



Ayrshire Coast

Irvine to Ayr

The Ayrshire coastline is stunning and what better way to explore this part of Scotland than by bike? You are in for a real treat with spectacular views across the sea to the Isle of Arran.

www.kelloggs.co.uk/cycling
www.kelloggs.ie/cycling



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Attractions:
 The four wildlife reserves of Shewaton Sandpits, Oldhall Ponds, Shewaton Wood and Gales Marsh, between Irvine and Troon are all accessible by bike. Visit the Scottish Wildlife Trust website at www.swt.org.uk for more information.

You can visit www.kelloggs.co.uk/cycling or www.kelloggs.ie/cycling where you can download more guides and share your experiences with others.



Length of journey:
 19 miles (one way)

- PARKING**
- PUBS**
- CAFÉS/TEA ROOMS**
- TOILETS**
- ATTRACTION**



When you are on the National Cycle Network look out for these signs.

The numbers on the signs relate to the route you are following.

TIME TAKEN: **DISTANCE COVERED:**

NOTES:

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Who'd enjoy this ride?
 The route is mainly on cycle paths with some on-road sections in the towns where care should be taken. If you want to avoid cycling on the road altogether you can easily do this ride in sections.

Start/finish points:
 Irvine railway station / The promenade at Ayr.

Nearest railway stations:
 Irvine, Troon, Prestwick and Ayr.

Parking:
 Irvine, Troon, Prestwick and Ayr.

Refreshments:
 Lots of choice in Irvine, Troon, Prestwick and Ayr.

Public toilets:
 Irvine, Troon, Prestwick and Ayr.

You begin your ride at Irvine railway station and head on-road towards Irvine Beach Park. You then turn onto a shared-use path for walkers and cyclists and follow the beach, taking in the fantastic views of the Ayrshire coastline and the Isle of Arran. Heading slightly inland you cycle through Shewaton Wood Wildlife Reserve. Keep all your senses alert as you look for the timid roe deer and listen out for the long-eared owls and grasshopper warblers which live in the woodland area.

Once through the reserve, you need to take care crossing the busy A78 and following minor roads to the beach at Troon. You then rejoin the path which takes you along the beach of North Sands, around the small headland and onto the beach of South Sands. Once past the world famous Royal Troon Golf Club, follow the bay as it curves around and enters Prestwick.

The route continues through Prestwick until you reach the promenade in Ayr.

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Did you know 20 minutes of gentle cycling burns up to 100 calories? There are no emissions from cycling so you are being good to yourself and the planet!

Enjoyed your ride on the National Cycle Network?
 Sustrans is the charity behind the National Cycle Network. For more information visit www.sustrans.org.uk

