

routesaroundroots map+guide  
**Langlands Moss**



**SO**  
**around**   
**LS**

**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)**



# Langlands Moss

Raised bogs such as Langlands started forming around 10,000 years ago at the end of the last Ice Age. Where there were water-retaining clay soils, retreating ice left behind hollows where pools of water formed. Over time dead plant material built up in the water, slowly decaying and creating peat layers. As the levels of peat increased, the roots of new plants on the surface couldn't reach the groundwater, so relied on rain for all their minerals for growth. This was a very poor environment for growth with plants like sphagnum mosses being the only ones that could survive. In time dead plant material built up and added to the peat creating a dome shape in the centre of the bog.

If you take a walk across the boardwalk as part of your visit, look out for a surprising array of wildlife – the sphagnum moss and heather which comprise most of the plants of the bog are particularly striking in colour in the late summer.

## Boardwalk

Each segment represents 1 metre depth of peat

**Now**  
Battle of Bannockburn (1314)

**1000 AD**  
Roman Empire (10-400)

**0**

**1000 BC**  
Stonehenge completed (1600 BC)

**2000 BC**

**3000 BC**

Neolithic period (3750 BC)

**4000 BC**

Britain becomes an island by rising sea levels (5000 BC)

**5000 BC**

**6000 BC**

**7000 BC**

Lowland raised bogs began to form (8000 BC)

**8000 BC**

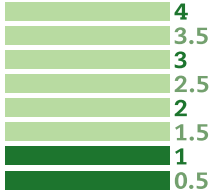
**10,000 years ago**

Other interesting plant species include cranberry and the carnivorous round-leaved sundew, which is our version of the Venus flytrap! The sundew has lots of sticky hairs that catch small insects for the plant to digest. The seemingly empty landscape is deceptive, concealing birds such as the curlew, snipe, meadow pipit and the melodic skylark. Hot sunny days are ideal for spotting insects such as the fast-flying dragonfly and damselfly, plus the large heath butterfly and emperor moth. Signs of mammals can be found at various sites on the route including otter, roe deer and the ubiquitous fox.

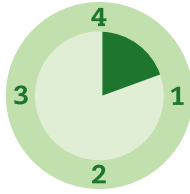
The majority of this route meanders through a conifer plantation, which are commonly found all over the UK. A post-war demand for timber resulted in large areas of land not used for agriculture being planted with densely packed, fast growing conifers, creating a quiet and close environment as you explore. The trees grow well here despite the acidic soil conditions created by the nearby bog. Keep an eye out for owl pellets among the fallen needles, containing the bones and indigestible remains of a tawny owl's unfortunate prey. Crossbill birds can occasionally be seen or heard, feeding on seeds from the conifer trees. In the grassy gaps between trees insects are numerous on sunny days. Look out for small, brown ringlet butterflies, and the blue or red flash of damselflies.

# Langlands Moss

Start:  
**Langlands  
Moss Drive**



Distance:  
**1 mile**



Time:  
**45 min**



Difficulty:  
**easy**

There are a number of ways to access this route. The dotted lines on the map show how the site is reached from Calderglen Country Park, and access points on Langlands Drive.



To start the walk, follow the signs to Langlands Moss Local Nature Reserve from Hurlawcrook Road. Keep to the path, and when you reach the moss itself turn left onto the boardwalk and follow it to the end.





## Roe Deer



Turn right and follow the way markers through the conifer trees. The route continues along gaps in the forestry, with bridges crossing small streams and ditches. Follow the way markers to return to the boardwalk and Langlands Moss.

You can add to this walk by heading towards Langlands Road as you near the end of the route. From here turn left and follow the road back to where you started, along the edge of the moss and past the golf course.

# 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 Communtiy 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)

around  
**routes**





# Langlands Moss



Calderglen Country Park Route ●●●●●

Start: Langlands Moss Drive



There are a number of ways to access this route. The dotted lines on the map show how the site is reached from Calderglen Country Park, and access points on Langlands Drive.

To start the walk, follow the signs to Langlands Moss Local Nature Reserve from Hurlawcrook Road. Keep to the path, and when you reach the moss

itself turn left onto the boardwalk and follow it to the end.

Turn right and follow the way markers through the conifer trees. The route continues along gaps in the forestry, with bridges crossing small streams and ditches. Follow the way markers to return to the boardwalk and Langlands Moss.

You can add to this walk by heading towards Langlands Road as you near the end of the route.

From here turn left and follow the road back to where you started, along the edge of the moss and past the golf course.

Distance: 1 mile	Time: 45 min	Difficulty: easy