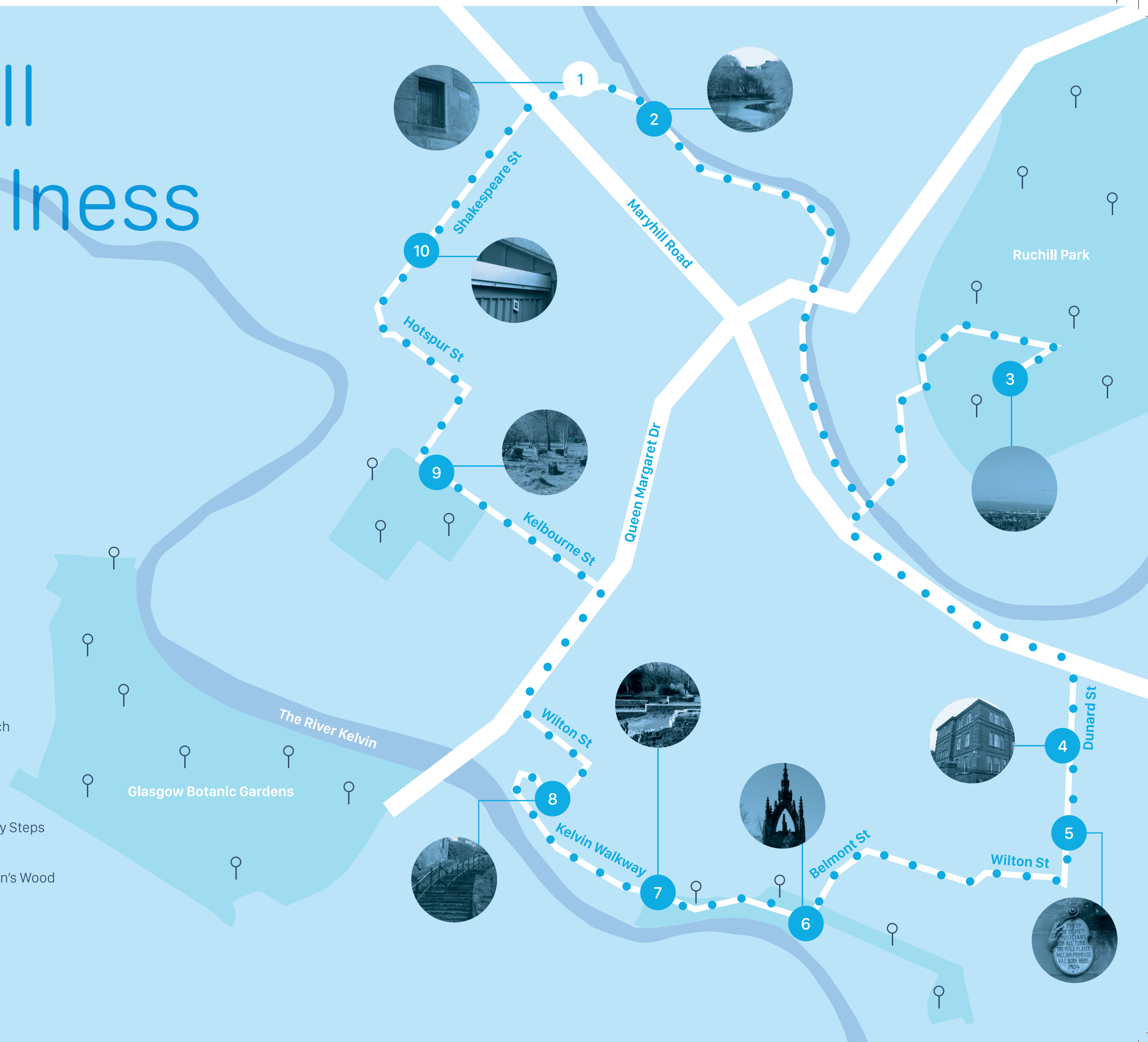


# Maryhill Mindfulness Trail

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# Maryhill Mindfulness Trail

Explore Southern Maryhill mindfully with this trail, which will take you on a relaxing journey around heritage landmarks in the area.

To begin, take a moment to observe how you feel. Tune in to how you feel mentally and whether this matches how you feel physically. With this in mind, begin the trail at the Ruchill Church Hall on Shakespeare Street.

## 1. Ruchill Church Hall

This Church was designed by Charles Rennie Mackintosh. Take a moment to pause and look closely at the architectural details. Notice the curved lines and various colours of the bricks slotted together. Can you think of any other buildings in Glasgow that have these features?

