



## park church route

**Distance:** 6.8 km

Turn right on to **Dalry Road** and walk down to **Lynn Road**, which is on your right hand side. Continue along this path till you come to the **railway bridge**. Go under the bridge on to **Witches Linn** and follow this road down to the main road. Cross **Eglinton Road** heading down to **North Crescent Road**. Continue on to **Montgomerie Street**, then **Princes Street** and stop at the traffic lights at the bottom of **Glasgow Street**, where you will find the library to your left hand side.

Now turn right down **Harbour Road** and walk towards the **Kerr Baillie Garage**. Follow the road round right to the **Marina** at **Eglinton Dock**. Stroll round and enjoy the views and then walk back up to the traffic lights. Turn right and you will cross a level crossing. Continue on to the promenade on **South Crescent**.

On a clear day the Island of Arran, the Holy Isle, Ailsa Craig and the heads of Ayr are visible. Walk along the promenade to **South Beach Road**, which is just at the **Laurieston Hotel**.

Walk up and over the hump back bridge. Follow this road and you will come on to **Sorbie Road**. Stop at the traffic lights where **Ardrossan Academy** will be on your left, cross safely and continue walking up **Sorbie Road**. At the mini roundabout turn left on to **Stanley Road** and walk straight along and back to **Park Church**.



*The co-ordinator would like to thank all the volunteers who helped in the production of this leaflet*

The information in this leaflet aims to encourage and support those who prefer to walk **INDEPENDENTLY**.

However, to join the **GUIDED** walk programme phone **Ways to Walk**. Independent walking leaflets are also available for **Largs** and **Irvine**.

### why walk?

- It's a safe way to health and fitness
- It's free
- You can start slowly and build up gently
- You can do it anywhere and at any time
- Almost anyone can do it
- You don't need any special equipment - just a pair of comfortable shoes

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## EASY HEALTH WALKS IN The Three Towns



FEEL THE DIFFERENCE!

# EASY HEALTH WALKS IN THE THREE TOWNS



## sunken garden – south crescent route

Distance: 2.7 km

Leave the sunken gardens and turn right onto the promenade. Leave the promenade at the T-junction at the putting green. Turn left and head towards South Crescent, cross over the road just before the Laurieston Hotel. Walk up and over the hump back bridge and you will see the Holm Plantation on your right. Enter the plantation and take the path which forks to the left.

This path goes over the Galloway Burn, which forms the official boundary between Ardrossan and Saltcoats. Follow path to its junction with Caledonia Road. Turn right and walk as far as Galloway Place and cross the road onto Campbell Avenue, following the boundary wall to the left of St. Cuthbert's Church. At the end of Campbell Avenue you will see a grassy area known as the glebe. Take the path across the green with gardens and tennis courts on your right and the local library on your left. Once past the library you will come to the bridge that crosses over the main Largs - Glasgow railway line. This will lead you into Manse Street. Cross at the pelican crossing and walk across the supermarket car park towards a narrow lane on the far side. This lane leads onto Hamilton Street. Cross Hamilton Street and on the other side, turn right and walk as far as the Melbourne Cafe.



Now turn left into Winton Street and walk to its junction with Montgomerie Crescent. Cross Montgomerie Crescent and head towards the promenade. Turn right and follow route back to your starting point.

## sunken garden route

Distance: 2.5 km

You are on South Crescent, walk towards the pedestrian island and follow the boundary wall of St. Peter's church along Pavilion Place. At a gap in the wall turn right and enter a piece of ground that used to belong to St. Peter's. Walk past the hut on your left and take a narrow footpath which you follow until you reach a gap in the original high wall. Once through this gap turn immediately left and go over the bridge above the railway line. At the end of the bridge you will see a path going uphill onto Cannon Hill. Follow this path and on your left at the top of the hill you will see the ruins of the castle. Contour around the castle to the left and walk along a low stonewall which looks down onto the sunken gardens. With the low wall behind you, head north towards a cairn. From the cairn look out for some steps on your left which will take you to the bottom of the hill. Follow the next set of steps onto Glasgow Street. Turn left and walk to the pelican crossing. Cross Glasgow Street and turn right and walk up until you reach Barr Street. Turn into Barr Street and follow it to its junction with Montgomerie Street. Cross Montgomerie Street and walk along the short road between some bungalows on the left and the Clyde Coast Bus depot on your right. You will see a sign saying "No Entry". This refers to vehicles, not pedestrians. Follow the road, which used to be called Montgomerie Pier Road, as far as the new flats that form part of the Clyde Marina complex. As you approach the flats you will have to negotiate a way across what is, at the moment, a construction site, until you reach the newly-built walkway. Continue walking until you reach the abandoned Customs House. Walk round to the right of this building to join Harbour Road. Follow this road to its junction with Glasgow Street and Princes Street. Cross Harbour Road at the pelican crossing and enter Princes Street. Walk along Princes Street over the railway level crossing, past Bath Villas until you reach your starting point.

## stevenson station route

Distance: 3.9 km

### Route 1

Follow the black signage for Stevenston Town Trail that is at the level crossing this will take you along Sandylands Promenade passing Sandylands Caravan Park on your right hand side. Continue along the prom until you come to a footbridge on your right and cross over on to Canal Street and turn right.

Walking along you will come to Auchenharvie Park and Golf Driving Range on your right and Harvies Swimming Pool, Ice Rink and Sports Venue and also Auchenharvie Academy on your left.



At the entrance to the park you can decide whether you want to continue along on to Saltcoats Road round on to Hillside Street, then in front of you Moorpark Road West, turn left and keep walking until you come to Station Road and continue along until you are back where you started.

### Route 2

Distance: 2.4 km

Or cut through the park following the path which will take you on to Moorpark Road West also and follow the instructions as above from here the choice is yours.

For those that want to find out more about the area, do a bit more walking and exploring take a Three Towns Trail map with you also.

