Scotland’s best traffic-free cycling routes revealed in new list

THREE traffic-free cycling routes in Scotland have been named among the best in the UK for families.

Introducing the ranking, which featured routes in places like the Cotswolds and Wales, the i newspaper said: “The National Cycle Network, a UK-wide network of signed paths and routes for walking, wheeling, cycling and exploring the outdoors, is more than just a path.

“It provides space for nature to flourish. It offers routes to schools, workplaces and communities, and a place where children have a space to learn to ride their bikes.

“By creating an inclusive, accessible and connected National Cycle Network, Sustrans is also making it easier for people to immerse themselves in green spaces, which we know is beneficial to both mental and physical wellbeing.

“So, be inspired by the little red sign and discover the benefits of the National Cycle Network on some of the best traffic-free routes for families to enjoy across the UK.”

Traffic-free cycle paths in Scotland named among the best in the UK

Three Scottish cycling routes were named with the Aviemore to Boat of Garten, Lochwinnoch Loop Linem and the Historic Alloa and the Ochil Fault paths making the cut.

Here is what the i newspaper said about each of the routes:
Aviemore to Boat of Garten, Cairngorms

“Boasting views of the Cairngorm Mountains and finishing in a

place also known as the “Osprey Village”, this largely traffic-free route is known for its stunning natural scenery.

“But there’s also history to be enjoyed: the restored Strathspey Steam Railway runs nearby, and bikes are allowed on it.”

Lochwinnoch Loop Line, Renfrewshire

“This traffic-free stretch of National Route 7 begins at Paisley Canal before skirting Castle Semple Loch.

“The full route takes you to Kilbirnie and is 14 miles long, but families may choose to turn back earlier at Lochwinnoch. This is a great place for a break and a cup of tea at Castle Semple Visitor Centre.

“Whatever distance you take on, you’ll enjoy spectacular artworks and stunning loch-side views.

“There’s also RSPB Lochwinnoch nature reserve to spot on the south side of the water. You may even catch a glimpse of the elaborate courting rituals of great crested grebes during spring.”

Historic Alloa and the Ochil Fault, Clackmannanshire

“Explore history and nature, passing ruins like Sauchie Tower and enjoying panoramic views of the Ochil Hills on this mostly traffic-free route.

“From Alloa Station, follow the old railway line north (NCN 767). Take a short detour to the ruins of Sauchie Tower before continuing to Tillycoultry. From here, head west along NCN 768, following the line of the Ochils Fault, passing the small town of Alva en route to Menstrie.

“Enjoy panoramic views of the Ochils as you continue south along another disused railway line, passing the large distillery and cooperage at Cambus Hub, before arriving back in Alloa.

“Learn more of Alloa’s industrial history and historical past by visiting Alloa Harbour Viewpoint and the immaculately restored Alloa Tower, before the short ride back to Alloa Railway Station.”

Source: The National