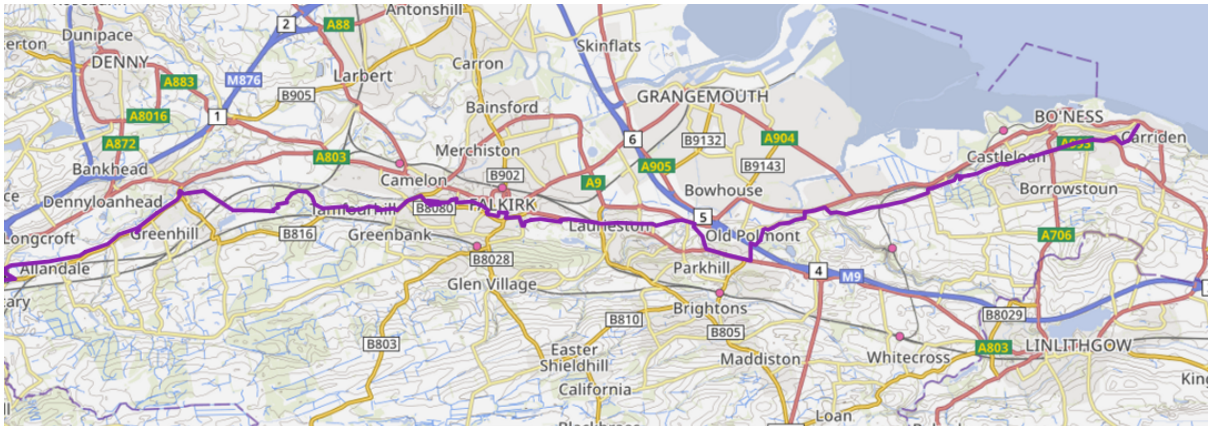


The Antonine Wall Trail: Falkirk Section (Bo'ness to Castlecary)



Walk information

Start: Harbour Road, Bo'ness EH51 9LE, or Carriden Glade, Bo'ness EH51 9LU

Getting there: If you are planning to walk the entire route, we would advise using public transport to reach your starting point in Bo'ness. From Edinburgh or Glasgow, take a train to Falkirk and then Bus2/2A to Bo'ness. [Plan Your Journey | Traveline](#)

From Linlithgow Railway Station take the F45 bus which stops at Carriden Church (the potential end of the Antonine Wall) or on Bridgeness Road, at the bottom of Harbour Road. [F45 - Linlithgow Rail Station to Bo'ness | Midland Bluebird](#)

Finish: Castlecary Hotel Castlecary Rd, Castlecary, Glasgow G68 0HD. Bus links to Glasgow and Falkirk: [Plan Your Journey | Traveline](#)

GPX file for the section: [Download here](#)

Distance and terrain: 29 km, mainly urban with some forest tracks. Can be muddy in places. No major elevations.

Facilities along the way: You will find shops and accommodation in Bo'ness, Polmont, Falkirk and Bonnybridge. This section ends at the Castlecary Hotel. The nearest railway stations are in Polmont and Falkirk. Buses are available along the route.

Pick up any litter and respect the Scottish Outdoor Access Code (<https://www.outdooraccess-scotland.scot/>).

Maps are available at the end of the document.

Step by Step Walk description

Step 1

The end of the Antonine Wall lies between the shore and Carriden Estate. Depending on your arrival point you can walk around Carriden. Possible routes are shown in dotted lines on the map but are not part of the GPX file.

Our end-to-end walk starts in Harbour Road at the Bridgeness slab on Harbour Road EH51 9LE. The Bridgeness slab was the most ornate distance stone found along the Antonine Wall. The original can be seen at the National Museum of Scotland in Edinburgh. This replica was commissioned by the local Community.

Walk up Harbour Road, turn right on Grange Loan. Then turn left on Grahamsdyke Lane. You are now on the exact line of the Antonine Wall. At the end of the lane, turn right onto Grahamsdyke Road which soon becomes Dean Road. The road is built on the Antonine Wall. You will pass a Roman inspired mural at Douglas Park. Cross at the traffic lights and follow Dean Road until you reach the entrance of Kinneil Estate which is marked by the Kinneil Guardian sculpture.

Step 2

Walk up to [Kinneil house](#) past [Kinneil Museum](#). The line of the Wall is on your left side. Pass to the left of the House and cross the bridge. Continue along the path to the church and then straight ahead on the path until you go around the pond to reach the Fortlet remains. You can also reach to Fortlet from the Fortlet side of the clearing. Continue until you reach the ramp to the road and the National Cycling Route 75.

Step 3

Continue on the quiet country road to Inveravon, turning right after the sharp bend. The Wall will be on your left in the fields.

The road eventually dips down to join the A905. Turn left to walk on the pavement until you can turn left again over the bridge.

A brief detour to the left along Avondale Road toward the ski centre will take you to an old information board marking the line of the Wall and you will be able to see the ditch running next to the artificial ski slope. This is best seen in Autumn and Winter. Retrace your steps to the bridge.

Step 4

Enter Polmont woods and follow the path parallel to Smiddy Brae. The Antonine Wall is on your left, running through the golf course.



When you reach the Polmont Woods car park, you can choose to turn left to climb up into the woods to find traces of the ditch. To proceed on the Antonine Wall Trail however, take the second path straight ahead. You will soon reach a board facing the Antonine Wall ditch.

