



A COMPLETE GUIDE TO PADDLING ACROSS CENTRAL SCOTLAND

Trail Safety

- Please follow the simple code when paddling on the canal trail:
- All paddling groups are asked to register when taking on the trail (this can be completed online)
 - Be courteous to other canal users including motorboats, rowers and fishermen
 - Move to canal right and offer space for other craft to pass
 - Let faster craft pass at the earliest opportunity
 - Please keep the towpaths clear for walkers, cyclists and works access

Paddlers should also remember:

- Always wear a suitable buoyancy aid when on or near the water
- It's advisable to paddle with friends so you have assistance if needed
- Ensure you have suitable paddling experience and safety skills
- Take a map, mobile phone and first aid kit with you just in case
- Remember to tell someone where you are going and how long you'll be
- It may be useful to take a change of clothes, towel and group shelter

Tunnel Safety

Please follow these basic instructions to safely navigate tunnels:

- All paddling groups using the tunnel must be led by a responsible, competent adult
- All paddlers must be wearing appropriate flotation devices with whistles
- It's highly recommended that a paddler walks through the tunnel ahead of the group to inform of any potential oncoming craft
- For all paddling groups going through the tunnel, waterproof head torches, hi-viz vests, glow sticks and a rear light (red light) placed at the stern of the last craft is advised
- If you feel you don't have the appropriate skills to paddle through the tunnel, please portage your craft through the tunnel using the towpath walkway.

Paddlers should keep in regular contact with the Canal Staff and Boat Helpline for any updates on canal operations/boat movements.

Key

- Orientation Panel/Access
- Access/Egress Point
- P Drop Off/Pick Up
- WC Toilets
- 🍴 Food & Drink
- 🏠 Shopping
- P Parking
- ➡➡➡ Lock Gates
- ⌵ Swing Bridges
- 🛣️ Motorway
- 🟩 A Road
- 🟠 Other Road
- ⌵ Aqueduct
- ⋯ Railway

Contacts

Lowland Canals Waterway Office:	0141 332 6936
Falkirk Wheel Basin Control:	01324 676912
Boat Helpline:	0845 676 000
Emergency (inc Coastguard):	999

