

Cycling around Linlithgow

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
twitter.com/Spokeslothian
Local contact: **Dave du Feu** (01506) 670165

For pdfs of whole poster and Linlithgow map: [www.spokes.org.uk > documents/downloads > public transport > rail](http://www.spokes.org.uk/documents/downloads/publictransport)

Linlithgow Cycle Action Group (LCAG)

seeks better cycling conditions in the town, and organises occasional local events. Contact: **Colin Fischbacher** (01506) 840300
cmfischbacher@yahoo.co.uk

West Lothian Council

To ask about cycling issues/facilities phone (01506) 282329. (The Transportation and Roads departments are based in Bathgate.) To e-mail local councillors about improvements for cyclists, find them at www.westlothian.gov.uk

Cycle shops

Elevation Cycles

Bicycle sales, spares and repairs
103, High St, Linlithgow EH49 7EQ
(01506) 845390
www.elevationcycles.co.uk

Autobits

Cycle accessories and minor repairs
185, High St, Linlithgow EH49 7EN
(01506) 671200 www.auto-bits.co.uk

West Lothian Clarion

All kinds of sport cycling including kids club. www.westlothianclarion.co.uk

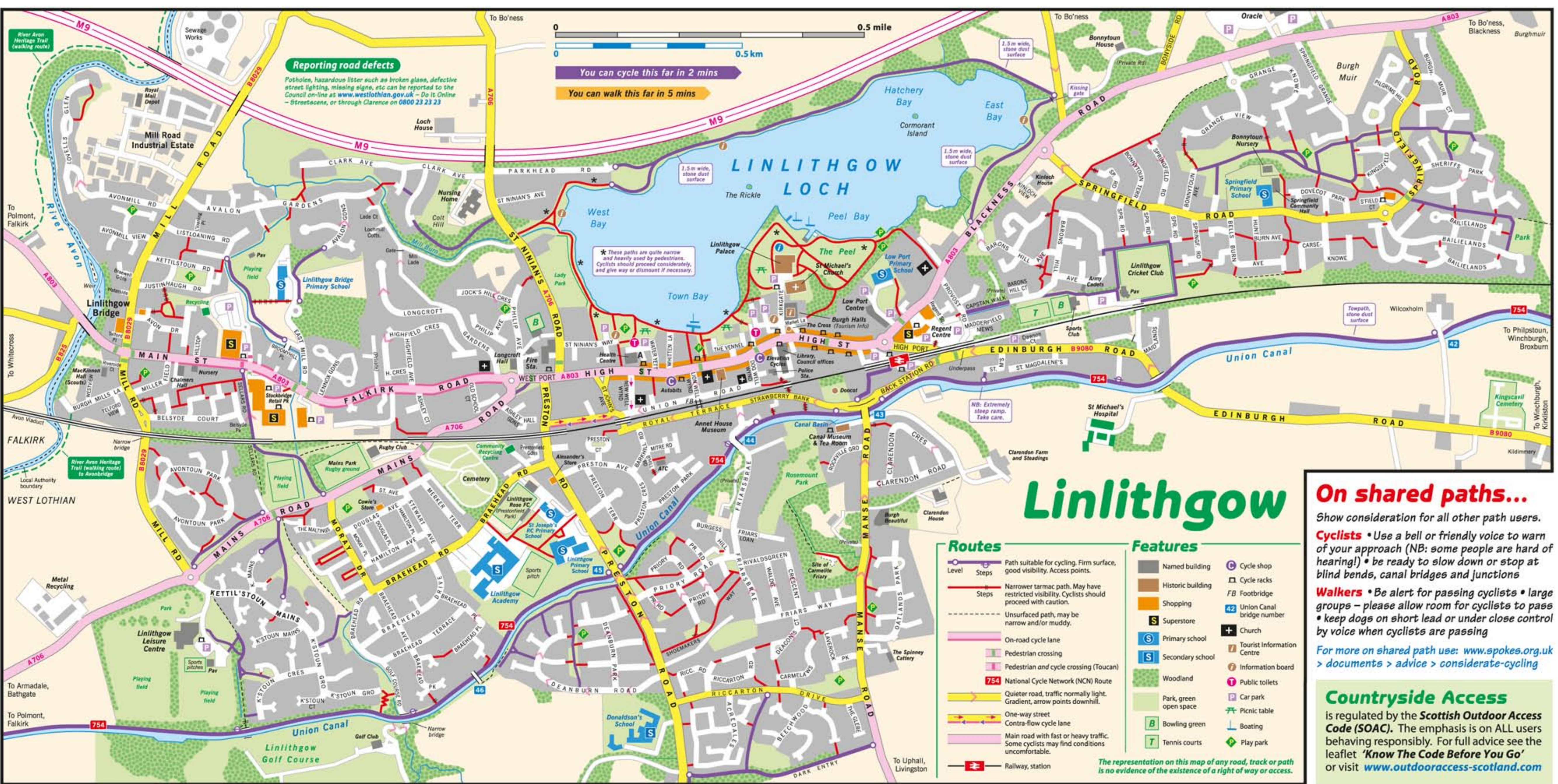
Pedal for Scotland

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

Cyclists' Touring Club

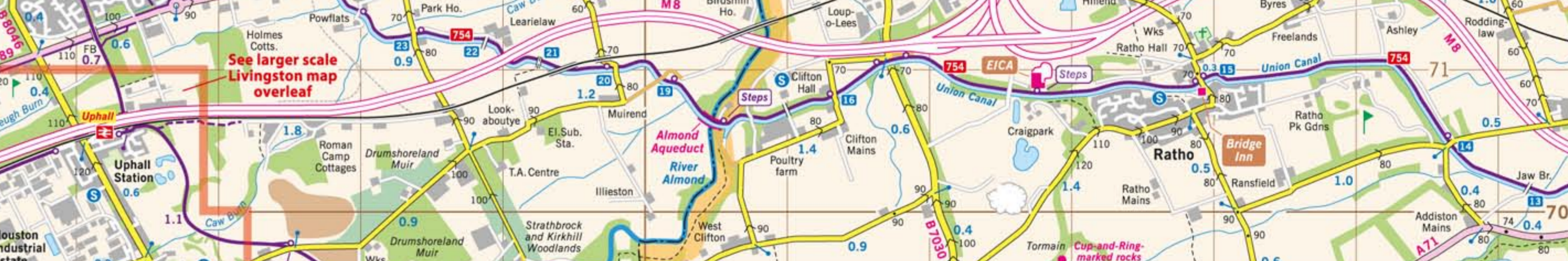
The CTC is a UK-wide cycling organisation providing bi-monthly magazine and third-party insurance. www.ctc.org.uk

This poster will be updated periodically. Please send any suggestions for improvements or additional content to Spokes.



IT'S A BREEZE!
Some typical local journeys cycling at a relaxed speed

- Shopping**
Springfield to High St shops **4 mins**
- Commuting**
Linlithgow Academy to the railway station **6 mins**
- Parcel collection**
Low Port to Mill Rd postal depot **10 mins**
- Muiravonside ride**
Town centre to the country park, via towpath or Main St and B825 **30 mins** each way
- Towpath leisure ride**
Town centre to Polmont **45 mins** each way, **or travel one way by train**
- Blackness ride**
