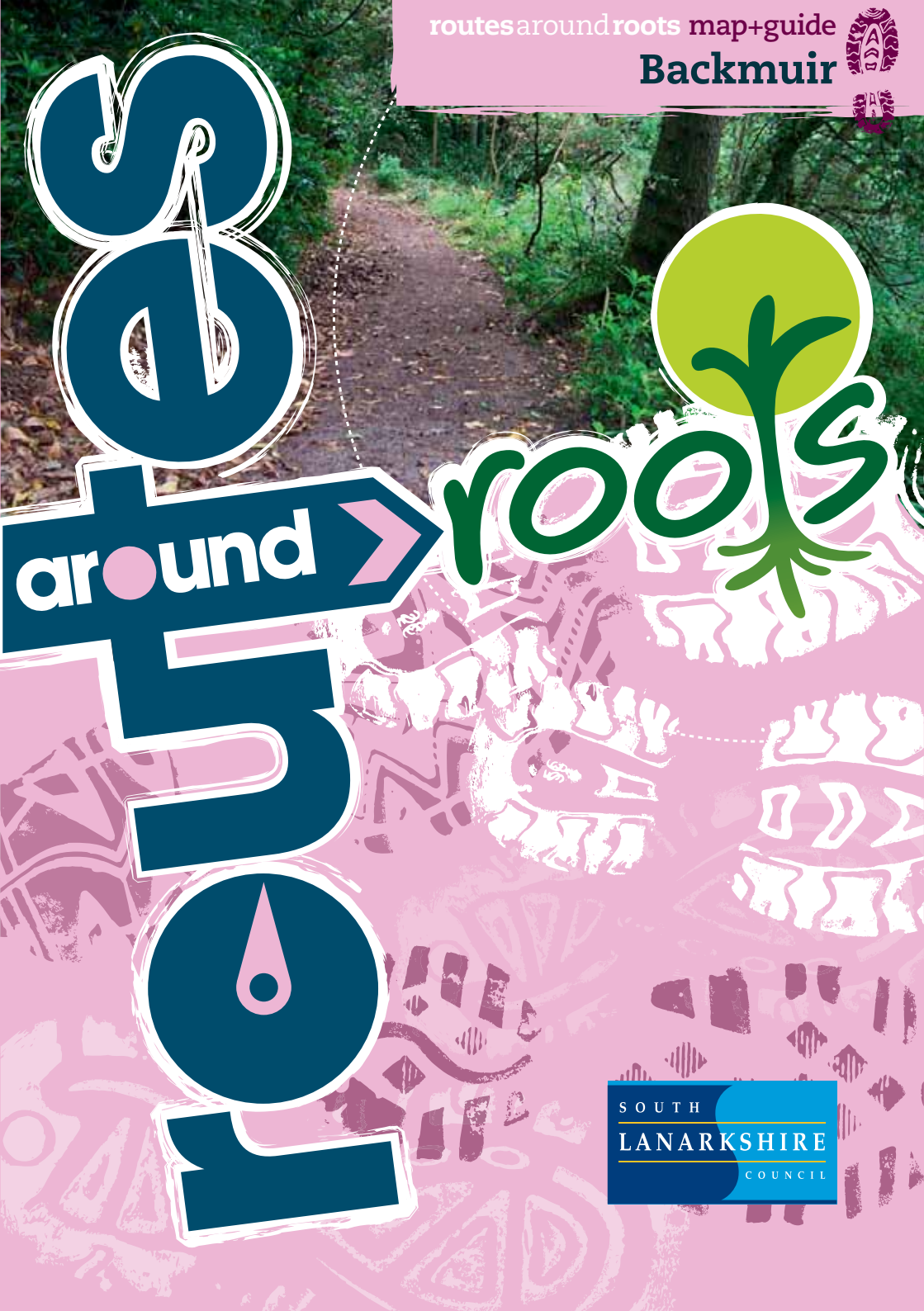


routes around roots map+guide

Backmuir



5  
around  
5

roots

SOUTH  
LANARKSHIRE  
COUNCIL

**South Lanarkshire's Countryside and Greenspace Service have put together a suite of six leaflets to enable you to enjoy some of the many walks across South Lanarkshire. The leaflets will help you guide yourself around the walk with a map and route description, information on history and natural history of the area you will be walking in.**



The project has been funded by Heritage Lottery Fund, South Lanarkshire Council and Pride of Place and hopes to encourage more people to get out and walk in their local areas and find out more about them. Walking briskly 30 minutes on 5 or more days a week can help you to reduce your risk heart attacks, lower your blood pressure, help to maintain weight, reduce stress and make you feel better. Walking these routes regularly can help you to achieve this 30 minutes of recommended activity.