Continue on the path, turning right until you reach Bo'ness Road.

Here you have the option to go right to Polmont Church to catch a glimpse of the Wall base in the cemetery. Then trace your steps back.

Step 5

As the Antonine Wall crosses at the M9 and the interchange we now need to deviate from the route of the Wall.

Stay on Bo'ness Road and cross the bridge over the motorway into Polmont.

Turn right onto Main Street. In Polmont you will find local facilities and public transport.

Continue along Gray Buchanan Park until you reach a path to the right signposted Polmont Burn and Falkirk. This will take you along Polmont Burn to the A9 and back to the line of the Wall.

Step 6

Coming out of the woods on the A9. Here you will find a garden centre on your right with toilet facilities and a restaurant. You will also find a hotel here - please use the underground after crossing the A9/Grandsable road to the left to cross the road to access the hotel.

Stay on the left and use the farm track to climb up toward Mumrills. Once the track has levelled out, Mumrills Fort would have been on your right. Continue straight ahead on Sandy Loan and then Grahamsdyke street. You are walking on the exact line of the Antonine Wall.

Continue under the underpass. Here the Wall crosses the roundabout and will run on the left side of Callendar Road: the hill was part of the Wall. Cross Callendar Road at the first set of traffic lights and continue until you reach the gap where you can see Callendar House.

Step 7

As you immediately enter the park, you are now standing in the Antonine Wall ditch. You have the option to go to Callendar House where you will find a Roman exhibition, café and toilets. Toilets are also available next to the playground further to the right of the house. If you would like to just proceed with the trail, walk up the path to your right. The Antonine Wall ditch is clearly visible on your right. Follow the ditch until you reach the last buildings before Estate Avenue and cross the road. Pass to the left of the next set of towers and go down the path. Cross the small street and turn right on Kempner Avenue towards the supermarket. At the far end of the car park an old information board marks the spot where the Wall base is uncovered.

Step 8

Continue on Kempner Avenue to the junction and turn left onto Arnot Street. Cross at the lights and turn right on Cow Wynd. Walk till you reach the distance stone, where you will find several shops and cafes and can easily access Falkirk town centre.



Turn onto Booth Place left of the Distance stone. The Wall is on your left. Turn left onto Pleasance where you will see a plaque marking the probable location of the fort and then turn right onto South Pleasance Avenue.

Step 9

Turn right and right again at the roundabout to reach Cockburn Street. Cross the road and take Arnothill on the left climbing up along the line of the Wall. Continue straight ahead until Arnothill dips down to Maggie Wood's Loan. Turn right and then immediate left onto Queens Drive. Take the third left into Frobisher Avenue. At the end you will see a path on your left.

Just before the steps there is a path you can take to Bantaskin but it is overgrown and can be very muddy. Alternatively, take the stairs and turn right onto Anson Avenue. Follow the road until you reach Bantaskin where the ditch is clearly visible.

Retrace your steps to the stairs on your right going down to Westburn Avenue and turn right. Cross the road with care.

Step 10

Walk along Westburn avenue until you reach the green space and turn right onto Glenfuir road. Follow Glenfuir road to the left until you reach Tamfourhill Road on the right.

Step 11

Turn right on Tamfourhill Road.

Cross with care and enter Watling Lodge. Walk along the ditch on either side until you reach the house and exit the site on the right. Turn left and walk past the house. You will see another part of the ditch on your left just after the building.

The Wall then crosses the road and continues parallel on your right. The ditch is clearly visible in the woods, but the path then dips down to the canal. Stay on Tamfourhill Road until you reach the roundabout to the Falkirk Wheel. Turn right on Lime Road and then immediate left, following the signs to Rough Castle. You have the choice on the "high road" on the left, on the rampart or the low road main track. The nearby Falkirk Wheel has food and toilet facilities.

Follow the routes to Rough Castle Fort.

Step 12

Enter Rough Castle Fort and follow the ditch to the lilia pads. Cross over to the fort. Once you have explored, use the path right of the bridge over the ditch to walk down, cross the bridge over the burn and walk back up. Follow the stone Wall and the ditch to the end of the site and rejoin the road through the gate or through a gap in the wall a bit further down.

Step 13

Follow Bonnyside road and the John Muir Way signage. Beware of traffic when crossing the bridge.



Continue following Bonnyside Road and the John Muir Way to the tunnel. You are now in Bonnybridge where you will find cafes and facilities. Cross the road with care. Before turning to the left, have a look at the Roman inspired sculpture at the car park entrance.

Continue up Bridge Street until you reach the canal and take the towpath to the right.

Step 14

Continue along the canal. After 900 metres a path will take you down to a lower level. Continue to the left, parallel to the towpath until you reach a tunnel under the canal. You may be best to use to use a torch. Use care as the stone path as it can be slippery. On the other side of the tunnel go up the stairs to the right to reach Seabegs Wood where the ditch and the military way are clearly visible.

