

CARSE OF LECROPT, BRIDGE OF ALLAN

Distance: 4.5 miles (7.2km)

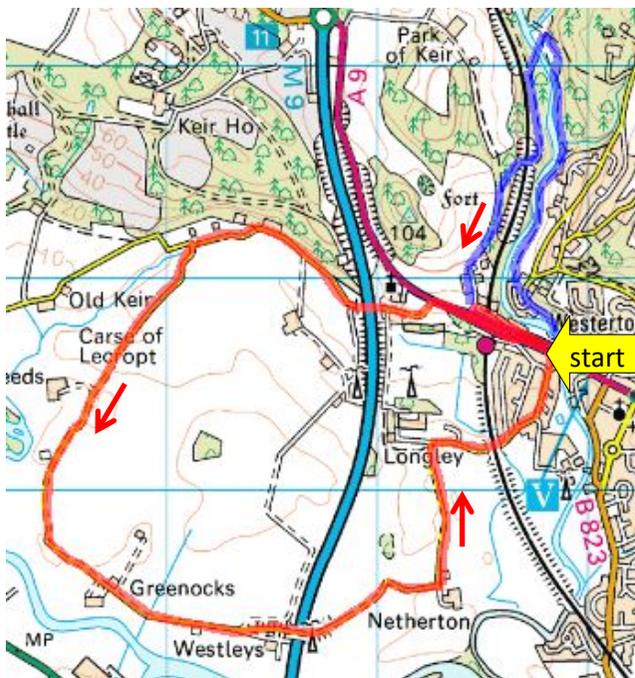
Grade 1 (150ft)

The main part of the walk is on roads with magnificent views across the Carse of Stirling

Start and finish of walk: The Bridge, Bridge of Allan. Map ref 57: 789976

Head west along the dual carriageway towards Dunblane. The road takes you over the railway at Bridge of Allan station. After 500m turn left. Lecropt Church is on your right. Go under the motorway bridge. The Park of Keir Estate is on your right. Follow the road for one kilometre. Just after the driveway to the newly-built West Lecropt on your right, take the left fork. You are now facing the Touch Hills, with a good view of Stirling Castle and the Wallace Monument on your left. On your right, on a clear day, you can see Ben Ledi and Ben Lomond. The road circles back to Bridge of Allan, passing Greenocks Farm, with views of the Ochils. The River Teith can be seen on your right after the farm. The buildings on your right on the other side of the river are Dobbies Garden Centre, where the Rivers Teith and Forth converge. Continue over the motorway, past Longley's meat plant and back into Bridge of Allan passing under the railway bridge. Continue along Inverallan Road back to The Bridge.

Optional extra: part of the Allan or Darn Walk From The Bridge, head along Blairforkie Drive for 600m. Take the public footpath to Dunblane on your left just beyond Allan Walk. Follow the path for 500m, cross the stream and continue for a further 500m until you reach a concrete bridge crossing the River Allan. Cross the bridge and take the left fork. Follow the river back along the other side. After 300m take the right fork up a steep slope to the bridge over the railway. Follow the path for 1km when it joins a tarmac drive which in turn joins the main road from Bridge of Allan. Turn left back to the start point. This circuit adds 3.5km to the walk.



