



A guide to paths in the Lomond Hills

Exploring the Lomonds



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Lomond Hills Regional Park
and
Fife Ranger Service

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Scottish Natural Heritage on 01334 654038
or phoning:
www.outdooraccess-scotland.com
Find out more by visiting:

What does all this mean?
Respect access rights
Act reasonably when asking people to avoid land management operations
Work with your local authority and other bodies to help
Integrate access and land management
Respect rights of way and customary access

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Keep your dog under proper control

Take extra care if you're organising an event or running a business.

Care for your environment and take

your litter home

Help land managers and others to

work safely and effectively

Respect people's privacy and peace

of mind

Take personal responsibility for your own

actions and act safely

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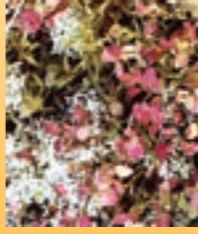
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The highest hills in Fife...

Welcome to the Lomond Hills. Here you can experience wide open spaces a short distance from our busiest towns and

cities. High-level paths offer wonderful views, exploring habitats normally associated with remote moorlands and mountains.

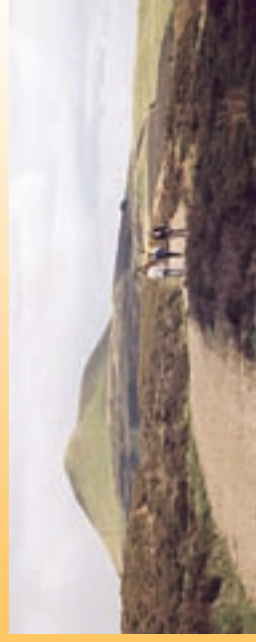


The hills look wild but they have to support many uses - farming, forestry and water supply as well as recreation. This is part of the Lomond Hills Regional Park but most of the land is privately owned. Land owners and land managers welcome

careful and responsible visitors. Please follow the guidelines on the back of this leaflet.

Using the paths marked on the map overleaf will help protect wildlife and safeguard crops and livestock. A 1:50,000 or 1:25,000 OS map is recommended for detailed navigation. Strong footwear and outdoor clothing are advised. It is usually much colder on the hills than it is in the car parks!

The other leaflets in this set explain more about the geology, wildlife, history and land use of the Lomond Hills. Enjoy exploring.



The British Heart Foundation states that four out of ten

deaths in the UK are caused by heart disease. Walking, for 30 minutes 5 times a week can halve your chance of a heart attack or stroke. There are paths in the Lomonds to suit all abilities, with plentiful car-parking and access points. Here are some highlights on a selection of routes...



The Bunnet Stane

Stranded at the foot of West Lomond, the Bunnet Stane formation looks like an old prop from a cowboy movie. Thousands of years of erosion have left the Bunnet in it's precarious position, a hard sandstone 'hat' balanced on a column of softer rock. To find it, follow the path from the lay-by on the Dryside Road (marked on the map).



The Reservoirs

Fife is a dry region, with one of the lowest annual rainfalls in Scotland. Reservoirs were created in the hollows in these hills during the 19th and 20th centuries, to supply the needs of a growing population and developing industry. Wildlife was quick to move in to new habitat. The man-made lochs are now very important to the quality of the Lomonds environment. Walk around the reservoirs on the paths to the south of the hills.



East Lomond Limekiln

A restored 18th century limekiln lies near the path along the south side of East Lomond. Local limestone was burnt inside the kiln to make lime for fertiliser and building materials. An interesting Trail round the site provides more information. The West Lomond path was upgraded using waste material from one of the old limestone quarries, a project which has greatly improved access to the high moorland.



Know the Code....

