

## 3 Strathaven, Sandford & Spectacle E'e falls

■ The market town of Strathaven is the starting point for a peaceful walk next to Avon Water and to a beautiful waterfall. You'll enjoy strolling on banks filled with colourful wildflowers in spring and summer. Look out for grey wagtails and dippers and, if you are lucky, you might spot otters.

### Highlights

**Strathaven Castle** Now in ruins, the castle has a gruesome past. One of the lords who owned this fortress apparently punished his wife by having her bricked up alive inside a purpose-built enclosure. More recently, human remains were found when part of the castle walls collapsed.

**Spectacle E'e (eye) falls** The unusual name is the result of an incident involving a local lad who fell in love with the miller's daughter. The miller disapproved and put an end to the romance. In revenge, the lad placed an eye glass in the mill's thatch. The thatch soon caught fire and the mill was burned to the ground.

**Strathaven Brewery** A producer of real ales with a local character. [facebook.com/StrathavenAles](https://www.facebook.com/StrathavenAles)

### Route

- ▶ Leave the Common Green in Strathaven by Main Street (south).
- ▶ Cross the road to the Castle Tavern and go round into Todshill Street.
- ▶ Follow Todshill Street and then carry straight on to leave Strathaven.



- ▶ Once out of Strathaven, cross the stile – signposted “Sandford 1 mile”.
- ▶ Go downhill through the field keeping to the right.

- ▶ Cross the bridge over Avon Water and then turn right upstream.
- ▶ After a short distance, turn left to follow the Kype Water.





- ▶ Staying on this bank, continue to steps. A short detour to the right heads through remains of old mill for close-up view of the falls.
- ▶ To continue, climb steps and

- ▶ follow the stream as it tumbles over a series of cascades/
- ▶ Cross a small bridge, remembering to close the gate, and continue straight on through the field towards a fence. There is a stile.
- ▶ Follow sign to the right towards Sandford.
- ▶ In Sandford, go right and cross bridge and continue straight on to main road.
- ▶ At the main road, turn right and follow the B7086 (broad pavement) into Strathaven. The brewery is by the old bridge over the Avon on your left.

- 📍 Common Green, Strathaven
- 🚆 Train: East Kilbride railway station 8 miles; Bus: regular services between East Kilbride and Hamilton and Strathaven
- ↔ 3 miles/4.8km
- 🕒 2 - 2.5 hours
- 🚶 Easy/moderate.
- ⚠ Footpaths that are mostly well maintained and accessible. Some sections of the route are through fields, which can be muddy and icy. It signposted.