

# Spokes competition 2015, Entry 25

## Bathgate & Seafield

**2. Who is it suitable for?** [it doesn't need to suit everyone] *circle all that apply...*

Families with young children / Experienced cyclists / Novice cyclists / Other – specify...

**3. Where is the route located?** *circle all that apply ...*

Ed central / Ed north / Ed south / Ed east / Ed west / East Lothian / Midlothian / West Lothian

**4. Brief description of route**

a. Start point **Anywhere on the route.**.. b. End point **(or circular)**...

c. Brief description...

The route is mix of the Livingston path network, National Cycle Network route 75, quiet road and surfaced track.

Starting from Howden Park Centre, Livingston go along route 75 of Sustrans National Cycle Network to Livingston Village, NCN 75 to Starlaw Road cycle path. Do not take the NCN path where it goes underneath Starlaw Road.

Continue on the Starlaw path, stopping off for a short visit to **Tailend Moss**

Continuing on the link (open 2015, not on the 2012 Spokes Map) between Starlaw and Boghall roundabout, cross the road at the Fire Station onto the cycle path by the road, (not on the map) continue west for a short distance and turn right to rejoin the NCN 75 into Bathgate. There are numerous cafes in the town centre as well as at Morrisons Supermarket, just off the NCN.

Return along NCN 75 through Wester Inch housing development, crossing at Tesco continuing direct to The Pyramids landscape sculpture next to the M8, across Easter Inch Moss. Turning off at Seafield to pick up a path at the south west side of the village, dropping down to the river Almond and east along the upgraded Easter Breich path beside the river, onto the Livingston path network and back to Howden Park Centre.

**5. Any interesting / useful / beautiful features / facilities en route ...**

Refreshments at Howden Park Centre. Cafes in Bathgate. Lots of bike parking at Morrisons Supermarket, Bathgate, next to NCN 75. Tailend Moss Nature Reserve, Views from Seafield Law to the Pentland Hills, Easter Inch Moss, views to the 5 Sisters Bing.

**6. Why is this a favourite route of yours? [This question is very important in the judging. You can just write one or two sentences or up to 300 words maximum].**

*The route is all on cycle path or quiet country road. Very little traffic, no difficult hills. Good views of the Bathgate Hills from NCN 75, Pentlands and 5 Sisters bing from the Seafield to river Almond path. Wildlife at Tailend Moss and Easter Breich path.*