*With the Church Hall on your right, walk up Shakespeare Street and turn right onto the Canal pathway.*

## 2. Canal

As you walk along the pathway, listen out for the sounds around you. What can you hear? Try to walk mindfully as you follow the curving path, noticing the rhythm of your feet, placing one in front of the other.

*Take the bridge over to the Murano Street Student Village, and pass through to Caithness Street. Follow the road around to the left onto Murano Street, and from here head up the path into the park to the viewpoint at the top of the hill.*

## 3. Ruchill Park Flagpole Viewpoint

Take a few deep breaths and breathe in the air. As you do this keep a soft gaze over the horizon and take note of today's weather. Is the sky full of clouds or a bright blue? In the 19th Century the area around the canal was the hub of several local industries including the Rubber Works and Glassworks. Imagine standing here 150 years ago, and seeing the thick smoke from the chimneys rise up into the air.

*Head back down to the bridge onto the canal walkway and continue on to Maryhill Road. Turn right onto Dunard Street.*

## 4. Dunard Street School

As you leave Maryhill Road you are now crossing the old Burgh Boundary. Notice the two playgrounds of Dunard Street School. As you can see from the entrances these used to be separated by gender but today they are separated by age. Think of a playground game you used to play when you were a school pupil. What emotions or feelings are conjured up when you think back to this time?

*Continue past the school onto Wilton Drive.*

## 5. William Primrose Plaque

At No.18 Wilton Drive, look up at the first floor level to see the William Primrose Plaque, which commemorates the birth of the Viola player. William Primrose went on to become an acclaimed musician, and he even has a star on the Hollywood Walk of Fame! Think of your favourite song. Play it in your head as you walk along to the next stop.

*Continue down to the end of Wilton Drive and turn right onto Wilton Street. Follow the road along until you reach Belmont Street and turn left to reach the church.*

## 6. Kelvin Stevenson Memorial Church

Take a moment to pause, and starting from the top of the tower, look carefully at all of the small details, letting the tall vertical lines guide your eyes down and around the windows.

Try to find the carved animals on the sides of the tower. Once you have done this, notice if your breathing is calmer or more steady. Do you feel more relaxed?

*If you continue down Belmont Street to Great Western Road the various cafes and eateries there serve as an ideal place to have a break. To continue the trail, head down the steps to the Kelvin Walkway opposite the church.*

*For a step-free route, take a left onto Doune Gardens, then a right onto Kelvinside Terrace to rejoin the trail at the top of Alexander 'Greek' Thomson's Sixty Steps.*

## 7. North Woodside Flint Mill

Before producing flint for pottery, the North Woodside Mill produced barley and corn. Observe the ruins of the old mill. Try to visualise what the rest of the building might have looked like. Imagine the sound of the grains being grinded between the millstones and what the mill might have smelled like.

*Head right along the Kelvin Walkway. As you walk along the path, take note of the trees around you. Observe the current colour of the leaves. Are they starting to bloom in fresh greens or pinks or beginning to rust and curl up?*

## 8. Alexander 'Greek' Thomson's Sixty Steps

Take a right off the Kelvin Walkway at the sign for Thomson's Sixty Steps. Count each step in your head as you climb up. If your mind goes elsewhere, bring your attention back to the numbers. At the very top stands one of the original lampposts from the 1870s. Imagine what the steps would have looked like at night in the darkness, with only the lampposts to guide your way.

*Take a left onto Wilton Street, then a right onto Queen Margaret Drive. Take a left onto Kelbourne Street to reach the North Kelvin Meadow.*

## 9. North Kelvin Meadow and Children's Wood

The meadow was originally the site of a bandstand for the Kelvinside Racecourse. Today, it is used as a community garden for the residents of Maryhill. Try to find three different species of plants or flowers planted in the meadow. Do they have a strong scent? Take a moment to appreciate their colours.

*Exit the Meadow and continue to follow the road to Hotspur Street. Take a left and this will lead you to Shakespeare Street on the right. Continue until you reach Shakespeare Street Youth Club opposite Amisfield Street.*

## 10. Shakespeare Street Youth Club

Established in 1917, the Youth Club is the oldest in Scotland. Notice the vertical lines running up and down the roof and the walls. Let your eyes scan the building from left to right, following the zig-zag pattern of the lines.

*If you continue along Shakespeare Street you will return to the start point.*

Take a moment to reflect on how you feel. How does this compare to how you felt at the beginning of the trail?

We hope you enjoyed a relaxing walk around old and new Maryhill. If you like, you can use the techniques in the trail to create more mindful moments in your daily routine.