



## EASY HEALTH WALKS IN Largs

### the prom & routenburn / red road

Walks on The Prom and **Routenburn/Red Road** are popular when aiming to improve fitness and stamina through exercise. The distance of each stage is shown for those who like to record this, with the time taken, to prove progress. Completing a ten minute walk following a period of forced inactivity can feel like a great achievement.

The Prom is flat for almost the entire length with good provision of facilities for the public. On the **Red Road**, short inclines can be included from certain parking places. On windy or winter days, take the car up to a suitable spot and you will find that the hedges offer shelter while walking, without blocking the fabulous views of the Firth of Clyde, Kyles of Bute and the islands of Arran, Cumbrae and Little Cumbrae.

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

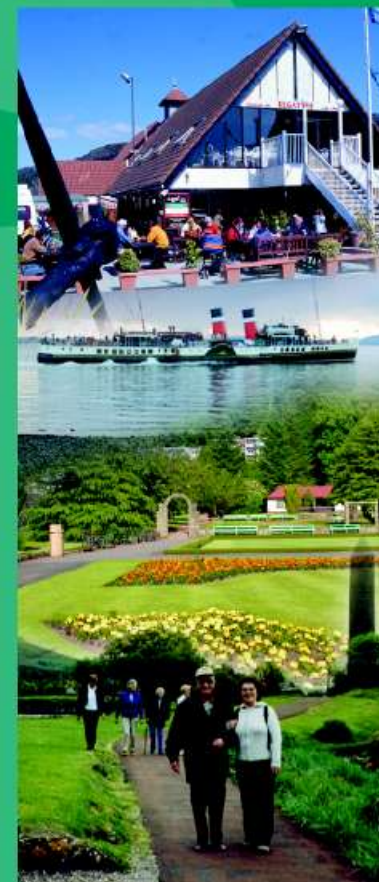
However, to join the **GUIDED** walk programme phone Ways to Walk. Independent walking leaflets are also available for The Three Towns and Irvine.

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

**WAYS 2 WALK**

FEEL THE DIFFERENCE!





### douglas & anderson park gardens walk

Start in **Cathcart Road**. Enter Douglas Park at the **Nursery**. Follow the path round the tennis courts and turn left down to **Irvine Road**. Cross the road and enter **Anderson Park**. Turn left and follow the path that goes right round the park, returning to the park gate. Re-cross **Irvine Road**, go left for a short distance and enter the formal gardens of **Douglas Park** by the small gate in the railings. Take the path ahead past the bowling green and up a ramp into the formal gardens.

Go past the pavilion and circle the **Burns Garden** behind it. From the front of the pavilion, go down the centre path to the **lily pond**. Turn left and leave the gardens by a gate. *Either:* return to the start round the tennis courts **(1.2km)**;

*Or:* turn left and follow the path up and round behind houses, past the **Neolithic Tomb** and **Haylie House** to join the road at the foot of the **Haylie Brae**. Turn right down **Irvine Road** back to the start. **(2km total)**



### noddleburn walk

Start at the junction of **Barr Crescent** and **Noddleburn Road**. Walk up **Barr Crescent** and turn left on **Douglas Street**, leading to **Brisbane Glen Road**. Take the second left into **Chapleton Drive**, then first right into **Chapleton Way**.

At the dead end continue straight ahead on the path leading to **Glen Avenue**. Turn left and, as you walk, enjoy the many carefully tended gardens. A number of paths connect **Glen Avenue** to the riverside path but pass **No 163** before turning left and walk down to the river.

It soon becomes obvious why this is such a popular route for local people. The path meanders downstream to join **Noddleburn Road**. Continue down to the start point. **(2.5km)**



### walks at the yacht haven

**1. The path behind the Yacht Haven**  
Start at the first yacht haven **car park** on the right and take the path below the **steep banking**. Turn right before the **railway** and follow the flat concrete path to its end. Return the same way. **(1.4km)**

**2. The Pencil and Walkerston**  
Again, start at the **car park**. Take the path to the **north**, passing the **Pencil**, and follow the **shore** until the path rises up a small incline. At the top turn right over the **railway bridge** into **Walkerston Avenue**. Follow this street up to **Anthony Road**. Turn left, down to the **sea front**. Turn left again and follow the shore path back to the start. **(2.4km)**

**3. Combine both walks (3.8km)** After this you may want to try some of the routes in **THE LARGS WALKS LEAFLET**





-  douglas & anderson park gardens walk
-  noddleburn walk
-  walks at the yacht haven
-  routenburn / red road
-  the prom
-  life boat station
-  car park
-  public toilets
-  refreshments

