

HISTORY & HERITAGE OF THE UPPER FORTH ESTUARY (38.4 MILES, 61.7KM)

A challenging tour of the lesser-known sites of natural history and heritage, around the Upper Forth Estuary.
visitscotland.com/cyclingroutes

ROUTE DETAILS



LEVEL Challenging ▲▲▲

DESCRIPTION Mix of surfaces requiring reasonable fitness and confidence. Suitable for gravel and touring bikes.

TIME 4½ – 5 hours

VIEWPOINTS / ATTRACTIONS

- A** FALLIN BING & OUTDOOR MINING MUSEUM
FK7 7HP
- B** THE DUNMORE PINEAPPLE AND DUNMORE VILLAGE
FK2 8LU
- C** CLACKMANNAN TOWER
FK10 4HR
- D** RSPB BLACK DEVON WETLANDS
FK10 1BU

ROUTE PROFILE

Total Ascent 351m Highest Point 52m



Contains OS data © Crown copyright and database right (2024). © OpenStreetMap contributors. © Cartography by www.fourpointmapping.co.uk (2024).

HISTORY & HERITAGE OF THE UPPER FORTH ESTUARY

(38.4 MILES,
61.7KM)

A challenging tour of the lesser-known sites of natural history and heritage, around the Upper Forth Estuary.
visitscotland.com/cyclingroutes

ROUTE DESCRIPTION

Starting in the historic city of Stirling, take a whistle-stop tour through Scottish history by visiting sites such as the tower houses at Clackmannan and Alloa, the National Wallace Monument, Cambuskenneth Abbey and Stirling Castle. Learn how the kings of the past fought for control of Stirling and thus Scotland, and how these battles shaped the nation as we know it today.

You will also learn of the importance of heavy industry; coal mining, ship building and woollen mills, as well as commerce and agriculture, in generating vast wealth around the Forth Estuary.

Finally, you will cross internationally important mudflats on the Kincardine Bridge, and witness how nature is healing the industrial scars of the past, at sites such as Fallin Bing and the Black Devon Wetlands.

ROUTE LEVEL CLASSIFICATIONS

Introductory ▲

DISTANCE <15 KM
TERRAIN FEW TO NO HILLS

Intermediate ▲▲

DISTANCE 15-35 KM
TERRAIN SOME HILLS

Challenging ▲▲▲

DISTANCE >35 KM
TERRAIN HILLY

THE DISTANCES MAY VARY SLIGHTLY FROM THE CLASSIFICATION DEPENDING ON THE AMOUNT OF HILLS AND THE NATURE OF THE ROUTE

FRIENDLY STOPS

STIRLING CYCLE HUB

Stirling Train Station, Goosecroft Rd,
Stirling, FK8 1PF
01786 474160



UNORTHODOX ROASTERS

12 Friars Street, Stirling, FK8 1HA
07834 955301



BAYNES THE FAMILY BAKERS

29 High Street, Kincardine, FK10 4RJ
01259 731933



BLAIRMAINS FARM SHOP

Stirling, FK9 5QA
01259 762266

