

Antonine Wall Trail

ROUTE TYPE: Walk

DISTANCE: 6.5 miles/10.5 km

AVERAGE TIME TO COMPLETE: 2.5 Hours

DIFFICULTY LEVEL: ■■■□□ Short, but hilly



THE ROUTE

Step back in time to the Roman occupation on this trek over two of the Antonine Wall's former hill forts. Starting at Auchinstarry Marina on the Forth & Clyde Canal, you'll have a good flat warm-up before climbing to Bar Hill Roman Fort.

Explore the remains of the Roman Empire's north western frontier, now a UNESCO World Heritage Site. The history is also a good distraction from all the climbing but you will be rewarded with great views of the Campsie and the Kelvin Valley from the peaks of Bar Hill and Croy Hill.

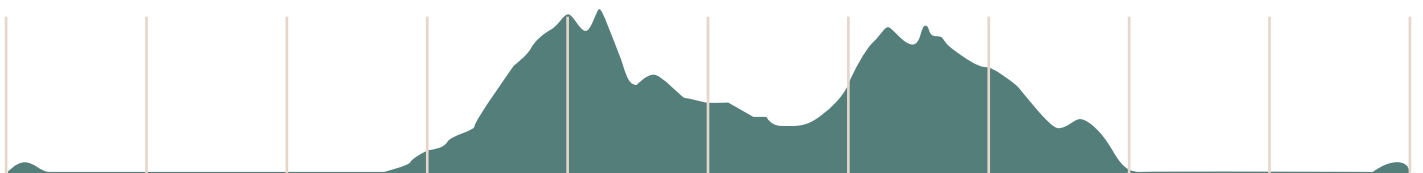
A short but steep descent returns you to the Forth & Clyde Canal and back to Auchinstarry. This route is fully waymarked as the John Muir Way, following the cycle route along the canal and the walking route over the Antonine Wall.



Bar Hill Roman Fort

ELEVATION PROFILE

Total ascent 208m / Highest point 155m



PLACES OF INTEREST

1

AUCHINSTARRY MARINA

This little haven of canalboat life also has a hotel/restaurant and bike or canoe hire for exploring the canal. The nearby quarry is also popular with rock climbers.

2

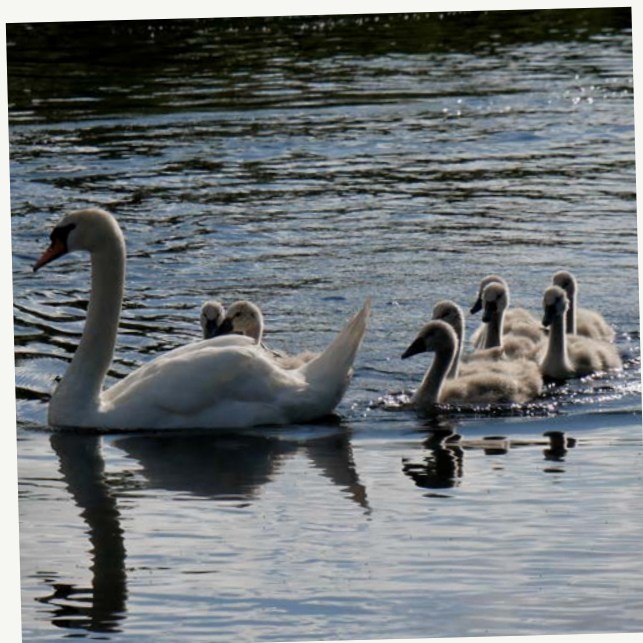
BAR HILL ROMAN FORT

The highest fort on the Antonine Wall still contains the foundations of the almost 2,000-year-old Roman headquarters building and bath house.

3

CROY HILL

On the east side of Croy Hill is the site of a Roman fort, and temporary camp on the Antonine Wall. Although no longer visible, you can still see the ditch cut for the wall and enjoy the views.



Swans at Auchinstarry Marina



Forth & Clyde Canal

4

FORTH & CLYDE CANAL

This route includes a 3-mile stretch of the 35-mile canal that runs across Scotland, connecting the Firth of Forth to the Firth of Clyde. Completed in 1790, it was once an important route for fishing and industry.

THE INSIDE TRACK

This route visits just two of the many sites you can visit along the Antonine Wall. The John Muir Way intersects the wall numerous times along its path, including at Rough Castle, Kinneil Estate and Callendar Park. Visit antoninewall.org to find out more.

TERRAIN

This route follows canal towpath and footpaths, including a section of the Antonine Wall. We have graded it as medium difficulty despite the short distance, due to the grassy climbs up Bar Hill and Croy Hill. The route crosses the B802 in two places so take care at these points. Other than the road crossings and a short stretch up Twechar Main Street the route is almost entirely on footpaths or shared cycle path (along the canal).

Please enjoy Scotland's outdoors responsibly.
Visit: outdooraccess-scotland.com

GETTING THERE

BY RAIL: The route can be accessed from Croy train station, 1km from the trail.

BY BUS: The 88C bus service links Kilsyth, Kirkintilloch and Lennoxton; the 35 service runs between Falkirk and Kilsyth/Croy.

BY CAR: Parking is available at Auchinstarry Marina.

Plan your trip and find more routes at:
johnmuirway.org/day-trips