



# Cumbernauld Living Landscape



## Cumbernauld Glen - new life for old trees

Some of the trees in Cumbernauld Glen are hundreds of years old. With a little help from us these native trees should still be going strong for another few hundred years, along with the wildlife that depends on them.

Parts of Cumbernauld Glen are ancient woodland - which in Scotland means there have been trees here since before 1750. Many of them are oaks - trees that can easily live for 500 years

### History

The steep sides of the Glen, where the Bog Stank and Red Burn cut through the soft rocks that lie under our feet, saved the woodlands here from being turned into farmland, as much of Cumbernauld was. That's why we still have some of these beautiful old trees. As part of the Cumbernauld House Estate, who knows what grand folk may have passed through the woods before you.



Oak - The Wildlife Trusts

Oak trees are especially good for wildlife - they can support over 500 species some of which can't live anywhere else.



Bluebell - The Wildlife Trusts

We should never take our bluebell woods for granted. Britain has at least a quarter of the entire world population of this little blue flower.

### Wild Cumbernauld Trail

Take on the Wild Cumbernauld Challenge and find the special Wild Cumbernauld Trail Posts - there's one at each of six wildlife sites around the town.



Wild Cumbernauld Challenge badge

There are twelve trails - two at each of the six highlighted Cumbernauld wildlife sites. Each has one trail post with the special 'Wild Cumbernauld Challenge' badge on it. Can you find them all?

and more, so they've got plenty of living to do yet. But to stay healthy, woodlands need young trees as well as old ones, and open glades where the sun comes in so wildflowers like our beautiful bluebells thrive too. Scottish Wildlife Trust has been managing these woodlands to make sure that happens, planting young native trees and thinning some of the non-natives so that we still have these wonderful woodlands for centuries to come.



You Are Here

#### Trail Map Key

- Oak Trail
- Bluebell Trail



#### Map Key

- Wildlife Sites with Trails
- Wildlife Sites
- Path Networks
- Main Roads

#### Oak Trail

Follow an oak from acorn to ancient tree on this lovely woodland walk.

Distance: 0.5 km / 0.3 miles  
Path Grade: Tarmac and gravel paths, some gentle slopes, some muddy sections.

#### Bluebell Trail

Even though the bluebells are only in flower for a few weeks in spring, this is a blooming good trail to discover any time of year.

Distance: 3 km / 2 miles  
Path Grade: Wide, tarmac and gravel paths, but some short, steep sections.

#### Where will you explore next?

Cumbernauld Glen is just part of the network of wonderful green spaces that surrounds Cumbernauld. You can walk or cycle from here to Forest Wood Wildlife Reserve to the south, or visit Seafar Wildlife Reserve to the east to discover the Butterfly and Bat trails. Check out the map to help you decide where to explore next.



Cumbernauld Living Landscape is a partnership that aims to work with local communities to improve Cumbernauld's green spaces for both people and wildlife, helping everyone in the community to connect with the nature on their doorstep.  
www.cumbernauldlivinglandscape.org.uk @wildcumbernauld

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Here is a sneak peak at the new roundel designs – soon to be installed on the Cumbernauld Glen trail.



### Oak Trail

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1. Did you know that us oaks have the most friends of all Scottish trees? Over 500 different species live or feed on me, including lots of insects, spiders, fungi and mosses. See how many different ones you can pick out – doesn't matter if you don't know what they're called!



### Oak Trail

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2. From small acorns ... In my lifetime I produce as many as 10 million acorns. How many acorns can you find around and about me?



### Oak Trail

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3. It's time for a fun warm up – stand next to my trunk and hold hands with the people you're with. Do you know how to play Hokey Kokey? With me you can play 'Oaky Kokey'. Put your right branch in and your right branch out – and don't forget your roots (legs)!



### Oak Trail

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4. Be a mighty oak like me. Stand tall with arms wide. Feel the breeze that I feel rustling my leaves. Stick your tongue out if it's raining and taste the water that I suck up through my roots. Smell the earth that I grow in. Does it feel peaceful to be me?



### Oak Trail

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5. How did I get here? I think I probably have my friend the jay to thank for being here. Jays are birds that adore my acorns - and love to stash them away. I probably grew from an acorn they buried. Can you be like a jay? Dig a hole with a stick and hide one of my acorns in the ground!



### Oak Trail

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6. Some people call me 'the ruler of the forest' because I'm often the biggest, strongest tree around. Why not make a crown out of my twigs and leaves – then you can play at being a ruler too!

