

The National Cycle Network in Ayrshire



This route is a partnership between

Part of the
National Cycle Network
in Scotland



- The Millennium Commission
- North Ayrshire Council
- South Ayrshire Council
- Scottish Executive
- Sustrans

Ayrshire Coast Cycleway

Ayrshire Coast Cycleway

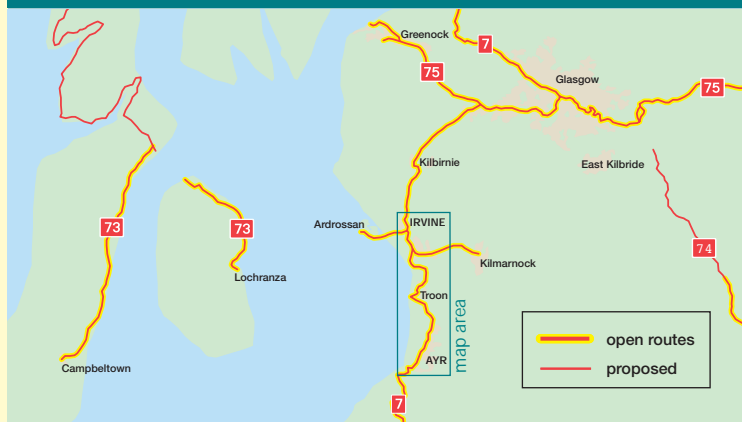
This 19 mile route takes in long stretches of the Ayrshire coastline between Irvine, Troon, Prestwick and Ayr, and has spectacular views across to the Isle of Arran. Passing through two Scottish Wildlife reserves, Gailes Marsh and Shewalton Wood, it offers the opportunity to experience the varied landscapes of this part of Scotland. You can visit beaches or stop and explore the town centres along the way. It is also possible to organise shorter cycling trips by using the regular train service from Irvine, Barassie, Troon, Prestwick International Airport, Prestwick Town and Ayr stations.

This route is part of the National Cycle Network. It forms a section of the Lochs and Glens Cycle Route (South), National Route 7, which runs between Carlisle and Glasgow.

The Irvine and Kilwinning New Town Trail is a circular pedestrian and cycle route, some 12 miles (19 kilometres) in length. The Trail follows the main river valleys and provides traffic-free transport links between communities, as well as attractive local recreational opportunities for walkers and cyclists.

Eglinton Country Park offers extensive opportunities for walking, cycling, horse riding and angling. Discover the Visitor Centre, enjoy the Ranger led activities or relax on the castle lawn with a picnic while the children enjoy the play areas.

Sustrans - the sustainable transport charity - works on practical projects to encourage people to walk, cycle and use public transport in order to reduce motor traffic and its adverse effects.



The National Cycle Network is a comprehensive network of safe and attractive routes to cycle throughout the UK. 10,000 miles are due for completion by 2005, one third of which will be on traffic-free paths - the rest will follow quiet lanes or traffic-calmed roads. It is delivered through the policies and programmes of over 450 local authorities and other partners, and is co-ordinated by the charity Sustrans.



Experience 19 miles of traffic-free route for cyclists and walkers between Irvine and Ayr

www.nationalcyclenetwork.org.uk

For more information on routes in your area:
Sustrans 0845 113 0065
or visit the interactive mapping on our web site.

Ayrshire Coast Cycleway

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Related maps

Lochs and Glens South (Carlisle to Glasgow) is available for £5.99

- Please call 0845 113 0065 or visit www.nationalcyclenetwork.org.uk

Other leaflets in this series include:

- Kilmarnock to Ardrossan
- Garnock Valley Route (Irvine to Kilbirnie)
- Lochwinnoch Loop Line (Kilbirnie to Paisley)
- Clyde and Loch Lomond Cycleway (Glasgow to Loch Lomond)
- Paisley and Clyde Railway Path (Paisley to Gourrock)
- Hillend Loch Railway Path (Airdrie to Bathgate)
- Esk Valley Cycle Route (Musselburgh to Dalkeith)
- Glasgow to Uddingston

- Look for these in local Tourist Information Centres or call Sustrans.

Further Information

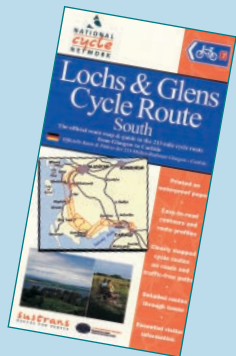
For information and guides to other walking and cycle routes in and around North Ayrshire, contact:

Eglinton Country Park Visitor Centre
01294 551776
www.north-ayrshire.gov.uk/outdooraccess

Ayrshire Paths
www.ayrshirepaths.org.uk

For information on places to cycle throughout Scotland and the rest of the UK contact:

Sustrans
0845 113 0065
www.nationalcyclenetwork.org.uk



Ayr detail

