

Woodland Jogging



Overview

Using and viewing forests and woodlands improves our physical and mental health. Perhaps you already know that time spent in the great outdoors and natural environment can improve your health, but evidence is proving that spending time in woodlands is good for your physical health and mental wellbeing.

Benefits

- Forests and woodlands act as natural stress relievers giving you time to think clearly.
- Provide an alternative, calming environment to reflect and escape the urban jungle.
- Trees provide shade from the sun and shelter from the wind and rain.
- The forest floor consists of woodland matter, which reduces impact and wear and tear on your knees and joints helping you to avoid common running injuries like shin splints.
- Jogging in woodlands helps to keep you mentally stimulated with tracks and trails that constantly change and vary. This forces you to adapt your speed and gait and concentrate on the trail ahead to see what's coming next.
- Forests and woodlands provide fresh air; they intercept pollutants and air particulates and are generally traffic free without car fumes and other forms of noise or air pollution.
- Woodlands can offer a green transport corridor for you to get to work, school or simply for fun.
- Each season brings different experiences with changing flora, fauna and views.
- Jogging in this green environment can help raise your spirits, through sights, smells and sounds.
- They are free to use and accessible all year round.
- People generally train harder outdoors, running further and at a higher intensity than they would indoors.
- Using woodland trails for jogging will help to build stamina and muscular endurance.



Where to start?

Over the page you will find a map of central Scotland highlighting some great woodlands in which to go jogging.

For more information on local jogging networks in your area contact Jogscotland on tel: 0131 476 7329 or visit www.jogscotland.org.uk.

So get out today and jog in one of Scotland's woodlands.

Contact

National Health Advisor

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Email: kevin.lafferty@forestry.gsi.gov.uk

Central Scotland Health Advisor

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Highland Health Advisor

Tel: 01349 862144

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www.forestry.gov.uk/centralscotland

Enjoy Scotland's outdoors responsibly

- take responsibility for your own actions
- respect the interests of other people
- care for the environment.



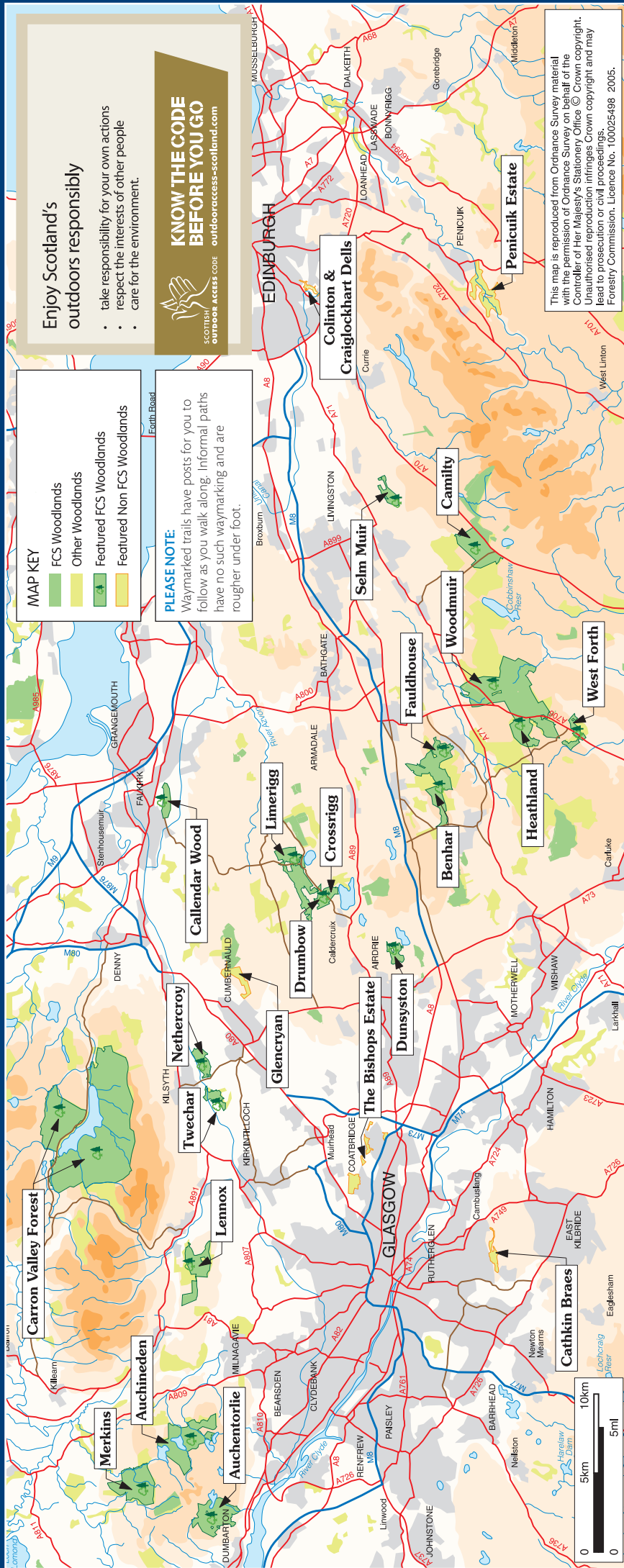
KNOW THE CODE BEFORE YOU GO
outdooraccess-scotland.com

