





*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 Kilbirnie

Health Centre 1

Distance: 1.68 miles

With the Health Centre behind you turn right and walk along Holmhead veering right onto Paddockholm where you will see the fire station on your right. Carefully cross the road and continue your walk in to Knoxville Road, Mill Road and Garnock Street. You should now be at the Police Station. Walk up to the crossing and cross the road turning left down towards Radio City. Follow the road round Radio City until you come to a mini roundabout and cross the road just past this, you should now be on Bridge Street which will lead you on to School Wynd. Walk along until you see Glasgow Street on your left and then carefully cross. Walk straight ahead between the two churches and turn right at the end of the street looking out for steps on your left which lead down on to the path you will now follow. At the end of the path turn left and walk up between the two houses which will bring you up on to Bathville Road, walk straight ahead of you along Langside Place turning right on to Parkhouse Avenue. Continue to walk until you come on to the continuation of Bathville Road and then carefully cross and use the footpath round Garnock Swimming Pool which will bring you down to the park entrance. Turn right and cross at the crossing in front of the Health Centre.

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

Leaflets are also available for Irvine, Largs, Dalry, 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
www.naleisure.co.uk



FEEL THE DIFFERENCE!

EASY HEALTH WALKS IN KILBIRNIE



WAYS TO WALK



RADIO CITY 1

Distance: 1.8 miles

Leave **Radio City** turning left on to the main **Bridgend Road**. Continue along on to **Stoneyholm Road** taking a left up **Dipple Road**. Walking along **Dipple Road** watch out for the foot bridge on your left and cross over it turning right on to **Lynn Drive**.



Follow along then take a left turn which will take you on to **Ladyland Drive** and straight ahead on to the **High Street**. With the shops in front of you turn right and walk ahead. Take the second on your right which will take you round **Stockbridge Crescent**.

The road back to Radio City is down **Milton Road** in to the **Town Head** and **Bridge Street**. You should now be back at **Radio City**.



HEALTH CENTRE 2

Distance: 1.88 miles

With the **Health Centre** at your back turn to the left and cross at the crossing, veer right and then take a left turn on to **Dalry Road**. Walk along **Dalry Road** taking a left turn off the main road, facing the houses turn right and walk ahead passing **Briery Court**. Turn left when you reach **Loadingbank Court** and follow round taking a right turn on to **St Brennans Court**. By taking a left turn now you should see a bridge in front of you, walk under this and continue along the path and through the gate. You are now walking along **Balgray Road**, cross the bridge in front of you and also the main road. Looking to your right you will see a sign for **Garnock Valley Health and Fitness Centre**, follow this sign and follow the road round taking a left turn on to **Caledonian Road**. The pavement comes to an end so carefully cross over, keep walking looking out on your left for the path for the **National Cycle Network into Kilbirnie**. Cross over and go through the entrance, you should have a map board on your left. Follow the path until you come to a bridge on your left, also the **football pitches** in front of you. Use the steps or ramp to cross the bridge. Continue along the path until it meets the main road, the **cemetery** should be in front of you. Take a right turn now and follow the road back to the **Health Centre**.

RADIO CITY 2

Distance: 2.26 miles

Leave **Radio City** turning left on to the main **Bridgend Road** and cross at crossing. Continue along taking a right turn into **Stoneyholm Road**. Follow the path on to the **National Cycle Network** and turn right down the path continue walking until you come to a foot bridge and **football pitches** on your right. Cross the bridge using the steps or ramp. The path will take you to the main road, the **cemetery** should be in front of you. Take a right turn and walk along the main road passing the **Health Centre** on your right.

Continue along the **Holmhead** veering to your right along **Paddockholm Road** past the fire station and then cross the road to continue as **Paddockholm** extends in front of you through the **Industrial Estate**. You should now meet the path where you started. Make your way out on to the main road, turn left and follow it back to **Radio City**.

