

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

## EASY HEALTH WALKS IN Irvine

### townhouse to river annick

Distance: 2 miles approximately Surface: Firm

Start at the Town House in High Street. Head off towards the Burns Tavern and cross East Road at the pedestrian lights. Continue along High Street and into Townhead passing Glasgow Vennel and Kiln Walk. Just after passing East Road veer left into Mill Road and continue on this street for as long as possible.

Join the Broomlands Busway at the short incline to the bridge over the six lane A78. At the bus stop next to the first industrial unit cross the road and take the cycle track leading into the trees. Carry on to cross the footbridge and immediately turn right to follow the river, underpass the A78 and proceed into the grounds of the Hospitality Hotel. At Annick Road turn right to pass Annick Roundabout on the left then Sillars Meadow on the right continuing on this footpath through Townhead to High Street and The Town House.

Other walks can be found in Irvine at **Eglington Country Park**. Park leaflets are available from the visitor centre or by telephoning 01294 551776.

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 The Three Towns 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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WAYS TO WALK  
38 - 42 GARVEN ROAD  
STEVENSTON KA20 3NY  
TEL: 01294 601048 FAX: 01294 605839



FEEL THE DIFFERENCE!

# EASY HEALTH WALKS IN IRVINE



## WAYS TO WALK



### harbourside and beachpark

**Distance:** Approximately 2.5 miles **Surface:** Firm

Start at the **Puffer coffee shop** in the grounds of the **Scottish Maritime Museum** on the bank of the **River Irvine**. Check out the bird board at the gate before leaving the quayside. Turn right and proceed in a westerly direction along **Montgomery Street** and **Harbour Street**.

Pass the statue of the **Carter and His Horse** and walk along the **Esplanade**, enjoying the antics of the many birds resident in the mud flats. Continue to the mouth of the river then along to the very end of the short peninsula to find out how many nautical miles it is to **Dar es Salam**. Take time to enjoy the wonderful view of the **Island of Arran** as well as the **Ayrshire coastline**.

Retrace your route to the car park, cross it carefully and take the exit next to the toilet. At the roundabout turn right into the access road and immediately take the path on the left to enter the **Beachpark**. Follow this path all the way round the **Boating Pond** past the **Crazy-Golf** and **Adventure Area** until you come to the **Magnum Leisure Centre**.

Leave the park here; turn left at **Beach Drive** (to use the footpaths) and carefully cross the road. Carry on to the **Esplanade**, turn right and retrace the route from here to your start point for well-earned refreshment.



### townhouse to towns moor

**Distance:** Approximately 3 miles **Surface:** Firm

Start at the **Town House** in **High Street**. Cross **High Street** to join **Kirkgate**, which is directly opposite. Continue to the end of **Kirkgate** to use the ramp at **Puddle Ford**. At the River Irvine turn right to walk in a northerly direction continuing beneath the **Rivergate Shopping Centre** to the **Low Green**. Pass the stone monument to the **Incorporated Trades of Irvine** and continue on the riverside path. Pass the footbridge on the left and proceed to the underpass on **Marress Road**.

Enjoy the view over the rugby pitches to the harbourside and the Island of Arran beyond. Stay with the river path onto the **Town's Moor** until the viaduct, then follow the railway line. After a time the access road to Irvine (**Bogside**) **Golf Club** is reached. Turn right here and carefully walk down the road on the right-hand side (no footpath). Just before the junction with **Sandy Road** take the footpath on the right leading back onto the **Moor**. Pass the electricity sub-station and the rear of **Irvine Royal Academy**. Walk on to **Carrick Drive** and continue until the fenced play area before taking the footpath on the right. Veer left to follow the high stonewall and pass the statue of **Robert Burns**. Veer right to rejoin the **New Town Trail** at the river.

Descent to the underpass at **Marress Road**, then turn left to face a short incline. Turn right to follow the metal fence to **Castle Street**. Just beyond **David Boyle's statue** turn right into **Seagate** and pass the remains of **Seagate Castle** on the left. Leave Seagate and cross **High Street** then turn right to return to start point.

