From miles of canals, to deep glens, unspoilt landscapes and a city steeped in history, Stirling & The Forth Valley has an impressive mix of things to see and do. The region’s central location is within easy reach of both Edinburgh and Glasgow airports, with excellent train connections and road network.

The region includes much of Loch Lomond & The Trossachs National Park, packed with an array of outdoor activities boasting stunning backdrops, and the city of Stirling is less than 30 minutes away by road. The city itself is ideal to explore on foot or by bike and offers the perfect mix of history and modernity. Nearby Clackmannanshire is home to the imposing Ochil Hills which dominate the landscape, while Falkirk is where you will find the magnificent Kelpies and an extensive canal network.

**Stirling** is a city which has witnessed some of the most dramatic events in Scottish history. Today, you can step back in time where ancient tales are brought back to life, all within a vibrant city.

The historic city of Stirling is surrounded by spectacular scenery which can be admired from Stirling Castle’s esplanade, high above the city. Wander the cobbled streets of the Old Town, from the castle down to the city centre, where you will find an impressive food & drink offering, from a wee dram at a whisky bar to local produce at the monthly farmers’ market. Nearby, savour local beers at Allanwater Brewhouse in Bridge of Allan or warming whisky at Deanston Distillery in Doune, before exploring one of the many walking routes such as Allan Water. Browse independent boutiques in The Stirling Arcade as well as Bridge of Allan for the perfect gift to take home.

**Falkirk** is perhaps best known as the home of The Kelpies, housed in Helix Park. These 30 m high equestrian sculptures are a spectacular sight, both day and night, and are surrounded by cycle and walkways, including The Kelpies Trail. But there are many more reasons to visit the town of Falkirk and its surrounding area too!

Discover parts of the Antonine Wall, a UNESCO World Heritage Site, at the Rough Castle Fort site or in the grounds of the impressive 14th century Callendar House, which has exhibitions of the Roman Empire and is free to enter. The cycle and path network in the area are excellent and connect many of the attractions in the area as well as the canal towpaths, which are widely accessible.

**Clackmannanshire** is close to the City of Stirling and although it is the smallest county in Scotland, it really packs a punch when it comes to outdoor adventure, thanks mainly to the dramatic and imposing Ochil Hills. They can be seen for miles around and are peppered with impressive gorges and waterfalls, all making for some impressive walks such as Dollar Glen. Climb the summit of Dumyat for spectacular views towards Stirling including the castle and National Wallace Monument. Explore wildlife havens including Gartmorn Dam and Black Devon Wetlands, where you can spot an array of birds in unspoilt landscapes.
**STIRLING & THE FORTH VALLEY – OUTDOORS & ACTIVITIES**

### DAY 1 – BEYOND STIRLING

**Port of Menteith – 15 miles from Stirling,** this village started life in 1457 as a royal burgh created by King James II. Today it is popular with anglers due to its location by the Lake of Menteith. Take the ferry to the peaceful, ruined island priory of Inchmahome to experience Scotland’s only lake.

[01786 282258](tel:01786%20282258)
[www.historicenvironment.scot](http://www.historicenvironment.scot)
[visit-a-places/places/inchmahome-priory](http://visit-a-places/places/inchmahome-priory)

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**Lodge Forest Visitor Centre** – some say the cafe here has one of the best views of Falkirk. This centre, which is a great base for walks, such as the Waterfall Trail for all abilities, or you can admire red squirrels and osprey thanks to a live CCTV feed. Also onsite you will find Go Apel where you can happily swing through the trees.

[01877 382258](tel:01877%20382258)
[thelodge@forestry.gov.uk](mailto:thelodge@forestry.gov.uk)
[www.scotland.forestry.gov.uk](http://www.scotland.forestry.gov.uk)

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**Loch Venachar** – 19 miles from Stirling, this fresh water loch stretches from Strathblane to Trossachs. It is an excellent fishing spot with the pristine waters populated by stocks of trout and pike. Sailing is also popular with the Loch Venachar Sailing Club hosting regular races and events from the end of March until October.

