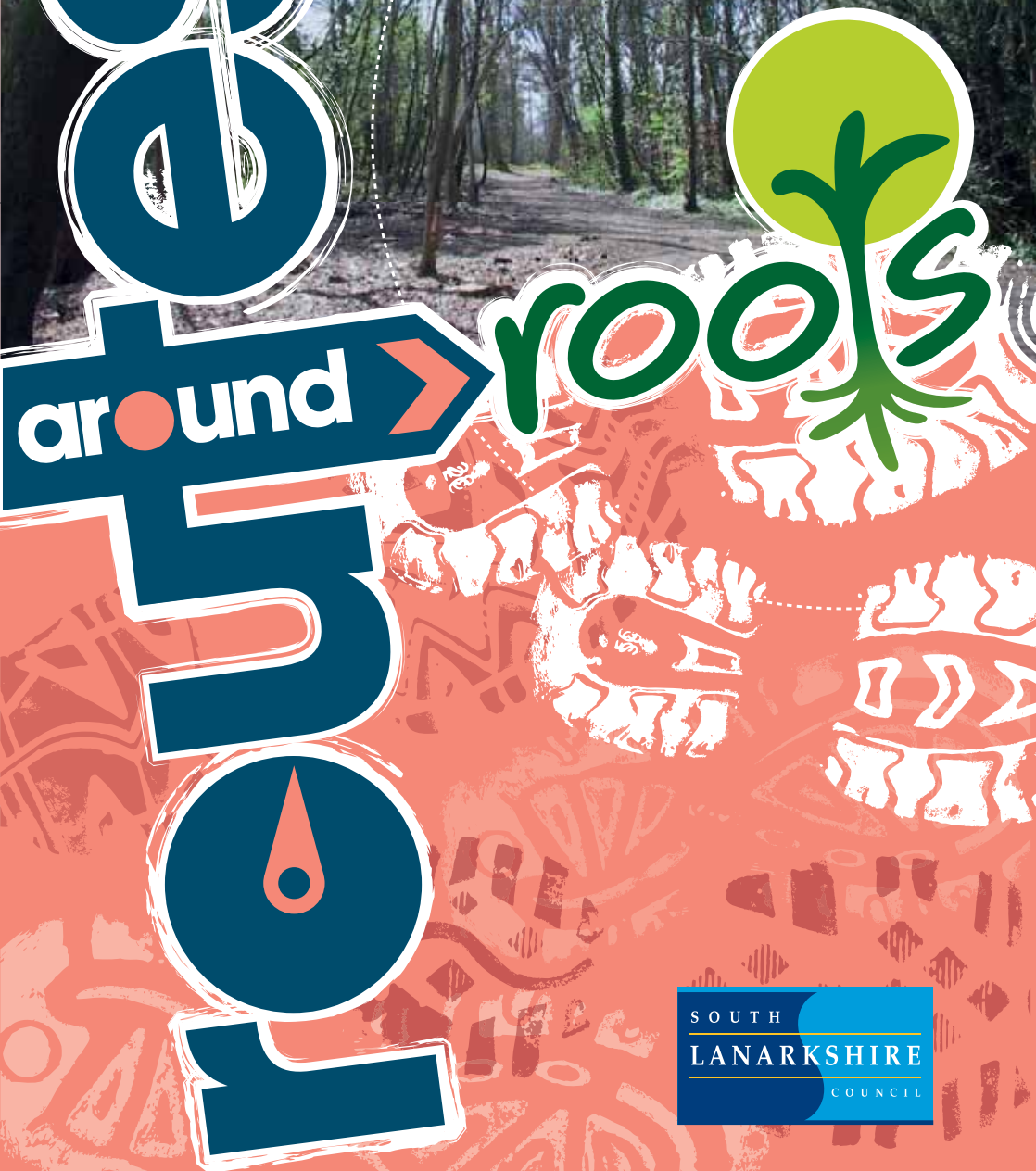


routesaroundroots map+guide

Udston and Glenlee Woods



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**. 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**. If you would like to do more challenging walks why not contact the Scottish Ramblers at **www.ramblers.org.uk/scotland**

Udston and Glenlee Woods

The woods were originally part of the estate of Glenlee House which stood at the grassy clearing in Glenlee Woods. The house was built in the mid 1800s and had various residents (including famous local boxer Walter McGowan who used it as a training camp) until it became a Tuberculosis Hospital in the 1930s. The house was destroyed in the 1970s. Some of the old conifer trees on the site such as red cedars and cypresses would have been planted as ornamental trees in the estate.