MAP KEY

- FCS Woodlands
- Other Woodlands
- Featured FCS Woodlands
- Featured Non FCS Woodlands

PLEASE NOTE:

Waymarked trails have posts for you to follow as you walk along. Informal paths have no such waymarking and are rougher under foot.



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Auchentorrie, Auchinaden &

Merkins informal paths, viewpoints

A collection of forests in the Kilpatrick Hills with stunning views across to Loch Lomond and the Trossachs National Park and the Clyde Estuary. Great walks, often beside small reservoirs and lochs.

Callendar Wood informal paths, waymarked trails 2.1 - 5km, leaflet available

Take your pick of 3 waymarked paths as you explore this beautiful, ancient woodland on the doorstep of Falkirk.

Camilty Car park, informal paths

Secluded, popular spot with pretty burnside. Lots of wildlife to see.

Carron Valley Car park, picnic site, informal paths, viewpoints, mountain bike trails, mountain bike leaflet available

Explore this large forest and climb Meikle Bin for great views of Central Scotland. Try out the mountain bike trails and take in the views over Carron reservoir. Watch out for red squirrels!

Cathkin Braes Country Park

Car park, viewpoints, waymarked trails 1.8 - 8.8km
 Fantastic panoramic views over Glasgow City from the southern edge of the city boundary. Good opportunities for spotting wildlife including roe deer.

Colinton & Craigoiloch Dells

Informal paths, Sustrans cycle route, picnic sites
 Wonderful ancient woodland on the banks of the Water of Leith. Popular woodlands within the City of Edinburgh. Relax and unwind by the beautiful river.

Crossrigg informal paths

Several paths meander through this young woodland and lead to the shore of the picturesque Hillend Reservoir.

Drumbow informal paths

A young woodland with interesting areas of raised peat bog which buzz with life in summer. Various paths to follow and explore

Dunsyston informal paths, car park

A young, mixed woodland with a variety of paths to follow. A beautiful remnant of ancient woodland along the Clattering Burn. Good views to be found.

Fauldhouse & Benhar informal paths

Follow the tracks to discover interesting ponds and a surprising amount of wildlife.

Glencryan Waymarked trails 0.5 - 6.5km

A short distance from Cumbernauld Town Centre, you can easily forget the hustle and bustle in this secluded woodland. Paths link to Palacerigg Country Park.

Heathland Picnic site, informal paths, car park, waymarked trails 0.8 - 2km, leaflet available, heritage interest

Popular, peaceful forest with plenty to explore. In the summer there are many wildflowers and butterflies. Beautiful picnic site with ancient semi-natural woodland.

Lennox informal paths, viewpoints

A variety of walks through this interesting forest with beautiful butterflies in the summer.

Limerigg informal paths, leaflet available

Plenty of choice of walks in this forest, from the shores of the Black Loch to pleasant forest rambles.

Lord Ancrum's wood informal paths

Beautiful woodland on the banks of the River South Esk beside historic Newbattle Abbey College

Nethercroy informal paths, picnic site, heritage interest

Next to the Forth and Clyde canal with stunning ancient woodland, beautiful grasslands and fantastic wildlife. Walk in the footsteps of Romans on the Antonine Wall and take in the wonderful views.

Penicuik Estate Car park, picnic site, onsite information, heritage interest, waymarked trails 1.5-5.5km

Attractive woodland with good views from the ruins of the Ravensneuk Castle looking across to Penicuik House and beyond to the Pentland Hills.

Selm Muir informal paths

Quiet, attractive woodland full of wildlife to spot.

The Bishop's Estate Waymarked trails 0.5 - 3.5km, informal paths, leaflet available

Get away from the city and enjoy these wildlife havens. Gentle walks through interesting woodlands with lovely views and peace and quiet.

Twechar informal paths, heritage interest

Visit the site of a Roman fort and follow the Antonine Wall through varied woodland near the Forth and Clyde Canal.

West Forth Car park, informal paths, waymarked trails 1.5 - 2.9km, leaflet available

Many walks to take you through young forest with great views to the surrounding hills. Beautiful grasslands in the summer and a minewater reedbed scheme to explore.

Woodmuir Car park, informal trails

Great views north to the hills and gentle walking in the forest.

For more details about these woodlands, travel information and more please visit:
www.forestry.gov.uk/scotland and click on "explore, experience, enjoy".