Crown copyright NC/A7 Route by Anquet Mapping 2009

DOUNE PONDS AND COMMONTY WOOD

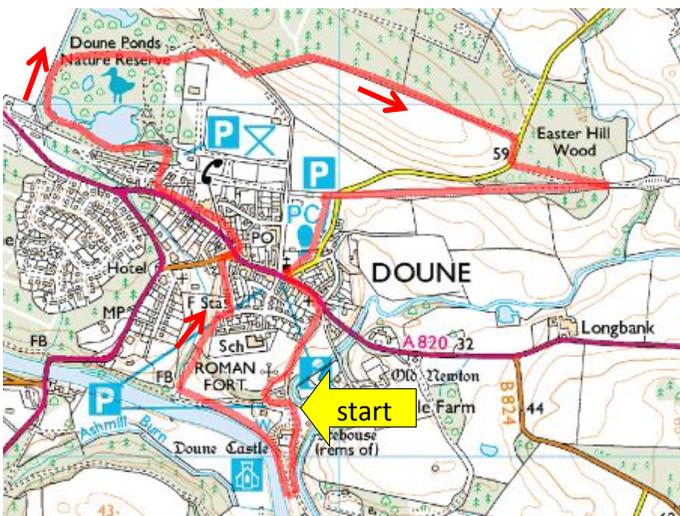
Distance: 3.5 miles (5.6km)

Grade 1 (200ft)

Walk the banks of the River Teith and explore the Doune Ponds, an abandoned sand and gravel quarry, now a wildlife area

Start and finish of walk: Doune Castle Car Park. Map ref 57: 728011

Take the wide, grassy, partly-paved track to the left of Doune Castle (dating from the 14th Century), through the gate and down to the bank of the River Teith. Turn right 30m before a high metal gate and right again to follow the river upstream on a narrow path for about 300m, where a small stream flows down to join the river. Do not cross the stream but double back through metal farm gate to the right and climb up a meadow and through a wooden gate. Follow path at back of houses until you reach a chestnut fence on right, and going through, pass the Health Centre and turn left past the Fire Station on Graham Street which leads to the Mercat Cross. Go over to the Post Office and along Balkerach Street for 300m turning right at Station Wynd with a path in trees at the top leading to Doune Ponds car park. Through the gate at the left, take the path signposted "Viewing Hide" and continue with Central Pond on the right. Enter a conifer wood which you leave at post no.5 to go down steps to the right to a birch wood area. Keep left at the next main path junction and at post no. 8 bear sharp left across a grassy meadow to climb steps to a viewpoint, with a seat. Sign shows "Commonty Walk". Follow it down a farm road for 150m picking up same sign at left to enter edge of woods. Climb up with farmland to right and follow track to a metal road signed "Doune Trail" pointing right. After 70m this is again signed at left. Enter these woods till you reach steps at right in bushes leading to a former railway line. Follow this to the right for 800m until you cross a bridge and descend steps at left taking you into the park. Keep to the left in park and at far end continue along King Street which brings you out to main road opposite the Doune Information and Heritage Centre. Turn left to reach the road back to the Castle.



Crown copyright NC/A7 Route by Anquet Mapping 2009

ALLAN WATER AND KINBUCK, DUNBLANE

Distance: 5.6 miles (9.0km)

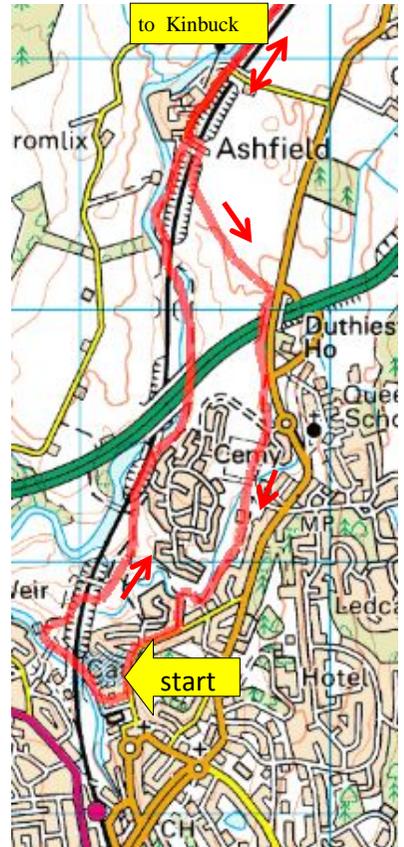
Grade 1 (200ft)

Starting from Dunblane, this walk follows the Allan Water through Ashfield to Kinbuck