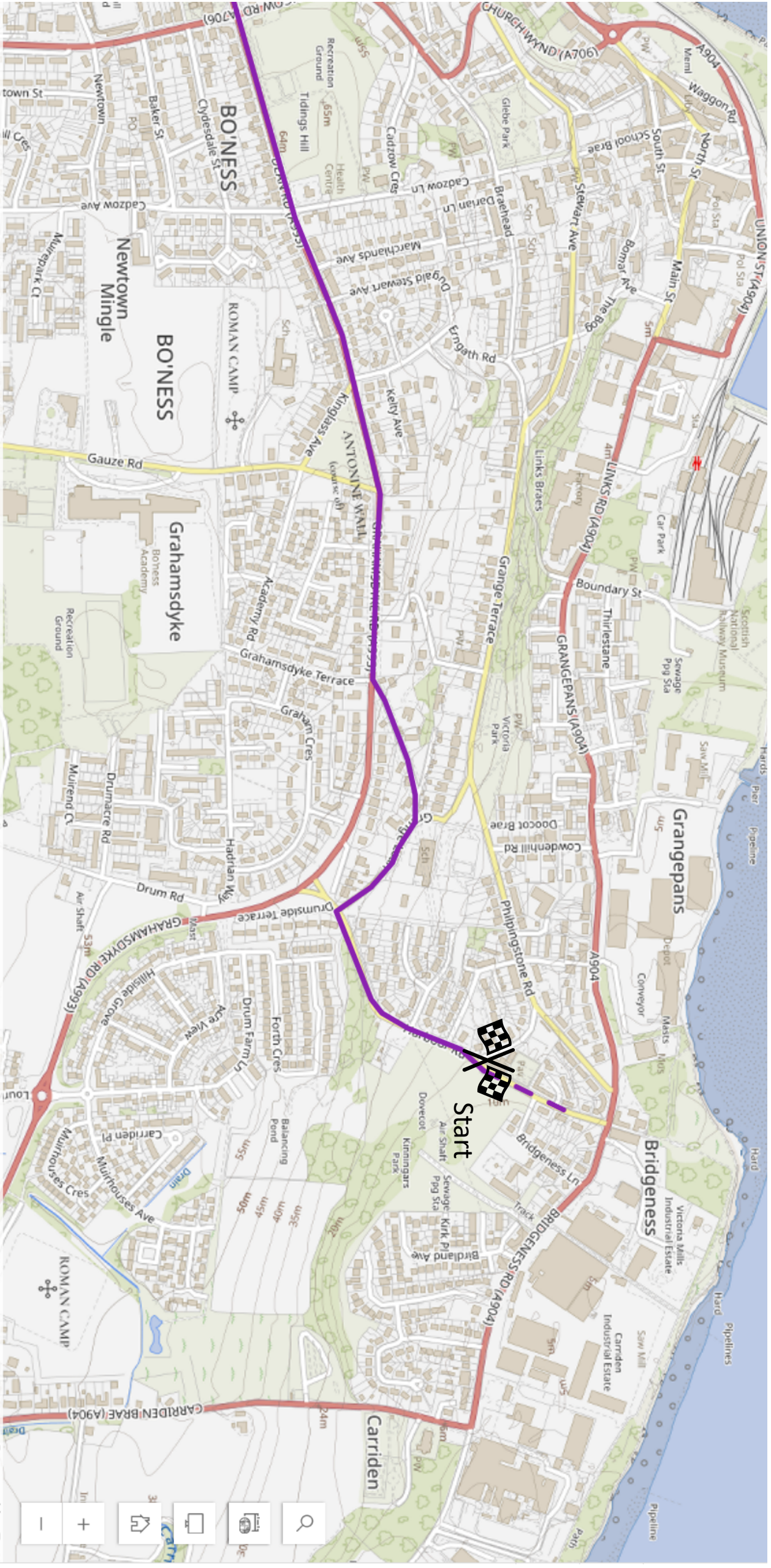
There is no exit point at the far end so retrace your steps back to the canal towpath once you have finished exploring.

