

# Spokes competition 2015, Entry 34

## Go West the John Muir Way!

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

Experienced cyclists / Novice cyclists

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

Ed north / Ed west / West Lothian (Warning! A suggested extension to Bo'ness briefly leaves the Lothians)

**4. Brief description of route**

a. Start point...Davidson's Mains

b. End point (or circular)...Linlithgow Station

c. Brief description...

Take the John Muir Cycle Route at D Mains, follow west to Cramond Brig, Through Dalmeny Estate to South Queensferry, then West to Blackness, then south by minor roads to Linlithgow and the Union Canal. Riders can return to Edinburgh by train or by cycling the canal towpath. [A good extension, but which leaves the Lothians is, at Blackness, carry on to Bo'ness, then South cross-country to Linlithgow]

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

A quiet, leafy, signposted mostly offroad route with a spanking new Forth bridge, old stately homes, a steam railway, canal and filmset castle. Shops and cafes every few miles and [if you go on to Bo'ness] even the chance to cheat by taking your bike uphill on the steam train in one of those guard's vans the old timers keep going on about. Plenty of picnic places.

**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*].**

*An adventurous year round bike ride taking you out of the city along some varied and beautiful coastline to a bonny medieval burgh. You'll want to explore the entire John Muir Cycle Way from Dunbar to the Clyde after this!*