Town centre, via Bonnytown minor roads and NCN 76, **45 mins** each way



Cycle maps
Spokes West Lothian & Livingston Map
This poster shows part of the West Lothian county map at 1:30,000 (2 inches : 1 mile). A brand new detailed street/paths map of Livingston at 1:10,000, fully featured for cyclists, is on the reverse, plus useful contacts and suggestions for places to visit during your bike rides. Spokes also publishes top quality cycle maps of Edinburgh, Midlothian, East Lothian and Glasgow.
Where to buy/order:
● **Linlithgow Bookshop** 20 High St (01506) 845509 www.maddingcrowdlinlithgow.co.uk
● Online at www.spokes.org.uk
● Most bike shops in Edinburgh and the Lothians

Sustrans maps
Sustrans is the UK-wide sustainable transport charity behind the National Cycle Network (NCN). www.sustrans.org.uk
● 'Round the Forth' National Route 76 (Dunbar, Edinburgh, Stirling, Kirkcaldy)
● 'Forth & Clyde Cycle Routes' Routes 75 (Gourock, Glasgow, Livingston, Edinburgh) and 754 (shows both canal towpaths)
● 'Go Traffic-Free in Scotland' Free booklets of outline maps covering Edinburgh, Fife, Central and Borders.
Where to buy/order:
Online at www.sustrans.org.uk (delivery charge for all orders)

West Lothian Council
FREE maps for cycling in Armadale & Whitburn, Bathgate & Blackburn, Fauldhouse & West Calder and Uphall & Broxburn. Also available on-line at www.westlothian.gov.uk

Falkirk Green Travel Map
FREE full colour map leaflet for walking, cycling and public transport. For details: www.falkirk.gov.uk (01324) 504727

Taking your bike on the train is a good way to extend your rides, visit new areas, avoid repetition, or cope more easily with adverse weather conditions. For example, you could take the train from here to **Falkirk High** or **Edinburgh Park** to access the **Union Canal towpath** for your return ride.



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.
For more, visit www.scotrail.co.uk (where you can also find a downloadable pdf of this poster), 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