For more information on walking and health, visit **[www.pathsforall.org.uk](http://www.pathsforall.org.uk)**. If you would like to join a local health walking group or would like more information on this please contact The Countryside and Greenspace Team on **01698 426 213** or email **[CAG@southlanarkshire.gov.uk](mailto:CAG@southlanarkshire.gov.uk)**. If you would like to do more challenging walks why not contact the Scottish Ramblers at **[www.ramblers.org.uk/scotland](http://www.ramblers.org.uk/scotland)**

# Backmuir

Backmuir wood is an ancient semi-natural woodland nestled between Bothwell Road and Whitehill in Hamilton and is made up of Craighead Woods, Backmuir Plantation and Parkburn Community Woods.

The oaks within the woodland were part of the Duchess of Hamilton's oak plantation which is thought to have been planted around 1700. The wood is a mixture of planted trees and those that have grown there naturally with species such as beech, birch, elm and oak.

On a walk through the woods there is a lot to see, and it doesn't feel like you're in the middle of a busy town! On the ground under the trees there are bluebells, lesser celandine (which look like buttercups with heart shaped leaves), wood anemone and wild garlic (obvious by its smell).



Roe deer, rabbits and foxes live in the wood, along with more shy residents including badgers, and otters frequent the burn.

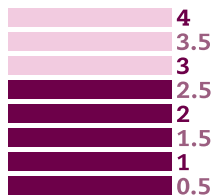
It can be hard to see mammals unless you're very quiet and still, but you can always look for signs. Footprints might be found in muddy parts of the path and gnawed nuts and seeds tell of the presence of mice and squirrels.

Look for many different birds flitting through the trees and in the early evening the hoot of an owl may be heard.

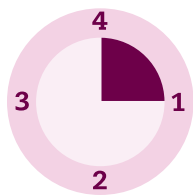


# Backmuir

Start:  
**Whitehill Neighbourhood  
Centre (WNC)**



Distance:  
**2.5 miles**



Time:  
**1 hour**



Difficulty:  
**easy**

From Whitehill Neighbourhood Centre cross the road and walk down Bute Street to Backmuir Road, at Backmuir Road cross the road and take a left passing the basketball court and taking a left up the path next to it.

At the top of the steps take a left again into Backmuir Woods. The path from here meanders along towards the East Kilbride Express Way with a few options along the way for this route. Follow the signs to the Express Way, then turn left and then left again back into the woods.





## Badgers



Follow the path from here and at the end take a left over the bridge onto Abbotsford Avenue.

Take the first left back into the woods, then follow the signpost left over the small bridge. Follow the path to the sign post and then back to the play park at Backmuir Road, and then back up Bute Street to the Whitehill Neighbourhood Centre.

# Enjoy Scotland's outdoors responsibly

Everyone has the right to be on most land and inland water for recreation, education and for going from place to place providing they act responsibly. These access rights and responsibilities are explained in the Scottish Outdoor Access Code. The key things are:

When you're in the outdoors:

- take personal responsibility for your own actions and act safely
- respect people's privacy and peace of mind
- help land managers and others to work safely and effectively
- care for your environment and take your litter home
- keep your dog under proper control
- take extra care if you're organising an event or running a business.

If you're managing the outdoors:

- respect access rights
- act reasonably when asking people to avoid land management operations
- work with your local authority and other bodies to help integrate access and land management
- respect rights of way and customary access.

Visit **[outdooraccess-scotland.com](http://outdooraccess-scotland.com)** or contact your local Scottish Natural Heritage office.



**KNOW THE CODE  
BEFORE YOU GO**

**[outdooraccess-scotland.com](http://outdooraccess-scotland.com)**

# thanks

We would like to thank the following volunteer groups for their help and support with this project;

- The Friends of Langland Moss
- The Friends of Morgan Glen
- The Friends of Udston and Glenlee Woods
- The Communitiy Wardens of Udston and Glenlee area
- The Friends of Backmuir Woods
- Andy of the Douglas Water and Rigside website  
<http://rigsidedw.50webs.com/homepage.htm>

We would like to thank the following people for their photographic contributions;

- John Hawell
- Alan Bannister

For more information or if you want this information in a different format or language, please phone 01698 426213 or email [CAG@southlanarkshire.gov.uk](mailto:CAG@southlanarkshire.gov.uk)

[www.southlanarkshire.gov.uk](http://www.southlanarkshire.gov.uk)

routes  
around





# Backmuir



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Distance: 2.5 miles Time: 1 hour Difficulty: easy



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