow to Polmont – 45 mins each way (or travel one way by rail)
- **Towpath leisure ride (2)**
Linlithgow to Edinburgh – 2 hrs each way (or travel one way by rail)
- **Forth Bridges ride**
Linlithgow to Queensferry via towpath and Route 76 – 90 mins each way

CYCLING GROUPS/CONTACTS

Spokes – The Lothian Cycle Campaign Spokes fights for better conditions for everyday cyclists, especially in Edinburgh and the Lothians, and helps people cycle through its bike maps and activities. www.spokes.org.uk
spokes@spokes.org.uk Local contact: **Dave du Feu** (01506) 670165

Linlithgow Cycle Action Group (LCAG)

LCAG seeks better cycling conditions in the town, and organises occasional local events. Contact: **Matthew Ball** mattyball@blueyonder.co.uk 07989 597175

Clarion Cycling Club

All types of sport cycling. Saturday and Sunday club rides. www.lothianclarion.co.uk

West Lothian Council

To ask about local cycling issues/facilities call at County Buildings, High St, Linlithgow or phone (01506) 775269 and ask for the Cycling Officer. To e-mail local councillors about improvements for cyclists, find them at www.westlothian.gov.uk

Cyclists' Touring Club

UK cycling organisation providing magazine and third-party insurance. www.ctc.org.uk

Pedal for Scotland

Scotland's biggest annual bike ride – over 5000 people. In September. From Glasgow to Edinburgh, with main lunch stop in Linlithgow. www.pedalforScotland.org



Taking your bike on the train is a good way to extend the range of your rides, making it possible to visit new areas, avoid repetition, or cope more easily with adverse weather conditions.

Cycles are carried free on all ScotRail services, but space is limited on some trains, particularly at peak times (groups please note). Reservations are required on some longer distance and tourist lines (such as the West Highland Line) and on overnight trains to and from London. ScotRail provides cycle storage at most stations, usually racks, but sometimes also lockers.

To find out more, visit www.scotrail.co.uk phone **0845 601 5929** or pick up our free guide for cyclists at any staffed ScotRail station.

This cyclists' noticeboard is sponsored jointly by ScotRail and Spokes