



the trinity
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Stroll With It! Walking for Everyone



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EUROPE & SCOTLAND
European Regional Development Fund
Investing in a Smart, Sustainable and Inclusive Future



TRANSPORT
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COMHÈIL ALBA



North Ayrshire Council
Comhairle Siorrachd Air a Tuath

This project was realised with support from European Regional Development Funds under Transport Scotland's Low Carbon Travel and Transport Challenge Fund.

Why walk?



Walking is a great way to stay healthy and has many benefits:

- Helps to control weight
- Builds muscles and maintains healthy bones and joints
- Improves heart and lung function
- Helps you to relax
- Reduces signs of stress and anxiety
- Gives you more energy
- Reduces high blood pressure and cholesterol
- Keeps your brain active
- Boosts self confidence

Start your walking journey by joining our walking programme between February and April 2019. Come along for one or two walks or join us for all ten.

Walks 1-5 last approximately 40 minutes to an hour. Walks 6-10 last approximately 1 -1.5 hours. It is advised that you wear comfortable shoes and dress appropriately for the weather.

Walks will start at 11 am at the Trinity – Active Travel Hub in Bridegate, Irvine unless stated as a different start point.

Get more information about the Stroll with It! programme by emailing the Active Travel Hub at thetrinity@north-ayrshire.gov.uk

Walk 1 - Wed 6 Feb – River Irvine and the Powder House

1.2 miles/2.0km

Today we walk along the River Irvine, taking in the Chapel Well, the Powder House and a bouncy bridge!

The walk is entirely on surfaced paths and is fairly flat, there is a short flight of steps near the Irvine Old Parish Church Cemetery, and inclines at the Rivergate shopping centre.

Walk starts at 11am at the Trinity – Active Travel Hub in Bridegate, Irvine

Walk 2 - Weds 13 Feb – A Tour of the Old Town 2.0 miles/3.3km

Today we will explore some of the older parts of Irvine Town Centre. The walk is on surfaced paths and footways, however there is some walking on cobbled streets, these can be a little more uneven.

Walk starts at 11 am at the Trinity – Active Travel Hub in Bridegate, Irvine

Walk 3 - Weds 20 Feb – Ayrshire Central Woodland Walk and Castlepark Circuit 2.4 miles/3.8km

Today's walk will give us a sensory experience as we combine the different locations of a woodland wander with a quiet circular Castlepark circuit. Path surfaces are hardstanding within the woodland and tarmac around the housing estate and the path is level throughout.

Walk starts at 11am. Meet at the North Entrance of Irvine Central Hospital, Kilwinning Road, Irvine. Alight bus at Redburn Gate and cross road at the central island.

Public Transport: Stagecoach number 11, 25 or 585 from Irvine Town Centre

Walk 4 - Weds 27 Feb – Silently flows the River 1.5 miles /2.4km

Today we will follow the River Irvine west as it flows towards the sea. We will be taking in the Low Green and take a look at the Trades Pillar. The walk is entirely on surfaced paths and is fairly flat, there is an incline at the Rivergate shopping centre.

Walk starts at 11 am at the Trinity – Active Travel Hub in Bridegate, Irvine

Walk 5 - Weds 6 March – Hub to the Harbour 2.0 miles/3.2km

Today we will walk down towards Irvine Harbour meeting the statue of the Old Carter and his horse along the way. The route is on urban pavements, there is a short section of cobbles and steps (or escalator) in Rivergate shopping centre.

Walk starts at 11 am at the Trinity – Active Travel Hub in Bridegate, Irvine

Walk 6 - Weds 13 March – Cadgers Racecourse 2.1 miles/3.4 km

Today we will be taking a walk around the Town's Moor the location of the former Cadgers Racecourse. The walk is on surfaced paths and flat. If anyone wishes to go off the beaten track to find the old racecourse itself then the ground may be rougher and wetter.

Walk starts at the corner of Sandy Road and Kilwinning Road outside Irvine Royal Academy.

Public Transport: Stagecoach number 11, 25 or 585 from Irvine Town Centre

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Walk 7 - Weds 20 March – Exploring the Annick Water 2.8miles/4.5km

Today we will leave the River Irvine and walk beside the Annick Water as it meanders through Milgarholm Park. Paths are surfaced with some gentle slopes.

Walk starts at 11 am at the Trinity – Active Travel Hub in Bridegate, Irvine

Walk 8 - Weds 27 March – Doon the Harbour and roun' the Beach Park 3.5 miles/5.7km

Today we are off down to the sea, to see what we can see! Please note that if it is windy it can be considerably colder down at the coast. Paths are all surfaced.

Walk starts at 11 am at the Trinity – Active Travel Hub in Bridegate, Irvine

Walk 9 - Weds 3 April – From the Town to the Moor - 4.0miles/6.5 km

Today we will go back to the race course but this time we will set off from the Trinity and follow the River Irvine downstream past the Gallows Knowe and on to the Town's Moor. The walk is on surfaced paths and are mostly flat. One street in the town on the return journey is cobbled and has a slight gradient.

Walk starts at 11 am at the Trinity – Active Travel Hub in Bridegate, Irvine



Walk 10 - Weds 10 April – Eglinton Country Park – 4.1 miles/6.5km

Today we take a walk on the wild side with a countryside walk around the grounds of Eglinton Country Park. There will be a mixture of path surfaces from tarmac to unsurfaced but all will be on a level. Depending on weather, paths may be muddy. On the circuit there is an opportunity to stop at the Tournament Cafe for refreshments before heading back to the bus stop on Irvine Road.

Walk starts at 11am. We will meet at the bus stop, after Woodmill junction and immediately after the pelican crossing on Irvine Road, across from Eglinton Allotment site.

Public Transport: Stagecoach number 11, 25 or 585 from Irvine Town Centre



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Guidelines for walking:

- Most of the walks in the programme are on footways or surfaced paths. Some of these may be uneven and it is advised that you wear comfortable stout shoes or trainers.
- Please wear clothing appropriate to the weather, a wet weather option can also keep the wind out even if it isn't raining.
- Walkers are responsible for carrying their own water.
- Walkers must complete a registration form prior to starting the walks.
- If you have any medical condition that may affect you on the walk please tell the walk leader and ensure that this is noted on your registration form.
- Walkers are responsible for their own medication but it must be close at hand if required on the walk.
- Walkers are walking at their own risk.
- The walk leaders reserve the right to vary the route from that advertised in response to adverse weather or path conditions.



Get more information about the Stroll with It! programme by emailing the Active Travel Hub at thetrinity@north-ayrshire.gov.uk

Visit the Active Travel Hub at:

the Trinity
Active Travel Hub
Bridgeway
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