Start and finish of walk: car park to the west of Dunblane Cathedral

Map ref 57: 781014

Turn right when you leave the car park and follow the road then the path alongside the river to Laighhills Park. Just after crossing a stream by the Sports Pavilion, turn right and climb uphill until after 250m you reach the bridge crossing over the railway. Before you cross the bridge it is well worth spending extra time visiting the viewpoints in Laighhills Park. Once over the bridge turn left up the hill. Go past a BMX track and turn left at a tree plantation in front of new houses. Follow the path at the left of the housing estate and keep to the river path under the A9 road. Pass through gates then under the railway. After 100m, at the signpost, take the left-hand path (“Auchinlay Road ½ mile”). Just before the bridge over the river, turn right up steep steps and at the top turn left at the signpost. On reaching Ashfield you will see a bridge over the railway with a signpost “Dunblane 1 mile”. This is the return route after visiting Kinbuck. Walk along the village street to the T-junction where you will see a sign “Public Path to Kinbuck - 1 mile”. Follow this riverside path (taking the right fork to the road near Kinbuck) then return to Ashfield and cross the bridge noted earlier. Then turn right and follow the path beside the fence which soon veers left across the field. Head for the signpost/gate on the main road. Turn right, towards Dunblane and cross the bridge over the A9. 15m beyond the road junction (sign “A9 Stirling”), turn right down steps to a wooden gate. The path leads to a housing estate at Bellenden Grove. Keep to the right of the estate and after passing the cemetery, turn right at a path immediately after the private drive to Barbush Cottage. Turn left after going through a gate. Turn right at T-junction, cross the stream and turn left. Turn left at next junction and re-cross stream. Go straight ahead and turn right into Ramoyle (street) and go down Braeport where you will see the Cathedral ahead.



CAMBUSMORE, CALLANDER

Distance: 4.3 miles (6.8km)

Grade 2 (350ft)

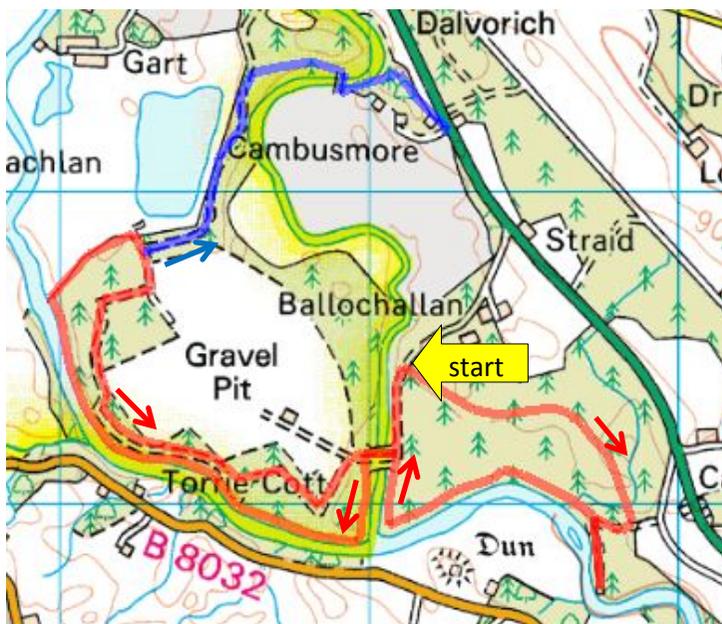
A walk through secluded woods and
along the quiet banks of the River Teith

Start and finish of walk: 2 miles east of Callander, off the main A84 road, alongside the road to Cambusmore Quarry. Map ref 57: 651053