Step 15

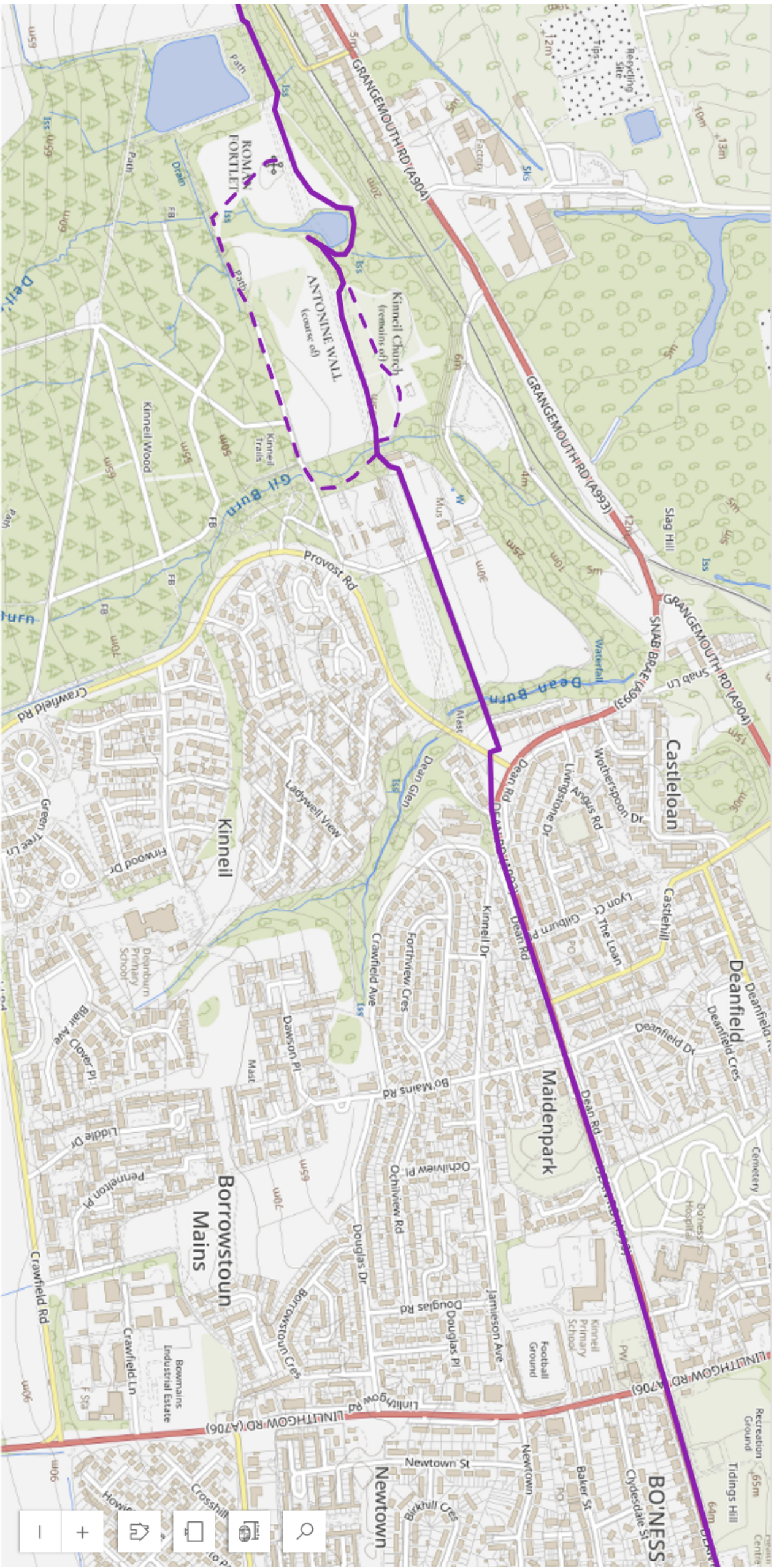
Back on the canal towpath, continue towards the west (with the canal to your left). The Antonine Wall runs between the canal and the B816. Once you reach Cumbernauld Road turn left on the bridge and follow the road up. If you want to have a look at Castlecary Fort, cross the road, and turn left on Walton Road. The fort is left in the field under the trees. An information board is situated behind the houses. Retrace your steps to the B816 and cross again onto the pavement. Continue to the west, over the motorway. Follow the road until you reach Castlecary Hotel. Turn right toward the hotel. Bus stops are available along the road.

Continue to the North Lanarkshire section.

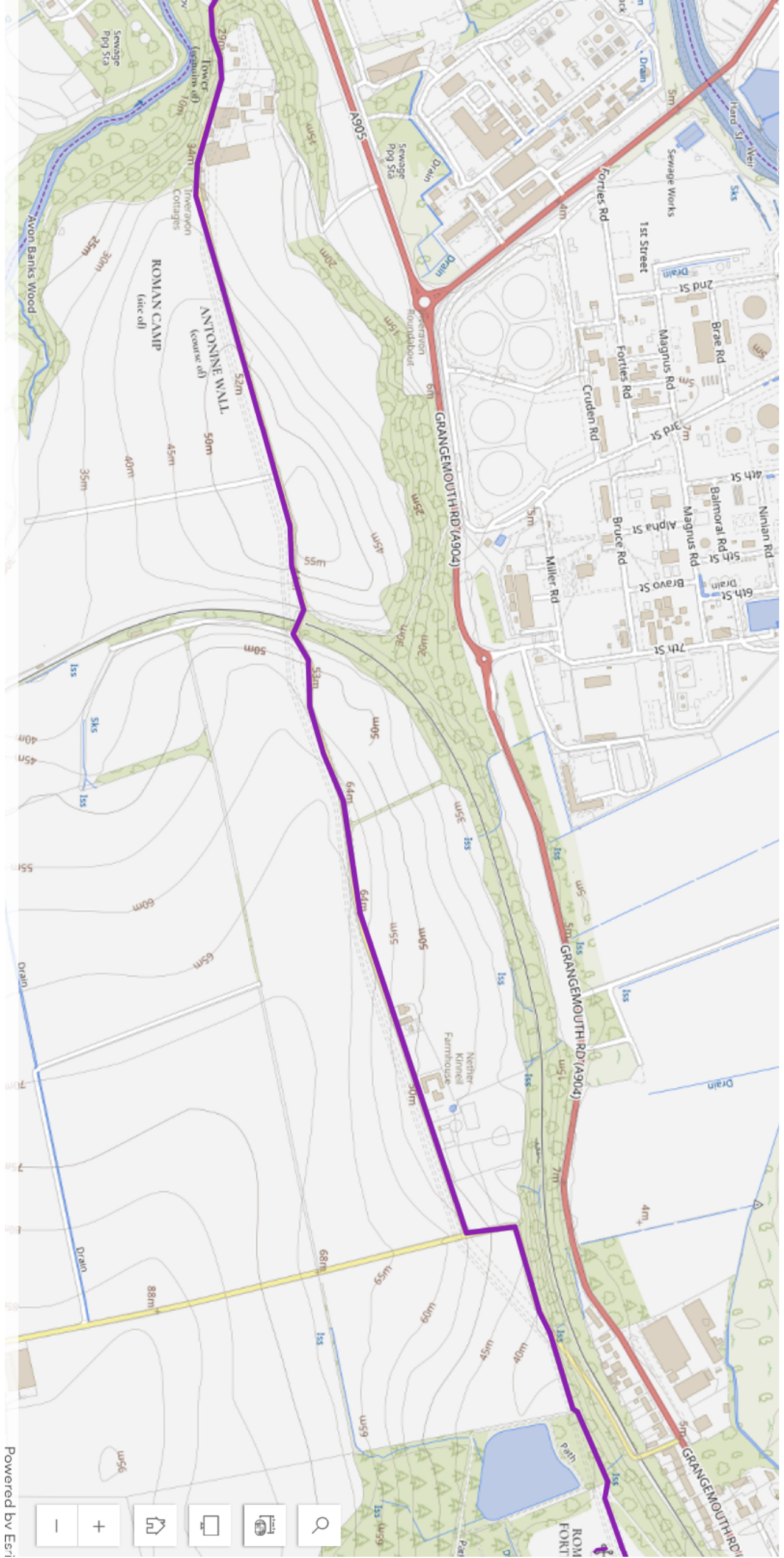
The Antonine Wall Trail: Falkirk Section (Bo'ness to Castlecary)



