



Start at the car park at the Duck pond





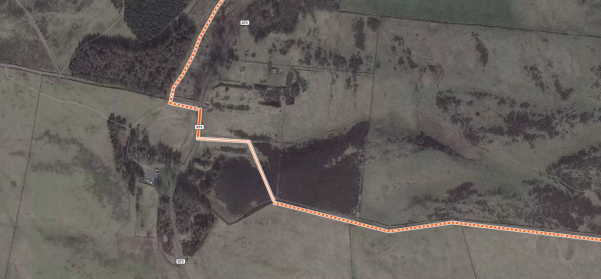


Image above is top of the Maspie Den climb near Craigmead carpark.

Below is the approach to East Lomond



Descent from East Lomond heading towards the Forest just above Falkland



Head down the steps and follow the main path to Falkland with the finish as you emerge from the Forest and reach the road.