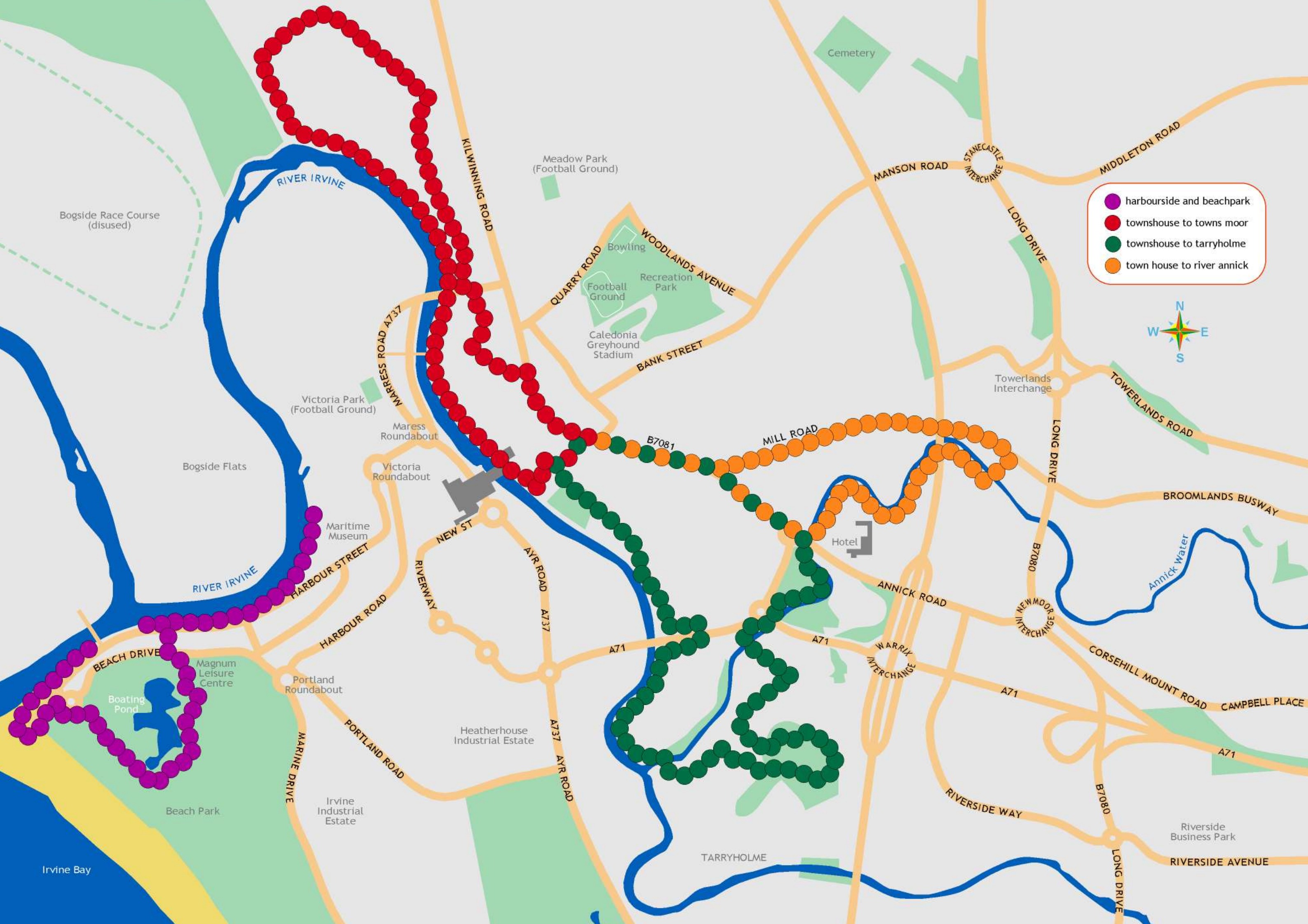
### townhouse to tarryholme

**Distance:** 4.25 miles **Surface:** Firm

Start at the Town House in **High Street**. Cross High Street to join **Kirkgate**, which is directly opposite and continue until **Peden Place** on the left. Walk towards the church and pass alongside it on the left then continue through the cemetery to come to **Kirk Vennel**. Bear right and continue past **Thornwood Drive** and the **Glebe** to join the path leading for the **River Irvine**. Do not cross the footbridge here but continue up the incline to follow the river and take the fork to the left. Join the footpath on the **Southern Approach road (A71)** and continue to the pedestrian lights. Enter **Milgarholm Park** immediately and take the first path to the right. Continue on this path, past the football pitches until the river is reached at the **Baillie bridge**.

Turn left to stay with the river until the first footbridge over the river. Cross this bridge and continue into **Tarryholme** housing estate at **Glenberrie Wynd**. Turn left and after a short distance turn right and cross the road at the roundabout. Just into **St Andrew's Way** take the path around the lochan and leave by the same path used to join the lochside turning right into **St Andrew's Way**. At the roundabout turn right again and follow the road until the housing estate is reached.

Cross this road to join a footpath leading to another footbridge over the river. Use the bridge and then turn right to follow the **River Annick**. Underpass the **A71** and continue to **Annick Road**. Cross **Annick Road** using the pedestrian crossing then turn right towards **Annick Roundabout**. Stay on this footpath and pass **Sillars Meadow**, **Kerr Drive**, **Malcolm Gardens** and **East Road** before crossing **East Road** at the crossing to return to the **Town House**.



- harbourside and beachpark
- townshouse to towns moor
- townshouse to tarryholme
- town house to river annick