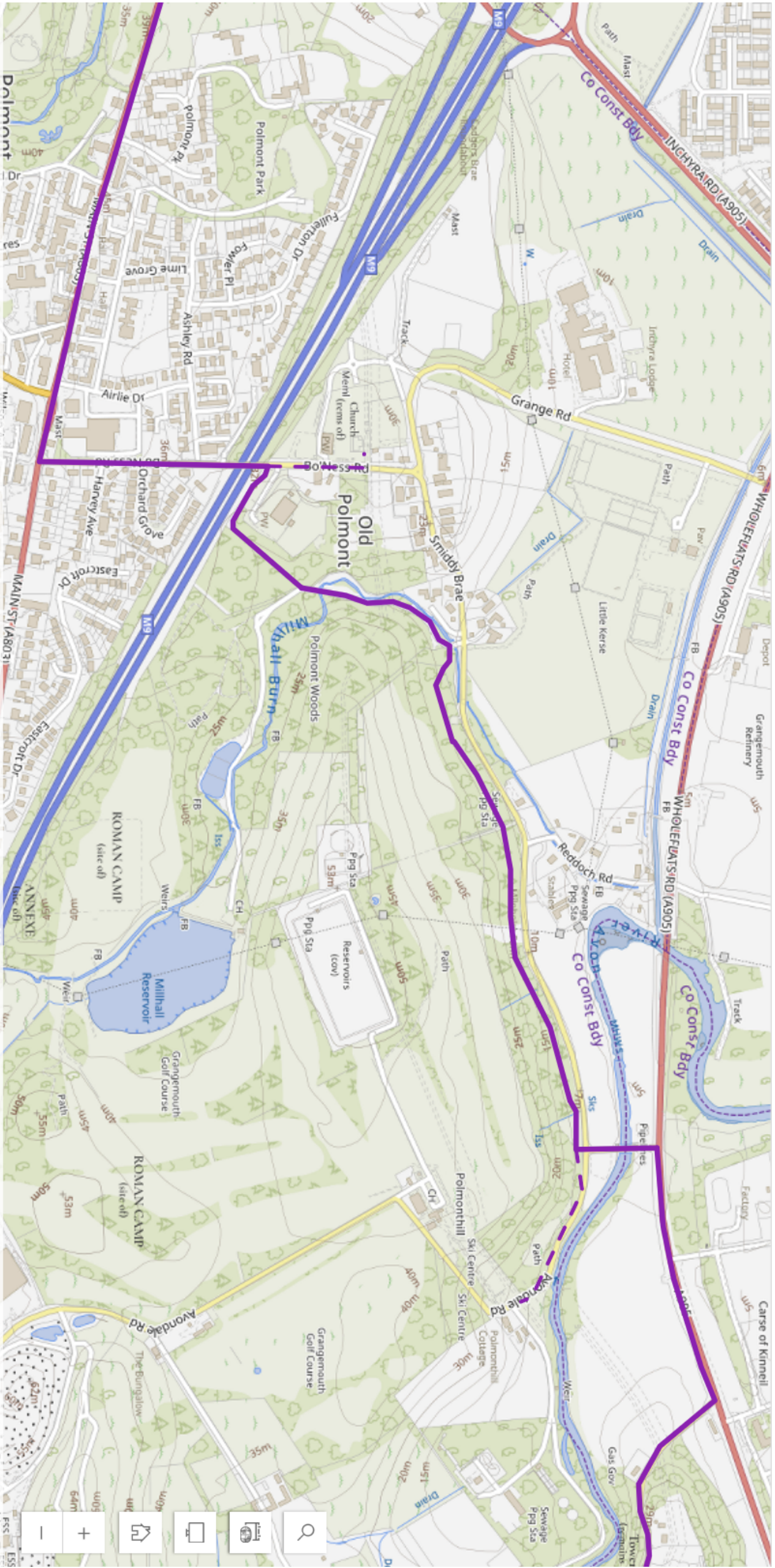
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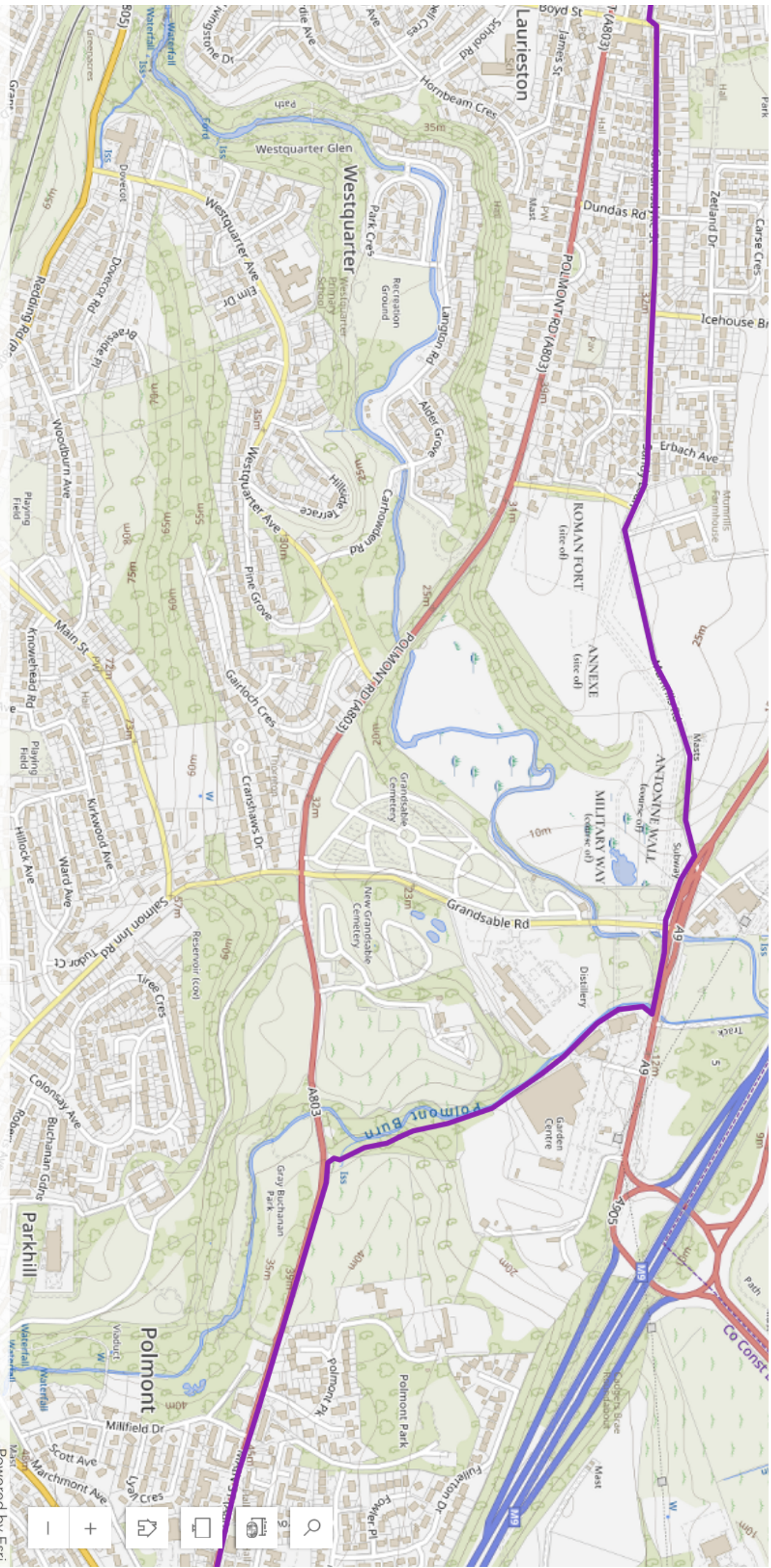
