

Points of Interest on Walk:

This industrial landscape was transformed into a recreational park in September 2013. This was accomplished by a Big Lottery Fund Grant of £25 million and is one of only three UK projects selected to receive cash from the Lotteries Living Landmark programme.

This recreational area is very popular with walkers, runners and cyclists. The mooring facilities on the Forth and Clyde Canal also make it popular with recreational sailors.



Walk with Braveheart In Helix Park, Falkirk.



For more information regarding any of our walks,
please contact Braveheart on **01324 673703**.
Or visit: www.braveheart.uk.net

Falkirk Community Hospital
Majors Loan
Falkirk FK1 5QE

The Braveheart Association is a Scottish Charitable Incorporated Organisation. Charity No. SCO 34617.



Scottish Natural Heritage
Dualchas Nàdair na h-Alba

For inspiration go to
snh.gov.uk/simplepleasures
Search for
'scottish natural heritage'
on Facebook.



Wildlife:

Despite its close proximity to busy roads and urbanisation there is a variety of wildlife mainly water fowl, mallard, golden eye and teal. If you are lucky you might see roe deer grazing in the distant fields.



Walk Information:

Distance:

1.5 to 3 miles.

Grade:

Easy to moderate.



Risks:

Crossing the main busy Falkirk to Grangemouth road (A904) to enter the Helix Park, ensure you use the correct crossing point.

Facilities:

Toilets and refreshments can be found in the Kelpies Visitor Centre, the Plaza Café, and the Falkirk Stadium Café. Seating is located both next to the lagoon and the Kelpies.

..... Red = 1hr



Short health and scenic walks in Falkirk



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Local Knowledge & History:

The Kelpies, two 30 metre modern sculptures weighing over 300 tons were the artist Andy Scott's vision and creation. Falkirk was his father's home town and as a result he had an affinity with the project from the outset. They represent the lineage of the heavy horse industry pulling ploughs, barges, wagons and the coal ships that shaped this industrial area down the centuries. The Kelpies name reflects the mythological beasts said to have the strength of 100 horses, and represent the dramatic changes to the local landscapes and the enduring inland waterways. The Kelpies provide a link to local and national equine history and the lost industries of Scotland. They are the culmination of cutting edge technology and hand crafted artisanship. As a canal structure they accompany the Falkirk Wheel.