Now the woodlands are an important wildlife haven in the midst of an urban landscape. Udston and Glenlee are one of a few such woods around the Hamilton area, where old pieces of woodland along the banks of small streams have survived development. They are now great places for wild animals and plants, as well as for people to enjoy.



Walking through the woods you can see a number of different tree types including beech, birch, ash, willow, rowan, hazel and Scots pine. These trees are used for feeding and nesting by a number of birds including jackdaws, great tits, sparrowhawks and great spotted woodpeckers. Look out for circular holes in tree trunks which could be woodpecker nesting holes.

On the woodland floor there are lots of different plants throughout the year. Bluebell and wild garlic flower in spring, with herb Robert, water avens and raspberry in bloom as summer comes, and ferns are evident for most of the year. Badgers and foxes forage and hunt in the woods, and grey squirrels run through the tree canopies.

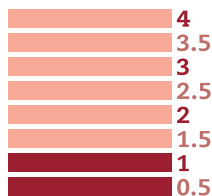
Look out for butterflies in the open, sunny parts of the wood such as the peacock with large eye-spots on its wings and the comma, with its characteristic jagged edged wings.



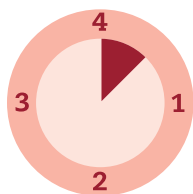
Horse Chestnut

Udston and Glenlee Woods

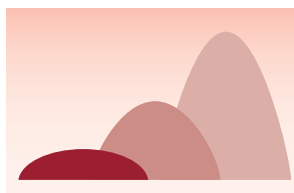
Start:
**Jock Stein
Leisure Centre**



Distance:
1 mile



Time:
30 min

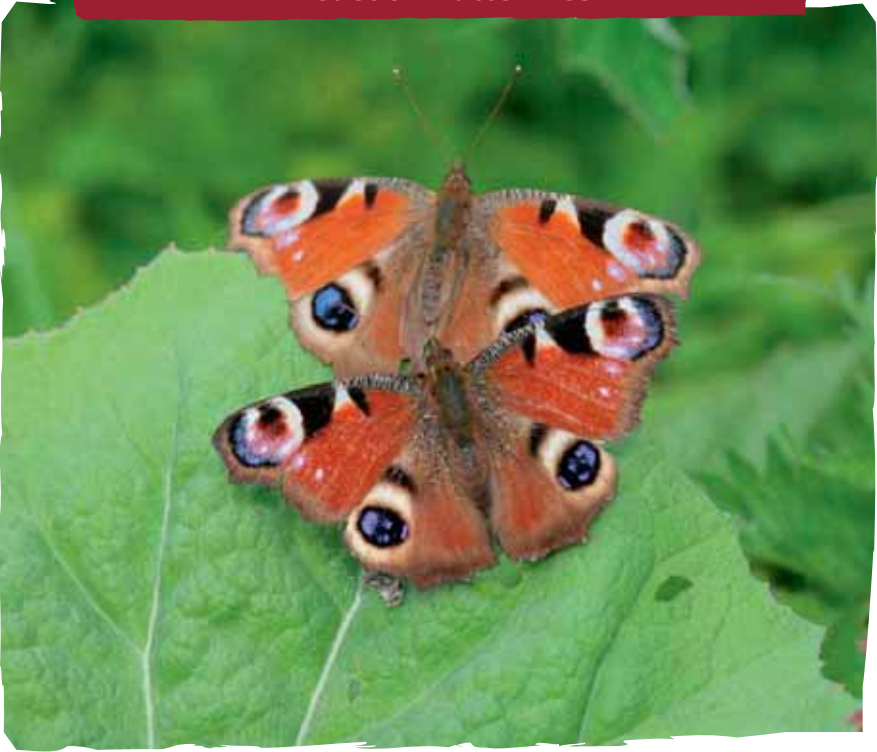


Difficulty:
easy

From the Leisure Centre cross Hillhouse Road and enter the woods via the signed entrance.



Peacock Butterflies



Follow the path down into the woods, coming out at Udston Road. Cross the road and re-enter the woods through the gate. Follow the signposted path around the woods returning to the Udston Road entrance.

Cross the road and return along the same path to the Jock Stein 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** or contact your local Scottish Natural Heritage office.