Leave the parking area along the forestry track to the east. At the third track to the right, just after the picnic table, turn right, following the marker posts with the red/blue rings. At the next two junctions keep straight on, now following red marker posts. At the third junction turn right and you will soon see the river to the left through the trees. Where the track meets the river, note the red marker post leading to a riverside path to the right. Before joining this path continue along the main track to a viewpoint (see photo). Return to the marker post and follow the riverside path, crossing a burn, until you meet the Keltie Water, which you follow to a bridge near the starting point. Cross the bridge and immediately turn left to a riverside path back to the River Teith. Here the path crosses a small burn and is then adjacent to the river for 150m, when it veers away following a hand rail to a higher path. 250m further on, by a fisherman's hut, the path drops to the river. Continue along the river for 1km until you meet a wall where you turn right to walk along the edge of the woods to the gravel pit. Turn south to skirt the gravel pit back to the bridge over the Keltie Water and turn left back to the parking area. A footbridge at GR 649063 was washed away in 2004 floods but has been replaced by a new bridge in 2008

giving the following option. Rather than return via the south of the gravel pit, follow the wide track (→) to the north for about 500m, turn right along a path into beech woodland, cross the new bridge and return along the road. Distance is then 4.6 miles, ascent 400ft

Note that on-going extensions to the gravel pit make the western edges of this walk variable!



KING'S PARK, STIRLING

Distance: 4 miles (6.5km)

Grade 2 (400ft)

**A walk round King's Park, King's Knot and the Back Walk
in the lee of Stirling Castle**

**Start and finish of walk: King's Park Road (or Victoria or Queens Road) Stirling.
Map ref 57: 789927**



Enter King's Park by any of the gates on King's Park Road or Victoria Place, depending where you park. Head for the play area, tennis courts and skate park behind which you reach a path adjacent to the fairways. Follow this path round the course. At the far end you get excellent views of Stirling Castle and the Ochils (see photo). Leave the park by turning left at the exit beside the golf clubhouse on to Queens Road. Turn left and cross Dumbarton Road and walk along Royal Gardens,

turning left at the end between two posts onto a gravel path. This passes King's Knot, once formal gardens, and continues through woodland in the lee of Stirling Castle. Continue straight along this track to the end. It emerges on Ballengeich Road. Turn the right up the hill and after 200m go left again between two posts to pick up the gravel path which circles Gowan Hill. Remain on this path and bear left at the next Y-junction leading up to the cannons and beheading stone. Retrace your steps to the two posts and continue on the gravel path across the road, again passing between two posts. This becomes the Upper Back Walk and passes behind Stirling Castle. Bear right at the ancient Town Cemetery containing the Ladies' Rock. There are good views down on to the King's Knot and across the Forth Valley to the Trossachs. Leave the Back Walk at the Highland Hotel where you take a sharp right down the hill towards the Smith Art Gallery. Remain on this track which takes you back to Royal Gardens and the car.



GARGUNNOCK

Distance: 7.5 miles (12.0km)

Grade 2 (450ft)

**Explore the quiet roads and lanes
between Gargunnoch and Kippen**

Start and finish of walk: Main Street, Gargunnoch, on the left about 200m from the bridge. Map ref 57: 704944

Head up Main Street and turn left along Drummond Place. Just before the last house on the right, turn right along the track known as “The Beeches”. On reaching the tarmac road continue straight on. There is a ha-ha (an old raised mound built to improve the view from Watson House) alongside the road to the right. Turn right after the road crosses the Leckie Burn to continue along a track alongside the burn. Old Leckie, a 16th Century laird’s house, is seen straight ahead at the next junction. Turn left here along the old military road, which was the main highway linking the castles of Dumbarton and Stirling until the Carse Road was built in 1828. Boquhan Bridge is a further 2 kilometres due west. Before reaching this bridge you will join a minor, surfaced road. Walk along it for 50m before the road drops down to the right and you continue straight on. When you have crossed the bridge, cross a field to a kissing gate, then go up a path between rhododendrons to Glentirranmuir. Ten Munros can be seen from here on a clear day! A few metres after Glentirranmuir Cottage, turn left at Kennel cottage and in 60m follow a public footpath to the left through woodland. After the woodland keep to the left edge of the field following the yellow arrows. Turn right at the end of the first field to reach a path, between broom and brambles, leading to a bridge over the Boquhan Burn. Shortly afterwards go through a gate and turn left onto a minor road which, in 2 kilometres, joins the military road. Retrace steps to Old Leckie and now continue straight ahead following the path marker. Cross the old stone bridge over a deep ravine, and continue past Watson House on the left and join a tarmac driveway. In about 100m take route to right, through trees. Continue past The Bield Farm and then turn right onto a tarmac road through square stone pillars with iron gates. Follow this road which climbs gently until it meets the track on the left back through “The Beeches” to Gargunnoch.

