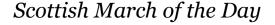


STAGE 20 - Cumbernauld United to Allandale

- 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