



## STAGE 20 – Cumbernauld United to Allandale

- 0.0 – Turn right out of the car park on Old Glasgow Road
- 0.2 – Turn left (1st exit) at the roundabout on Glasgow Road
- 0.4 – At the top, turn right on Main Street
- 0.5 – Turn left up The Wynd (no thru road for vehicles)
- 0.6 – At the top, turn left and immediately right on Roadside (dead end) and at the end, veer left alongside the dual carriageway
- 0.7 – At the light, cross over to the other side and turn left under the bridge under the motorway, then turn right (3rd exit) at the roundabout on Castlecary Road
- 1.4 – Straight on (2nd exit) at the roundabout
- 1.8 – Straight on (2nd exit) at the roundabout
- 2.6 – Follow the road round to the left then the right over the M80
- 3.7 – Handover in the car park on the left by the lock

## Map 6 – Cumbernauld United to Stenhousemuir



## STAGE 21 – Allandale to Falkirk Wheel

- 0.0 – Cross over the lock, turn right and follow the towpath
- 1.4 – Pass over Bridge Street in Bonnybridge staying on the towpath
- 3.3 – Arrive at the bridge to Falkirk Wheel

## STAGE 22 – Falkirk Wheel to Falkirk

- 0.0 – Continue along the towpath
- 1.0 – Pass the Union Inn (opposite side of the canal)
- 1.5 – At the bridge, keep left rising up to the road, then turn right across the canal, then veer left (1st exit) at the roundabout heading along Camelon Road
- 2.0 – Straight on along West Bridge Street by the car park for the Municipal Buildings
- 2.1 – Straight on at the junction up Newmarket Street to the left of Marshal Wilson
- 2.2 – Straight on at the lights on Princes Street (no thru road for vehicles)
- 2.3 – Follow the road round to the right into Park Street and immediately round to the left into Kerse Lane heading through the lights past the multi-storey car park
- 3.4 – Turn right (3rd exit) at the roundabout
- 3.5 – Cross the road and take the footpath to the stadium

## STAGE 23 – Falkirk to Stenhousemuir

- 0.0 – Leave the car park using the same path, turn right, then left (1st exit) at the roundabout onto Grangemouth Road
- 0.8 – Turn right at the lights on Thornhill Road by the Mill Inn
- 1.3 – Turn left (1st exit) at the mini roundabout on Dalderse Avenue
- 1.4 – At the end, turn right on Grahams Road
- 1.8 – Pass over the A9
- 2.2 – Straight on (2nd exit) at the roundabout
- 2.7 – Turn left (2nd exit) at the roundabout on Stenhouse Road
- 3.5 – Fork left into Main Street by the church
- 3.6 – Turn left on Tryst Street (no thru road for vehicles)
- 3.7 – Cross over King Street into Tryst Street
- 3.8 – Take the first right on Gladstone Road and arrive at Stenhousemuir