Shorter option: retrace steps from Boquhan, then 5.1 miles, 250ft ascent.



AIRTHREY LOCH AND HERMITAGE WOOD

Distance: 3.8 miles (6.1km)

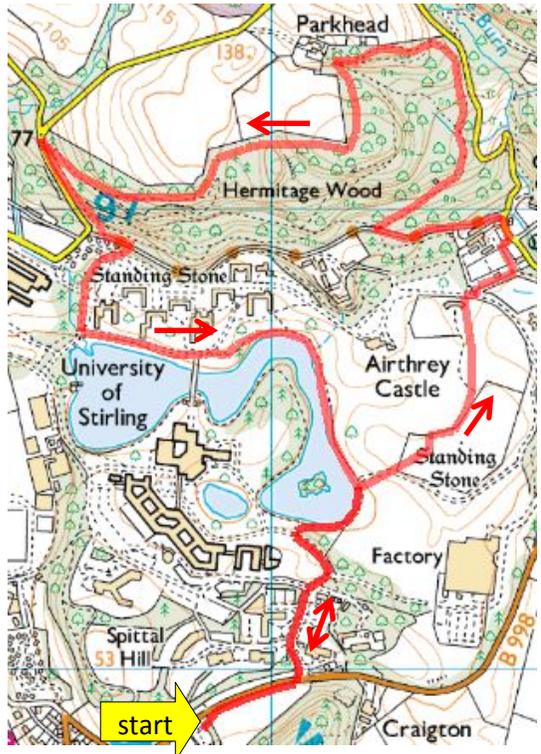
Grade 2 (500ft)

Wander round Airthrey Loch in the University campus and climb to viewpoints in Hermitage Wood

Start and finish of walk: the Wallace Monument car park on the B998 about ½ mile from Causewayhead. Map ref 57: 808958

Turn right along the main road and then left towards the University. Follow the road downhill. After 200m it turns left and when Airthrey Loch comes into view go down to the loch. Turn right and follow the path for 150m. Then take the junction to the right. There are good views of Dumyat (hill) from here. At the wire fence bounding the sports pitch, go left and follow the fence heading for a Standing Stone. Turn left at the stile and cross the golf course to the sports pavilion. At the rear of the pavilion, cross the road to the University Garden & Grounds. At the end of the gardens turn left towards the pink cottage. The old Logie Cemetery is across the road. Go up a track behind the cottage for 250m until there is a break in the wall where you go uphill to the right signed “Bridge of Allan via Hermitage Wood”. At the Airthrey Service Reservoir turn left. From now on there are many paths and route direction is difficult. However, keep to the main paths and always keep the boundary fence or wall about 10m to 50m to your right. After 1km there are views over Stirling. Continue downhill, turn left before the minor road, follow track with the road below and to the right. Where the track is almost at road level take the right fork (the left uphill fork leads to the Hermitage (200m)) and then descend the wooden steps after a further 50m. Turn left for 50m to a gap in the wall, which takes you back to the campus. Follow the road downhill, passing a Standing Stone (the site of an 18th century cattle tryst at Pathfoot Village). After the second pedestrian crossing, turn left. With the bank of the loch close on the right, follow the path back to the car park.

Option: a walk to the Wallace Monument from the car park will add 600m and 250ft of ascent.