**KNOW THE CODE
BEFORE YOU GO**

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

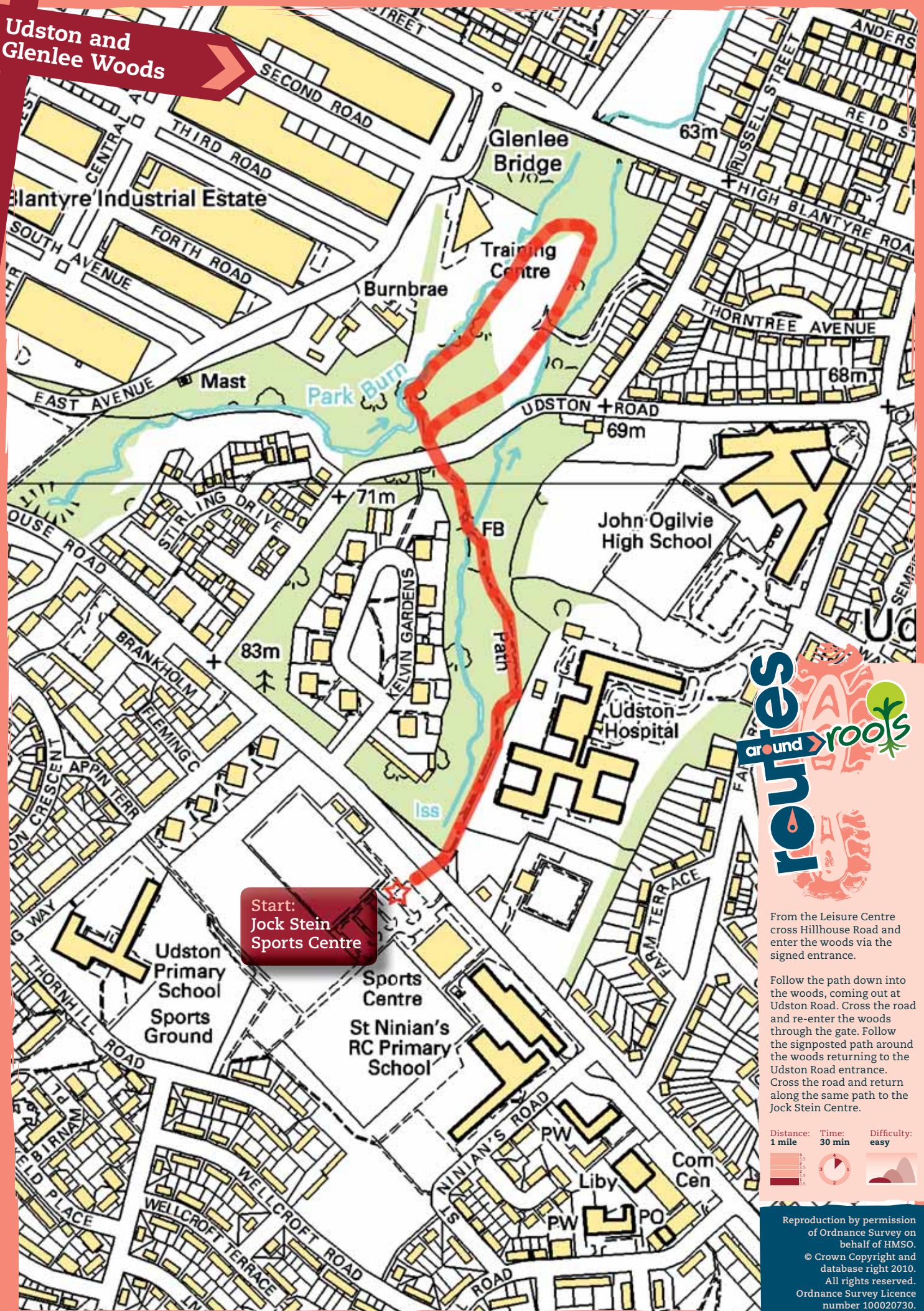
For more information or if you want this information in a different format or language, please phone 01698 426213 or email CAG@southlanarkshire.gov.uk

www.southlanarkshire.gov.uk

routes
around



Udston and Glenlee Woods



Start:
Jock Stein
Sports Centre

From the Leisure Centre cross Hillhouse Road and enter the woods via the signed entrance.

Follow the path down into the woods, coming out at Udston Road. Cross the road and re-enter the woods through the gate. Follow the signposted path around the woods returning to the Udston Road entrance. Cross the road and return along the same path to the Jock Stein Centre.

Distance: **1 mile** Time: **30 min** Difficulty: **easy**

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