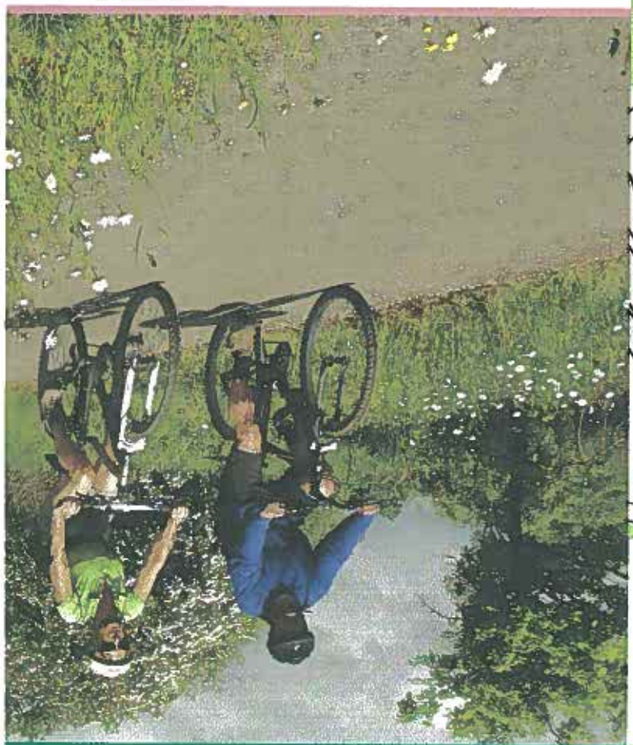

Cycling in Armadale & Whitburn

Cycling in Armadale & Whitburn

This map has been designed to help you get around Armadale & Whitburn by bike.

By using quiet streets and, where available, cycle paths you can avoid busy traffic. In many ways, Armdale and Whitburn are ideal for cycling: they are fairly flat, compact and most places can be reached by bike in less than 10 minutes.

Other town cycle maps and leaflets are available from Visitor Information Centres and libraries. For more information on cycling in West Lothian visit **www.westlothian.gov.uk/1523/1504/385/** or contact **01506 280000.**

Why cycle?

Because it is the obvious choice for shorter trips.

Cycling

- Makes you feel good, and keeps you fit and healthy.
- Gives you more energy.
- Reduces stress.
- Helps to manage your weight.
- Saves you money – no need to worry about rising fuel costs.
- Allows for reliable journey times, avoids traffic jams.
- Produces zero carbon emissions – do your bit to fight climate change.
- Is fun.

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www.cyclecityguides.co.uk.

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The representation of a track or a path is no evidence of a public right of way. Users of all routes shown on this map do so entirely at their own risk. We cannot guarantee that all routes and bridleways will always be passable by bike particularly in wet weather. West Lothian Council and CycleCity Guides accept no responsibility for omissions or errors.

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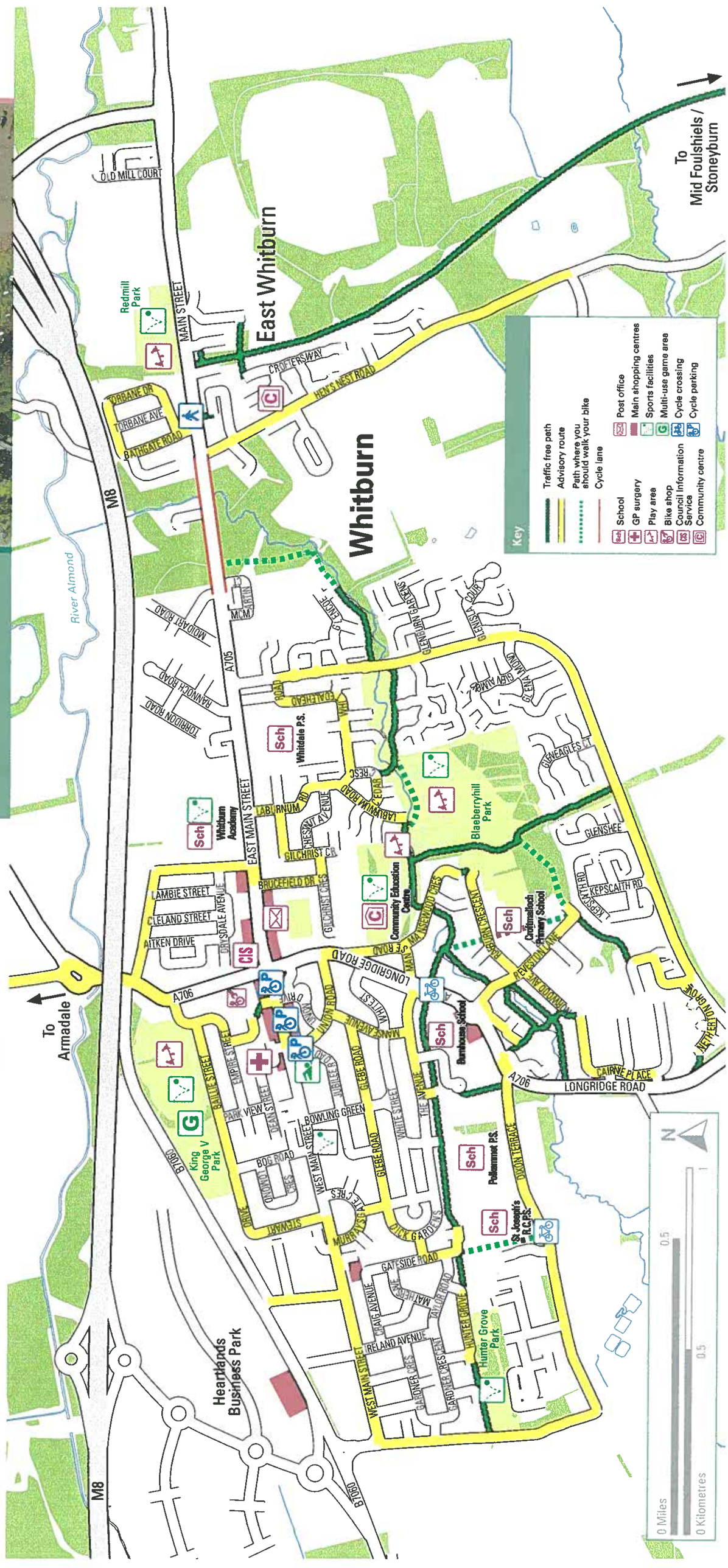

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