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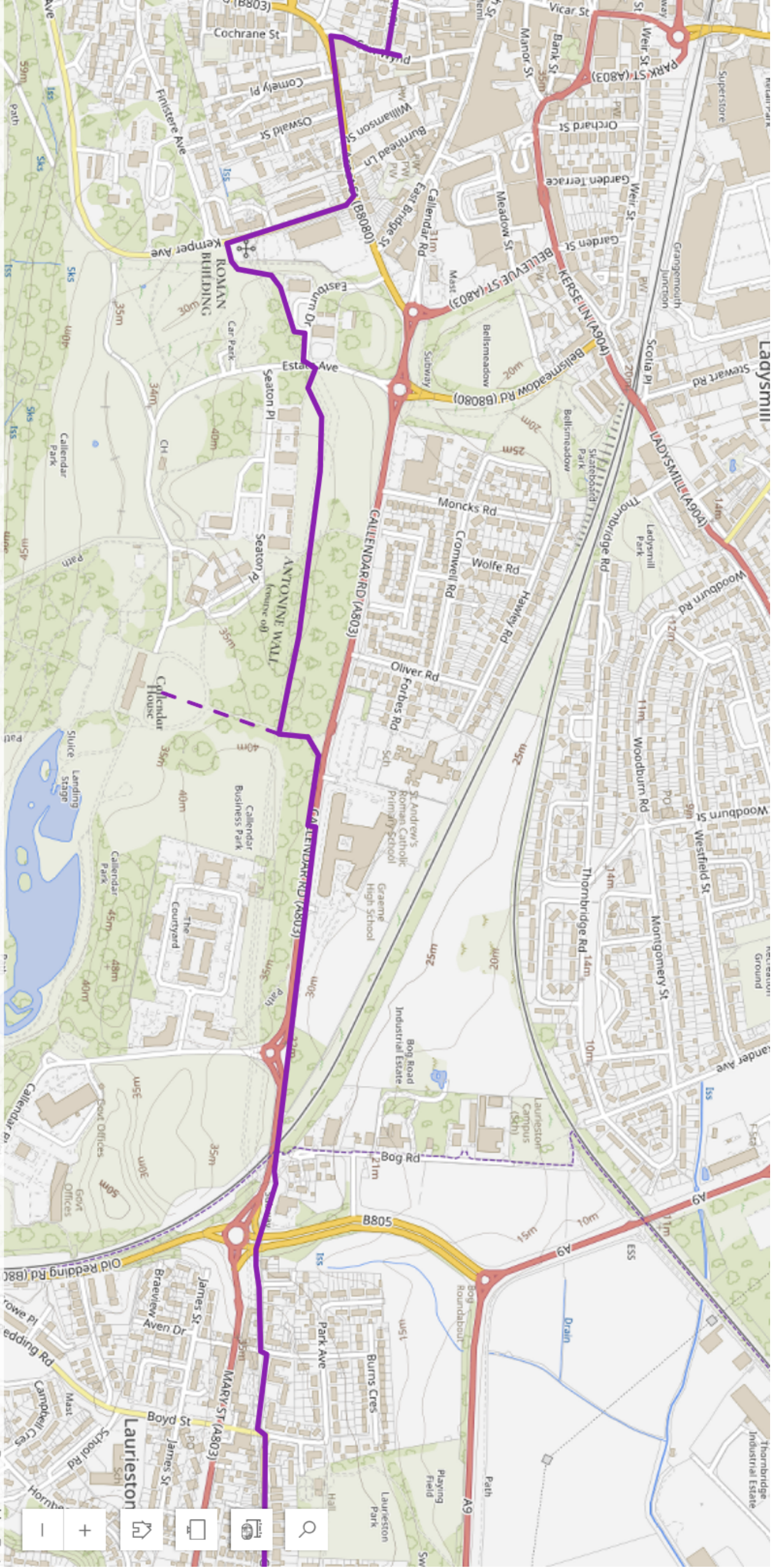
