

EAST Kilbride **Cycling** NETWORK

ROUTE 3

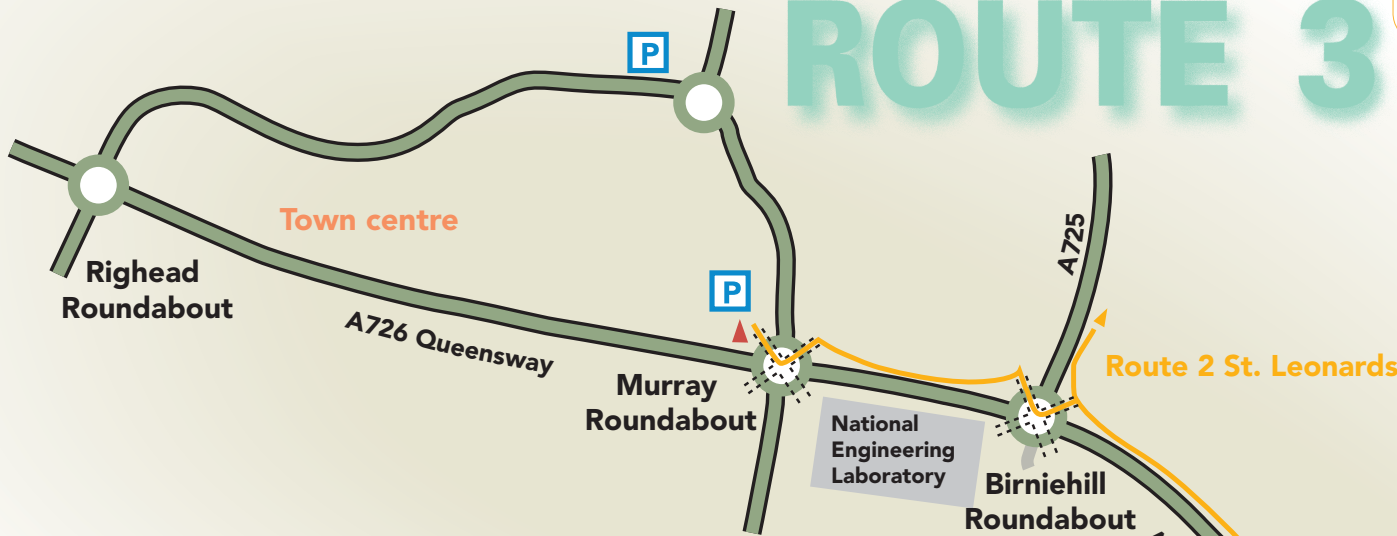
**Town centre to
Calderglen Country Park**



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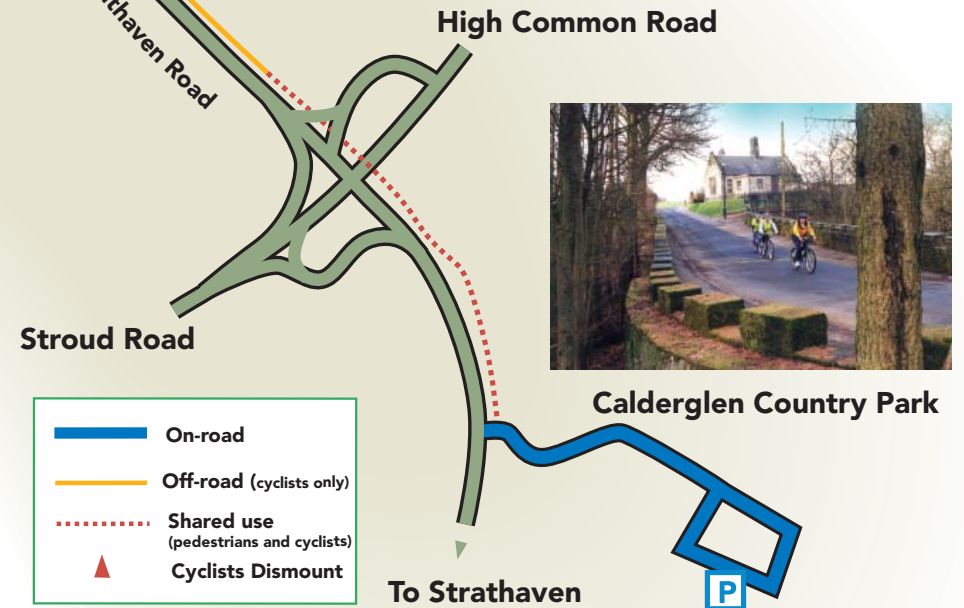
ROUTE 3

Town centre to Calderglen Country Park



▶ As you pass Colonsay field on the left, a left turn takes you into the park which houses various attractions such as playgrounds and a small zoo as well as a wide range of sporting activities. Cycle parking is provided in the main car park as cycling is not permitted along the walkways within the park.

- ▶ Calderglen Country Park is one of East Kilbride's most popular attractions and can now be easily reached by bike from many areas on the south side of the town. From the Murray roundabout follow the blue cycle signs, numbered 3, to reach the park where additional cycle parking has been installed in the main car park.
- ▶ Although the signed route only runs from the Murray roundabout, cyclists from the Murray, Westwood and West Mains areas can follow their own course to reach the signed route.
- ▶ From the Murray roundabout, cycling parallel to the A726, Strathaven Road, there is one kilometre of dedicated cycle track before you join the footway, beyond Calder Tower. From this point, across the slip road down to High Common Road, the footway is for the shared use of both pedestrians and cyclists and care should be taken to ensure that neither party is put in danger.



Bike safety- getting the most from your bike

Wheels always check that both wheels are securely attached to the frame and can rotate freely without rubbing against any other parts of your bike.

Check for dents in the rim of your wheels, small dents can effect braking.

Check your tyres for wear and tear, worn tyres are more likely to puncture, tyres should be inflated to the recommended pressure.

Brakes Check that both brakes are working correctly and that frayed cables are replaced.

Trim and tape any excess cable and ensure that brake levers are within easy reach.

Lights Ensure that lights and reflectors are kept clear and are in working order, free from dirt.

Clothing Wearing a cycle helmet considerably reduces the likelihood of head injuries whilst fluorescent clothing during the day, and reflective at night are strongly recommended.



**The Scottish
Government**

Cycling statement from South Lanarkshire Council

This Council is committed to improving cycling facilities through its area and sees cycling as a realistic mode of transport as well as a healthy leisure pursuit.

Where possible dedicated cycle only facilities are provided, however where traffic volumes or pedestrian levels are light, it is sensible to make use of existing provision and use on-road sections as well as sharing certain footways with pedestrians.

Where shared use footpaths are in operation for cyclists and pedestrians, cyclists must take extra care to ensure that their presence isn't detrimental to pedestrians. These sections are signed and only the abeyance of cyclists will ensure their continued provision.

Every attempt has been made to provide parking in areas that are in view of the general public to deter theft. However cycle parking is provided at the owners risk, securing your bike to the parking stands with D-lock's provide the best deterrent to theft.

Should you have any complaints/ suggestions or comments to make about cycling matters please write to: South Lanarkshire Council, Roads and Transportation Services, Montrose House, Montrose Crescent, Hamilton, ML3 6LB or phone 01698 453660.

For more information or if you want this information in a different format or language, please phone 01698 453681 or email fraser.jack@southlanarkshire.gov.uk

www.southlanarkshire.gov.uk

