



LOWER CUMBRAE  
RESERVOIR

HOSPITAL

BREAKOUGH  
FARM

SCHOOL

CATHEDRAL

THE  
GARRISON

GEORGE STREET

HOWARD STREET

CROCODILE  
ROCK

KAMES BAY

PIER

THE EILEANS

THE LEUG

THE SPOIG

MARINE  
BIOLOGICAL  
STATION

THE LION ROCK

FARLAND POINT

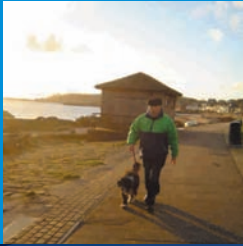
TO FERRY

Key

- To The Lion Rock
- Around The Town 1
- West Bay to Westbourne
- Around The Town 2

DOUGHEND  
HOLE

PORTACHUR POINT



*North Ayrshire Council and Ways 2 Walk  
would like to thank all the volunteers who helped in  
the production of this leaflet*

## EASY HEALTH WALKS IN Cumbrae

### Around The Town 2

Distance: 1.27mls

Start your walk at the front entrance to the **Garrison**. Facing the **Garrison** turn right and take the first left up **College Street**. Follow the boundary wall of the **Garrison** taking a left again on to **Bute Terrace**. You should pass **Cumbrae Primary School** on your right. Walk along until you reach **Cumbrae Parish Church** and take the footpath beside the church locally known as the Ministers Walk. This path will take you out on to the **Golf Road**. Cross over at this point and turn to your left walking down past the new houses on your left and also the **Bowling Green** at the corner of **Bute Terrace**. Keep walking downwards on to **Cardiff Street**, turning left at the bottom on to the front street known as **Stuart Street**. Continue walking along until you reach your starting point.

**All the walks on this leaflet may be extended by using the Cumbrae Walks and Cycling Leaflet which cover s a greater area of the island.**

**Please visit the Council's website for further information.**

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

Leaflets are also available for Irvine, Largs, Dalry, Kilbirnie and the Three Towns.

#### 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



[www.north-ayrshire.gov.uk/outdooraccess](http://www.north-ayrshire.gov.uk/outdooraccess)  
[www.naleisure.co.uk](http://www.naleisure.co.uk)



**FEEL THE DIFFERENCE!**

# EASY HEALTH WALKS IN CUMBRAE



## WAYS TO WALK



### The Lion Rock

Distance: **Long route** 1.58mls **Short route** 1.91mls

Start opposite the **Garrison** on Glasgow Street. Looking over **Newton Bay** you will see the **Eileans** in front of you. Turn left and walk along the **Promenade** passing the **Crocodile Rock** on your right. Continue along **Kames Bay** and in to **Marine Parade**, looking out for the **Wee Cumbrae**, the **Arran Hills** and the **Sleeping Warrior** on your right.

Turn right and follow the signs which mark the path round **Farland Point** or continue round by the road. If you follow the path turn right at the exit, both routes will take you past the **Marine Biological Station** on your left.

Continue walking and you will see **Keppel Pier** and the decompression chamber in front of you to your right. There is now no road so follow round the road and you should now see the **Lion Rock** in front of you to the left. Keep walking and you will find a seat just at the **Lion Rock**. Return along the same route to your start point at the **Garrison**.



### Around The Town 1

Distance: 1.77mls

Start outside the front entrance to the **Garrison** and facing it turn right. Walk along and take the first left up **College Street**, passing the **Cathedral of the Isles** on your right. Continue to the top where you will have **Breakough Farm** to your left, the entrance to **Lady Margaret Hospital** in front of you and **Kames Street** going down to your left. Walk down **Kames Street** and turn into **Copeland Crescent** on your left, turning down **Hastie Avenue** to the right.

Walk down to the **Fire Station** and cross over in to **Balloch Crescent**, follow the crescent round until it meets the **Ferry Road** and then turn right. Cross over and take your first left following the road round **Ninian Park** on to **Marine Parade**.



You should now see the **Promenade** in front of you. Cross over turning right and follow the **Promenade** back to the **Garrison**.

### West bay To Westburn

Distance: 1.5mls

Start opposite the **Garrison**, facing out to the **Eileens** in front of you turn right and walk along the **Promenade**. At the Quayhead look out for **Clyde Street** in front of you and continue your walk. Turn right in to **Miller street** then take your first left along **Crichton Street** rounding right at the **Police Station** and in to **Millburn Street**. At the junction join **West Bay Road** and take a left turn walking towards the swing park. Continue walking out **West Bay** until you reach the **Boat Yard** on your left. You can now either keep to the road here and walk out to **Westbourne** or walk along the path that veres to the left past the boat yard. This path will take you along the shore line. Turn right and follow the path back to the road just past **Westbourne**, turn right again and walk back to the boat yard. Once back at the boat yard retrace your steps back to your start point at the **Garrison**.