CARRON GLEN FROM DUNIPACE

Distance: 5.2 miles (8.3km)

Grade 2 (500ft)

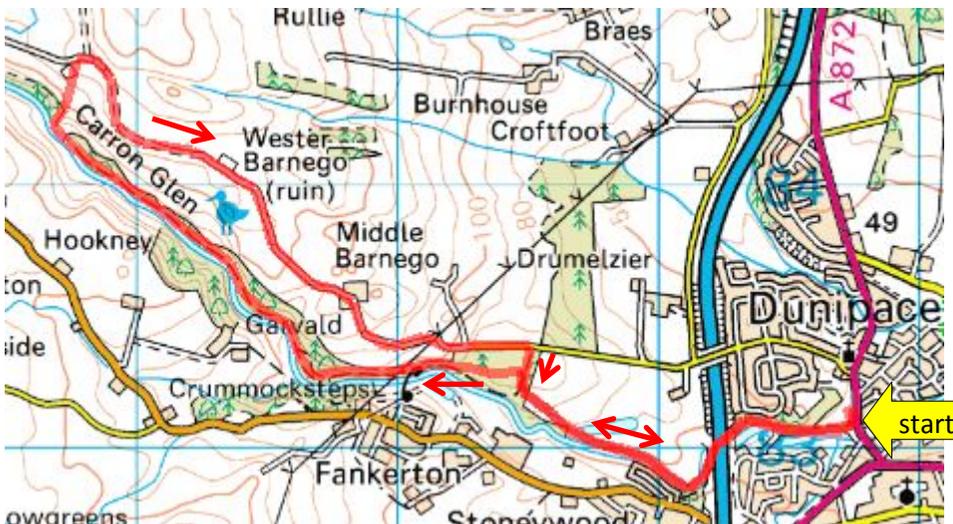
Explore banks of the River Carron
returning along farm tracks

Start and finish of walk: Dunipace, at the car park on the west side of the A872, about 200m north of the T-junction to Denny. Map ref 57: 807832

The first half of the walk is along the north bank of the River Carron. Walk upstream along the tarmac path by the river. About 300m from the start, 50m after a bridge, follow sign to the left to Carron Glen. Keep to the path on the left, and pass under the M80 motorway. This path is signposted “Scottish Rights of Way”. Continue along the river over two stiles. About 700m from the motorway the path climbs away from the river. Go through a kissing gate at the top of wooden steps then in 50m, just before another gate, turn left. The path is now high above the river but gradually drops down alongside the river. At the next bridge over the Carron turn right into Scottish Wildlife Trust’s Carron Glen Reserve.



Follow the path to a kissing gate (end of Reserve) and about 40m after the gate and 30m before a burn coming down from the right, climb to the right through bracken to a gap in an old stone wall. This path is sometimes not very visible. Go directly across the field alongside a wall, past a ruined house to a track behind a wall. Turn right along this track which can be very wet and muddy, so that in wet weather it may be advisable to return via the outward route. After passing through Middle Barnego Farm, go down the lane until you see a conifer plantation on the right. At the end of the plantation follow the path down to the river and retrace your steps to the car.



HERMITAGE & MINE WOOD, BRIDGE OF ALLAN

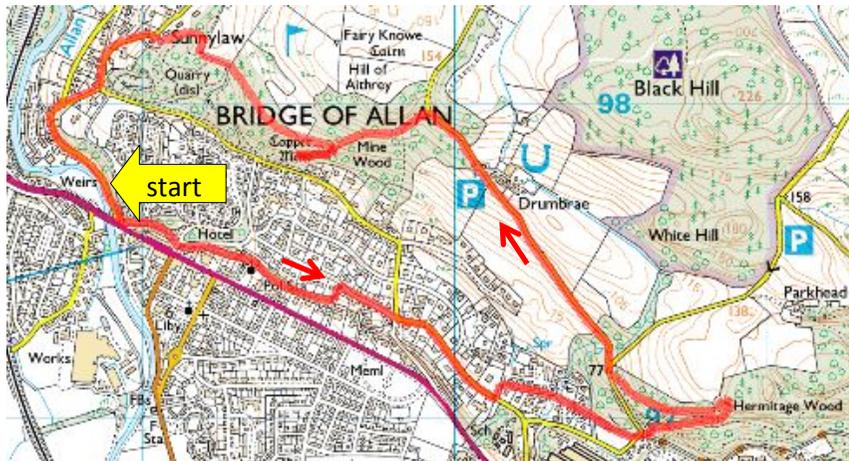
Distance: 3.8 miles (6.1km)