Trail Overview

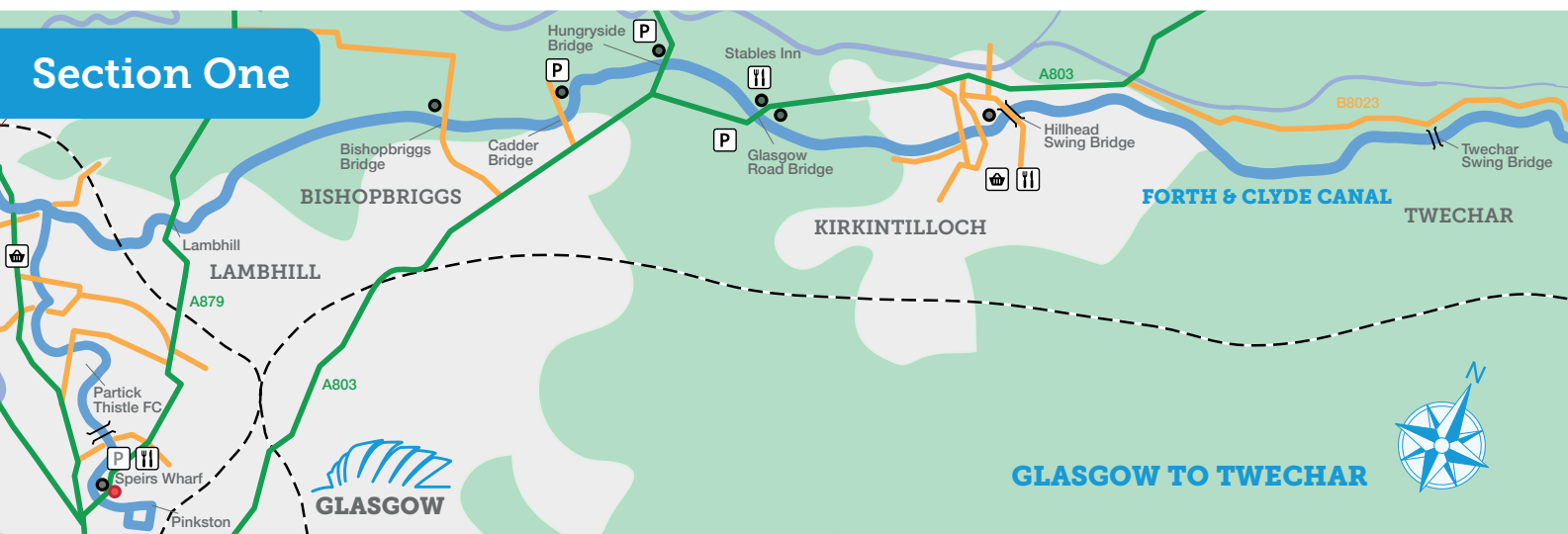


54 Miles, 5 Portages, 2 Canals, 1 Great Canoe Trail
Suitable for all levels of paddler

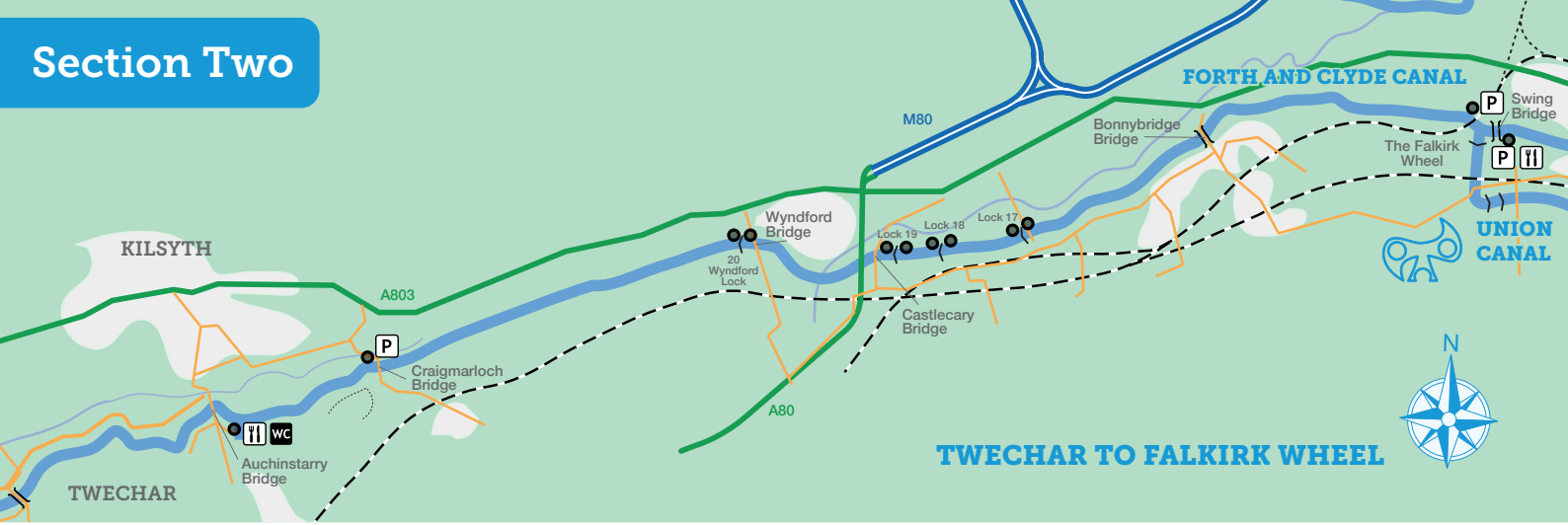
You can Download detailed maps from our website

It is generally easier to paddle from West (Glasgow) to East (Edinburgh), with the prevailing wind behind you. It is also possible to paddle this Canoe Trail east to west