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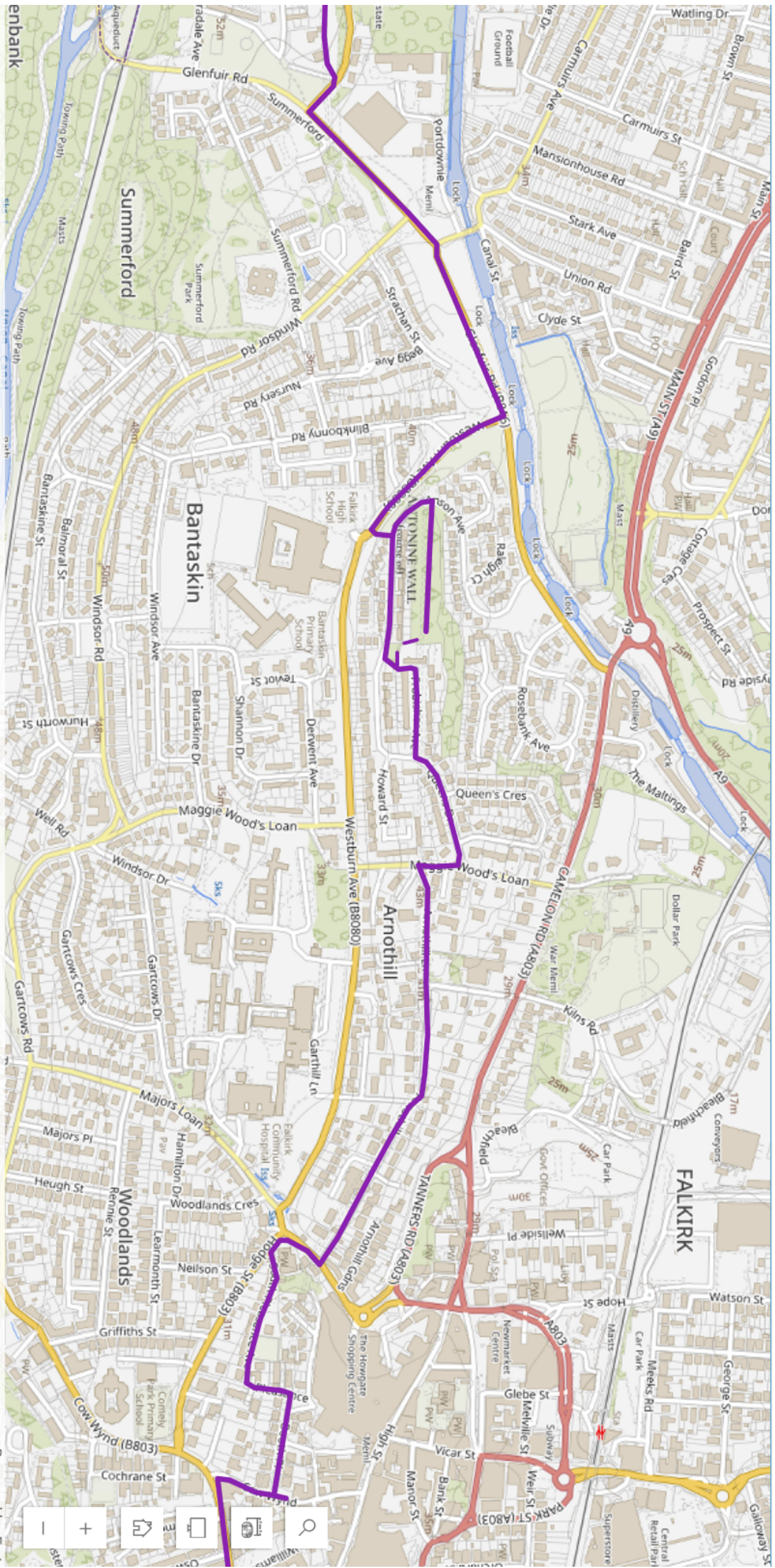
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