Grade 2 (600ft)

This walk starts in Bridge of Allan, visits part of Hermitage Wood and returns via Mine Wood passing the old Copper Mine

Start and finish of walk: Blairforkie Drive, Bridge of Allan. Map 57:788977

Park beside the Allan Water. Head back towards the main road, but just before reaching it, climb steps on left to a path behind the Allanwater Cafe. Follow it to and across Alexandra Drive then after 50m pick up a path again on right. Keep parallel to main road (ignoring 4 intersections on the way) to a T-junction. Turn left and climb steps to road. Go right, follow the road for 400m then turn left into Wellgate Drive. After 20m, turn right into a narrow path which widens to Logie Lane. On reaching the road, turn left and then right at the signpost "Logie Kirk". In 20m climb wooden steps left into Hermitage Wood. In 25m take steep right hand path leading to near the top of the hill then take the left path to a viewpoint over University grounds, Wallace Monument and Stirling Castle. Continue down to a wall and go through the opening with steps onto a road. Turn right and in 25m take Pendreich Road to left. Follow this uphill for 900m passing Dumbrae Riding Centre and a car park and continue to a track signed "Bridge of Allan". Follow this path down Mine Wood to a seat overlooking Bridge of Allan. The Copper Mine entrance is 15m right of the main path. Retrace your steps to just before the wooden steps and take a very narrow path to left, keeping the steep drop to your left, and shortly you will see a golf course on the right. Now keep close to golf course, proceed for about 400m and take the right-hand path through gap in low wall and continue on path beside the golf course. At a wire fence, turn left keeping fence on the right, walking on beech nuts, which makes the path indistinct. Find opening in fence, 30m before another fence, down a path between houses, 25m to Pendreich Road. When you see the sign for Glen Road, turn left and go down Ferniebank Brae leading you back to Allan Water.



PLEAN, TORWOOD CASTLE & DENOVAN MAIN

Distance: 8.2miles (13.2km)

Grade 2 (700ft)

Mostly on roads or good tracks, this walk visits some well-known historical landmarks

Start and finish of walk: car park at Plean Country Park, Plean.

Map ref 57: 828868

Take the tarmac path beside the toilet block and follow signs to the pond and the ruins of Plean House. Head down the driveway and at the gate, turn right on to Glen Road. At the T-junction, turn left and about 250m after the “Torwood” sign, turn right along the track signed “Public Right of Way to Denovan.” To visit the broch (ref 10), take the path on the right in 150m. Or continue up the Right of Way, passing in front of Torwood Castle (ref 10). 100m after the kissing gate, look out for post with yellow arrow pointing to left and take this path. Turn right at next junction and after a small ford, turn left at ‘A’ (sign-posted “Denovan”). On reaching public road, turn right past former church, then left at sign “Public Right of Way to Winchester Avenue, Denny” and cross River Carron by footbridge (see footnote). Follow the riverside path to cross back over river at next footbridge. At GR 811835, turn right onto minor road with a small burn on the left and immediately after a stone bridge take left fork up steps.

Turn right onto road until fork to left signed “Public Right of Way to Plean Road”. Where track swings right, keep straight on, then bear left before some rusting farm implements (footpath sign) by the field edge. Follow signed path to the stile (GR 817844) by the road. Turn right and stay on this minor road, passing over crossroads, and soon the Country Park main gates will be on your right.

Shorter option: (6.5 miles).

‘A’ turn right (signed “Thorneydyke Quarry”) to rejoin the main route south of Dales Wood

Note: This footbridge was closed (unsafe) when visited in late 2011 so go along the road omitting this loop.