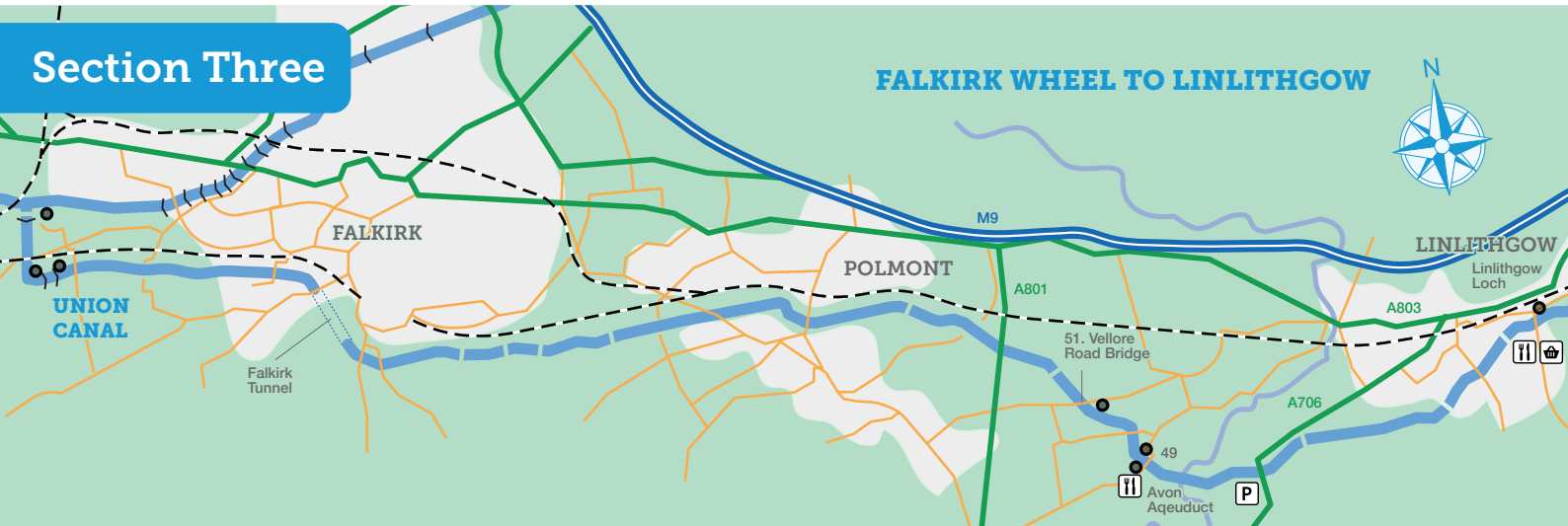
Section One



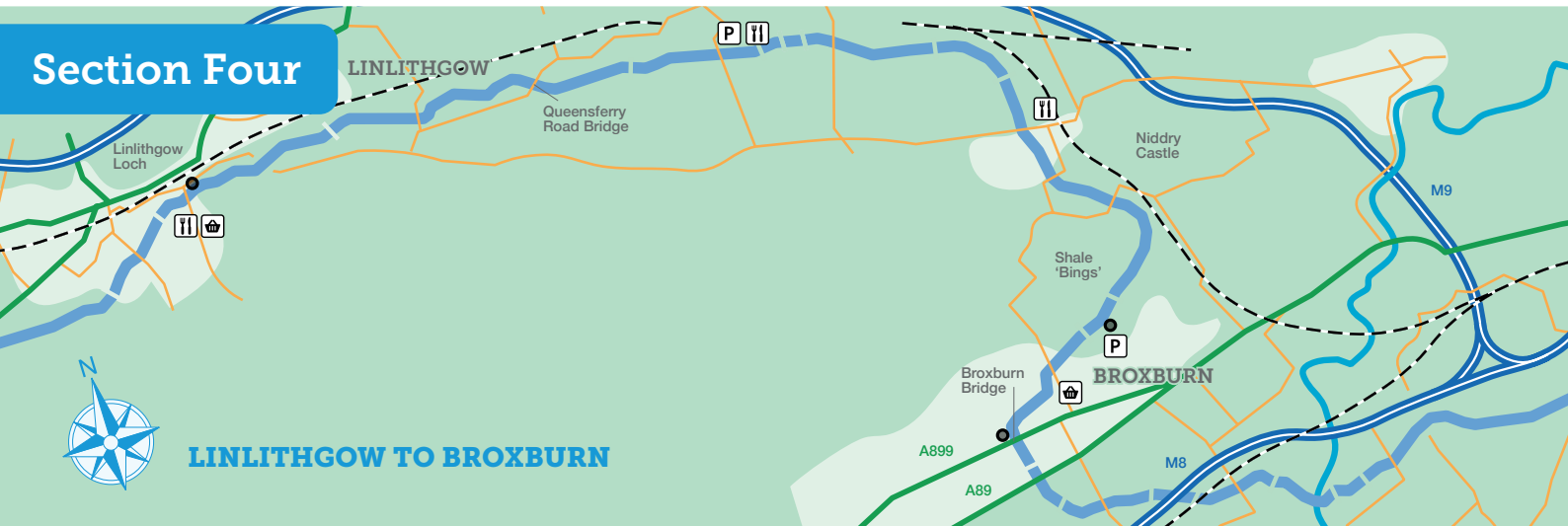
Section Two



Section Three



Section Four



Section Five

