

Points of Interest on Walk:

Built between 1818 and 1822, the Union Canal was designed by Hugh Baird and was originally used for transporting coal before competition from the railways caused it to close to commercial use in the 1930s. This canal stretches from Falkirk to Edinburgh totalling 31 miles. The path alongside the canal flowing through Polmont gives a pleasant, level walk, the highlights being through a long tunnel and over a giant aqueduct.



Walk with Braveheart in Polmont, 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:

See a wide range of wildlife from water vole, hedgehog, brown hare, badger, weasel, water shrew to the common toad. In the air look out for sparrowhawk, skylark, kingfisher, swift, linnet, reed bunting, spotted flycatcher, tree sparrow, grey partridge and bats. Plants on the Union Canal are giant bellflower, common centaury, ragged robin, tufted loosestrife and flat stalked pondweed.



Walk Information:

Distance:

1.5 to 3 miles.

Grade:

Easy.



Risks:

Slight ascents and descents.

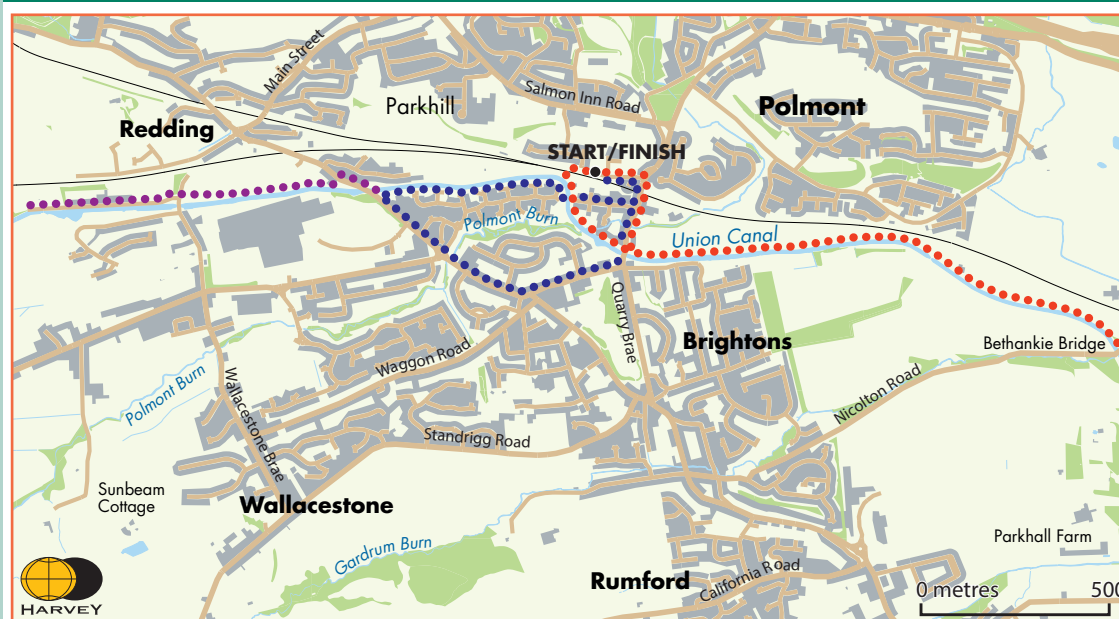
Facilities:

Toilets are located at the train station next to where the walk starts (please note these are closed at night). Unfortunately there are no benches along the side of the canal.

This walk can cover east or west of the Union Canal taking in some marvellous sites along the way. Weather dependent, the shorter town walk is also an option joining a section of the canal on return.

- Red = 1hr
- Purple = 1hr
- Dark Blue = 30mins

Short health and scenic walks in Falkirk



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Local Knowledge & History:

The name Polmont derives from the Scottish Gaelic term Poll-Mhonadh, which translates into English as Pool of the Hill.

Old Polmont, situated on a raised beach overlooking the Firth of Forth and the Ochils, was an important fort on the Roman Antonine Wall. This fort, embankment and water source have been marked out and can be visited in Polmont Woods, close to the M9 motorway.

Polmont was originally included within the parish of Falkirk, but was severed under the authority of the Court of Teinds (teind is the Scots word for tithe), and erected into an independent parish, in 1724. Nothing of the early history of Polmont has been recorded.

The newer, modern Polmont has developed mainly from the 1970s with the Gilston Estate, and further up towards the railway and station, now adjoining the village of Brightons.

During World War II, the now demolished St Margaret's School for girls was used by the Polish forces as a signals training school.