

Spokes competition 2015, Entry 26

Livingston Paths and Parks

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...

A scenic traffic free route joining up most of the Livingston Parks and numerous green spaces.

Starting from Howden Park Centre head south by Howden Vets and cross at the traffic lights, continue on the path through Dedridge heading for Livingston South station, follow signs for the Murieston Trail, take the lower path through the park by Murieston Valley. Exit onto the Murieston Trail. Head down the west side of the cricket pitch, cross the road take the lane north to Bellsquarry South Road, then through the gate into Bellsquarry Woodland. Exit onto Calder Road, Bellsquarry. North on Adambrae for a short distance to the gate into The Wilderness. Exit at Bannatynes gym.

Follow Simpson Parkway to B7015. West on the path by the B7015, using the path behind the gate. Cross the B7015 , follow the path by Killandean burn to Kirkton. Cross the busy B7015, there is a path under the road to a car park.

Head for Livingston Village. Path to Peel Park with historic ruins of house of resident that gave Livingston its name – Eliburn resevoir – Woodlands Park.. - Cycle path by A89 – Uphall to East Calder path over Camps Viaduct – Almondell Park – NCN 75 through Almondvale Park and back to Howden Park Centre.

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

Refreshments at Howden Park Centre. Camps viaduct, historic route through shale mining and oil processing area, parkland, historic ruins of house of resident that gave Livingston its name, view over Livingston and Pentland from Woodlands Park.

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**].

Despite the number of roads in Livingston this is a traffic free route around Livingston linking almost all the parks and greenery in Livingston. Good views over Livingston from Woodlands Park. Good views over Almondell Park from Camps Viaduct. The navigation will be challenging. You will need a map, Spokes West Lothian Map.