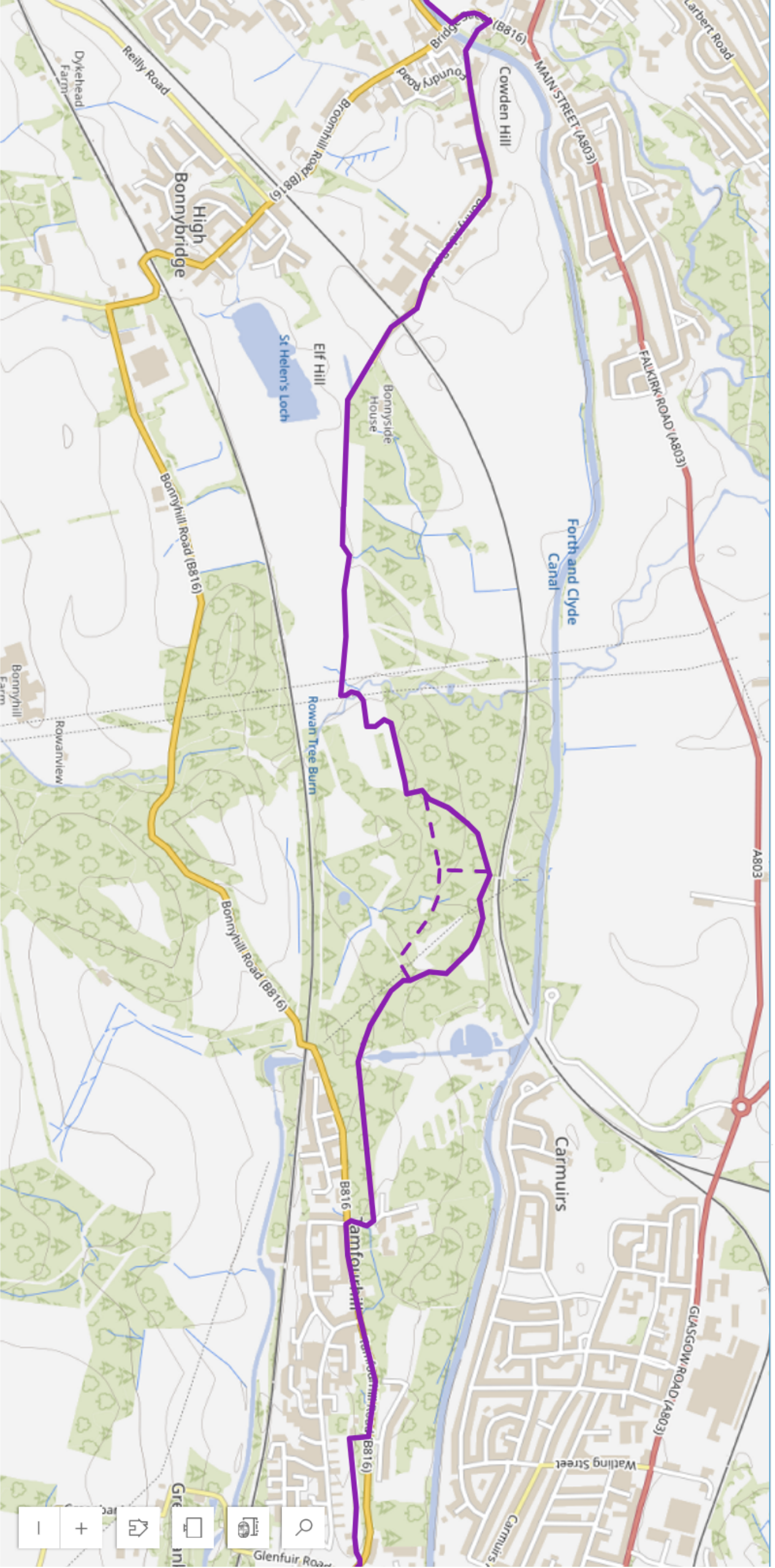
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