[01786 473555](tel:01786%20473555)
[bookings@activestirling.org.uk](mailto:bookings@activestirling.org.uk)
[www.lovemonden.trossachs.org](http://www.lovemonden.trossachs.org)

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**Ben Aan** – between Loch Katrine and Loch Achray. Ben Aan boasts spectacular views. The hill provides an easy walk and is therefore popular with families. From the top, see if you can spot the majestic Steamship Sir Walter Scott sailing on Loch Katrine below.

[01786 473555](tel:01786%20473555)
[www.lovemonden.trossachs.org](http://www.lovemonden.trossachs.org)

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**Callander** – 16 miles from Stirling this bustling tourist town is situated on the Forth and is often described as the gateway to the Highlands. There are a number of popular walks in the area for visitors to explore. The beautiful Bracklinn Falls and the River Kettle have mesmerised people for generations, and to the west, footpaths and cycle tracks follow the old Callander to Oban railway line.

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### DAY 2 – CITY OF STIRLING

**Blair Drummond Safari and Adventure Park** – a short distance from Stirling, follow the safari drive to discover rhinos, lions and monkeys to name a few. Marvel at the bird of prey display as they swoop low above your head or the impressive sea lion display. Take a boat trip around Chimp Island or get up close to animals at the pets’ farm. 

[01786 841456](tel:01786%20841456)
[enquiries@blairdrummond.com](mailto:enquiries@blairdrummond.com)
[www.blairdrummond.com](http://www.blairdrummond.com)

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**The Back-Walk** – winding from the city centre, this path was built between 1724 and 1719 and is the oldest publicly maintained road in Scotland. Following the old city walls up to Stirling Castle, you will be rewarded with panoramic views. In the shadow of the castle towering above, with plenty places to stop on the way up.

[www.yourstirling.com/the-back-walk/](http://www.yourstirling.com/the-back-walk/)

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**The Peak** – this indoor sports complex is at the heart of the Stirling Sports Village and boasts a pool, ice rink and climbing wall as well as a gym and other facilities. The Peak also attracts international teams using the facility to train for world class competitions. Why not test your head for heights on the 11 metre climbing wall or take a leisurely swim?

[01786 273555](tel:01786%20273555)
[www.peakstirling.org.uk](http://www.peakstirling.org.uk)

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**King’s Park** – historically this park was used as the hunting ground for the Royal Court at Stirling. With the castle as a backdrop, today the park is becoming one of the city’s most stunning events venues so make sure you check to see what is on. Why not just relax in the ‘Peace of Mind’ garden, explore the pathways or simply admire the views of the city skyline and Ochil Hills.

[www.my.stirling.gov.uk](http://www.my.stirling.gov.uk)

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**Black Devon Wetlands** – this RSPB reserve gives you the chance to step into some unspoilt landscapes in an area of untouched wet grassland and wetland habitat. There is no visitor centre here, adding to the conserved landscape, but you can follow the nature trail to the viewing mound. Or follow the boardwalk to a distinctive viewing screen, all ensuring you get as close as possible, without disturbing the birds.

[www.rspb.org.uk](http://www.rspb.org.uk)

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**Alva Glen** – the Ochil Hills are peppered with impressive gorges and waterfalls which offer spectacular walks and with a little extra effort, are all the more impressive. Alva Glen boasts five waterfalls, including a hidden waterfall cascading into Smugglers’ Cave. The centre here, adding to the conserved landscape, but you can follow the nature trail to the viewing mound. Or follow the boardwalk to a distinctive viewing screen, all ensuring you get as close as possible, without disturbing the birds.

[www.walkhighlands.co.uk/fife-stirling/alpha-glen.shtml](http://www.walkhighlands.co.uk/fife-stirling/alpha-glen.shtml)

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**Wellshfield** – two miles south of Stirling is the adventure-packed Wellshfield Farm. There is plenty to experience from a farm park the kids (and big kids) will enjoy, to an equestrian centre and trout fishery, all on site. There is also a farm coffee shop serving delicious food, and of course tea and cake.

