

To the edge of the Cart

Directions

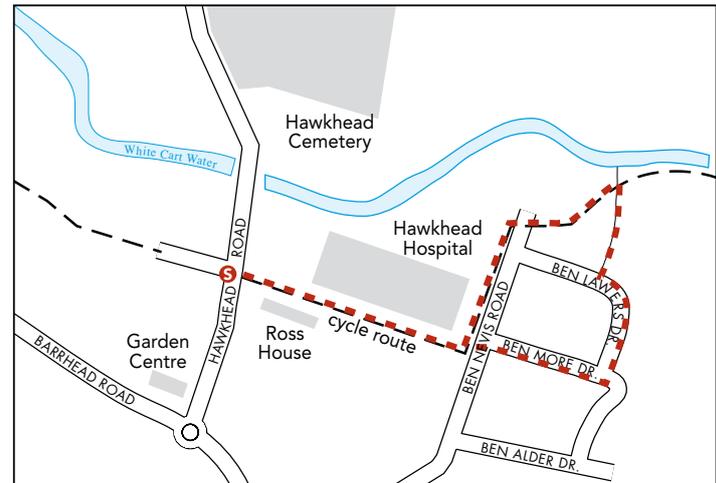
Start on **Hawkhead Road** at the entrance to Ross House. Walk along the drive passing **Ross House** on the right. At the end of the drive carry straight on to the cycle path and follow this to the residential road. Turn left and follow the road up to a wood at the top. The cycle path continues along the edge of a small **coniferous wood**. Continue to follow the cycle path passing a **children's playground** on the right. Pass a small **football pitch** on the left and continue until the cycle path goes through a gate over a **small burn**. If you have a little more time continue along the edge of the river and then turn back the same way retracing your steps to the football pitch. Take the small path to the left up the hill passing the children's playground on your right. The lane between the houses will take you out to **Ben Lawers Drive**. Turn left and follow the road to **Ben More Drive**. Turn right into Ben More Drive and follow it to the end. You should see **the cycle way** ahead of you and take this path back to Ross House.



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walking to health

Distance: 2.2kms Approximate time: 35 mins



A little local knowledge

The **Hawkhead Infectious Diseases Hospital** represented the height of modern architecture in the 1930's. Measles, Whooping Cough, Diphtheria, Scarlet Fever and Pneumonia were all treated in separate buildings set in gently sloping parkland. At a time when these diseases were viewed with terror, total isolation was required and Hawkhead in its own landscaped grounds provided this.

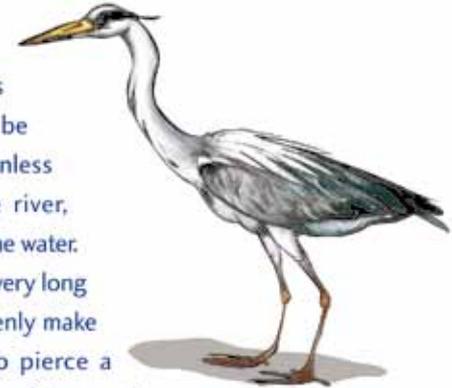
At the furthest point of the walk you will reach the edge of the **White Cart Water**. This river starts life in the hills above Eaglesham to the south of Glasgow and joins the River Clyde at Renfrew. Although it starts life as a tiny stream by the time it reaches Paisley it has grown into a major river. In its time the river has provided power for corn mills, dye works and paper mills and consequently for a long time the river was badly polluted. Since the demise of much of the industry the river has become much cleaner.

Kingfishers nest along the river so if you catch a glimpse of a bright blue flash flying low over the water - you've seen one.



Goldcrest

The tall stately figures of **Grey Herons** can be seen standing motionless at the edge of the river, staring intently into the water. They stand still for a very long time, and then suddenly make a lightning strike to pierce a unsuspecting passing fish or eel.



Grey Heron

You may even see them standing in the nearby fields where **frogs** make a tasty meal! In the summer months look out for **Swallows** swooping low over the river catching small insects in flight. Or look up in the sky for the scimitar shaped **Swifts**, you can often hear them screaming as they fly. Swifts can spend most of their life airborne, they eat, sleep and even mate in the air. In fact if they land on the ground they are often unable to take off again because their wings are so long.

The coniferous trees near to the playground attract small birds such as **Coal Tits**, **Long tailed Tits** and the smallest British bird - the tiny **Goldcrest**. In the autumn and winter you may see flocks of these birds moving through the woodland together looking for tiny insects to eat.