Enjoy Scotland's outdoors. Everyone has the right to be on most land and water for recreation, education and

for going from place to place providing they act responsibly. These access rights and responsibilities are explained in the **Scottish Outdoor Access Code.**

The key things are:

When you're in the outdoors:

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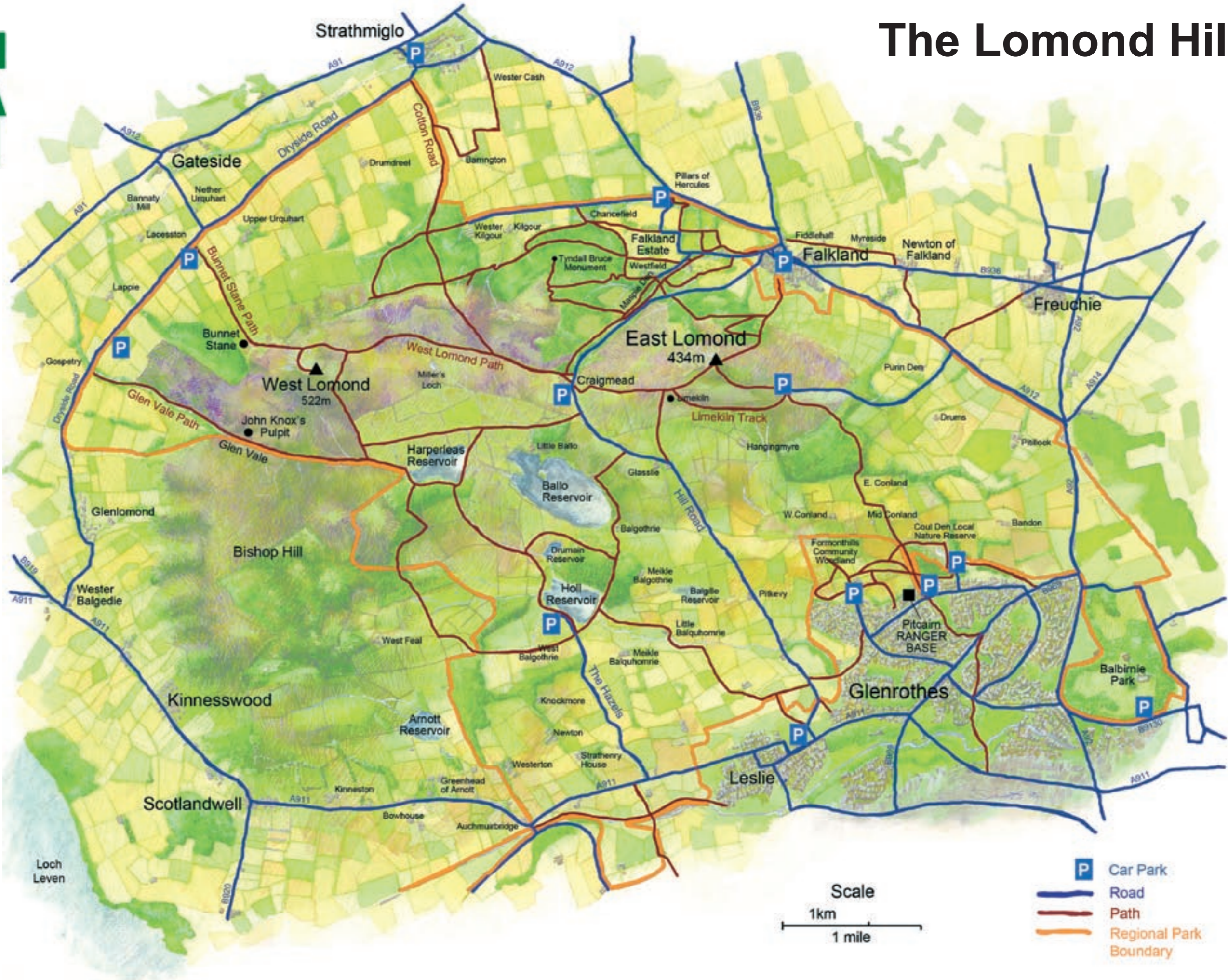
The Moors

The heather moorland on East and West Lomond is a rich environment for invertebrate life. Many species of bees visit the heather blossom for nectar. Emperor Moths can be seen flying over the moors on late evenings in June. Their caterpillars eat heather and blaeberry.



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The Lomond Hills



- Car Park
- Road
- Path
- Regional Park Boundary