[01324 822800](tel:01324%20822800)
[enquiries@wellshfield.co.uk](mailto:enquiries@wellshfield.co.uk)
[www.wellshfield.co.uk](http://www.wellshfield.co.uk)

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### DAY 3 – CLACKMANNANSIRE AND FALKIRK AREA

**Gartmorn Dam** – designated as a nationally important site of special scientific interest thanks to its rare pondweeds as well as migratory birds, this country park is a hidden gem for cycling, walking, horse riding, and bird watching. Make sure you keep your eyes peeled for otters or stop off at the Visitor Centre.

[01324 590600](tel:01324%20590600)
[enquiries@wellsfield.co.uk](mailto:enquiries@wellsfield.co.uk)
[www.wellsfield.co.uk](http://www.wellsfield.co.uk)

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**The Callendar Estate** – within easy reach of Falkirk Town, find an impressive network of walking, cycling and horse riding tracks. Mountain bikers are in for a treat with some great panoramic views. A guide will show you the best routes and cycle paths to make the most of your adventure. On selected dates you can also find Segways at Helix Park where you can explore solo.

[01324 430033](tel:01324%20430033)
[www.scottishsegway.com](http://www.scottishsegway.com)

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**Loch Katrine and Loch Achray** – a short distance from Stirling, this fresh water loch stretches from Strathblane to Trossachs. It is an excellent fishing spot with the pristine waters populated by stocks of trout and pike. Sailing is also popular with the Loch Venachar Sailing Club hosting regular races and events from the end of March until October.

[01786 473555](tel:01786%20473555)
[bookings@activestirling.org.uk](mailto:bookings@activestirling.org.uk)
[www.lovemonden.trossachs.org](http://www.lovemonden.trossachs.org)

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**Canals** – the Forth & Clyde and Union canals are the most accessible in Scotland and a great place to explore, especially in the Year of Coast and Water 2020. Roast a canal holiday and sail past The Kelpies and experience the heights of the Falkirk Wheel, the world’s only rotating boat lift, then explore the rest of the canal network taking you west towards Glasgow or east towards Edinburgh.

[01324 814707](tel:01324%20814707)
[www.cloybank.com](http://www.cloybank.com)

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### DAY 4 – FALKIRK AREA

**Scottish Segway Centre** – winding from the city centre, find an impressive network of walking, cycling and horse riding tracks. Mountain bikers are in for a treat with some great panoramic views. A guide will show you the best routes and cycle paths to make the most of your adventure. On selected dates you can also find Segways at Helix Park where you can explore solo.

[01324 430033](tel:01324%20430033)
[www.scottishsegway.com](http://www.scottishsegway.com)

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**Callendar Estate** – within easy reach of Falkirk Town, find an impressive network of walking, cycling and horse riding tracks. Mountain bikers are in for a treat with some great panoramic views. A guide will show you the best routes and cycle paths to make the most of your adventure. On selected dates you can also find Segways at Helix Park where you can explore solo.

[01324 430033](tel:01324%20430033)
[www.callendarestate.co.uk](http://www.callendarestate.co.uk)

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**John Muir Way** – this coast to coast route stretches 134 miles between Helensburgh in the west to Dunbar in the east and Muir’s birthplace. The central sections of the route pass through Falkirk and the Antonine Wall, the north-western frontier of the Roman Empire. Rough Castle is not to be missed as it features the best-preserved fort and the tallest surviving portion of the Antonine Wall rampart.

[www.antioninewall.org](http://www.antioninewall.org)

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**Cloybank Estate** – this estate, eight miles from Falkirk, offers a wide variety of country sports including fishing, golf and one of the UK’s top archery ranges. Enjoy a break in the friendly cafe and the farm shop is filled with delicious local produce often sourced on site, such as fruit and vegetables as well as honey from their own beehive.

[01324 814707](tel:01324%20814707)
[www.cloybank.com](http://www.cloybank.com)

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Please note some attractions have seasonal opening hours. Please check opening times with the attraction.

For more ideas and contacts go to [www.visitscotlandtraveltrade.com](http://www.visitscotlandtraveltrade.com) or email [traveltrade@visitscotland.com](mailto:traveltrade@visitscotland.com)