

# Trail Routes



University of Stirling recognises how important it is to keep active for positive physical and mental wellbeing. Our trail routes are a great way to get fit and healthy and make the most of our beautiful campus all year round, whether you're walking, jogging or running.

## Spittal Hill Woods – 1.7km

Easy, mixed-terrain trail taking you past the Sports Centre and up to the beautiful Spittal Hill Woods, which features great views out to the Wallace Monument. The Spittal Hill Woods loop features a woodland path at the back of the Spittal Hill chalets and Scottish Institute of Sport, returning to the boatshed beside our campus loch.

## Loch Circuit – 2.3km

An attractive and peaceful trail, following the mixed-terrain path around our campus loch. From the boatshed, follow the loch path in a clockwise direction which will lead you onto the George Forrest walkway. This walkway then joins the Henry Milne Walk, taking you past the Airthrey Golf Course and around the peaceful east end of the loch. Here you can spot various wildlife and learn about the history of our campus. This trail is used for running events throughout the year.

## Loch and Bridle Trail – 3.5km

Moderate-level mixed-terrain trail, taking you past the University accommodation and onto the Bridle Path, within the beautiful Hermitage Woods. The woodland trail will lead you onto the Joyce Dunn Walk, past the Airthrey Golf Course Pavilion and around the Airthrey pitches. From here, enjoy a great view of the Wallace Monument and the stunning Ochil Hills. The trail then continues onto the loch path, making the most of our beautiful campus.

## Campus 5k – 5.0km

Moderate-level mixed-terrain trail, taking in the beautiful landmarks around our scenic campus. Follow the George Forrest Walkway, past the University accommodation and up to the historic Airthrey Castle. From here, you will pass the Airthrey Golf Course Pavilion and follow the path around the pitches, before completing a loop of the grassy pathways. You will be rewarded with fantastic views of Dumyat Hill, before heading back to the loch path. This trail is used for our Campus 5k run each year.

