



Kellogg's cycle10 Challenge

Garnock Valley Cycleway Irvine to Kilbirnie

Enjoy the panoramic views and the sense of freedom as you cycle along this route.

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



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Attractions:

Irvine's Scottish Maritime Museum has a collection of vessels and exhibitions. Visit www.scottishmaritimemuseum.org for more information.

Blair Estate is open to the public and is a beautiful castle set in breathtaking surroundings, log onto www.blair-castle.co.uk to find out opening times and more information.

Eglinton Country Park at Kilwinning is a great place to explore, open from Easter to October only.

Kilwinning Abbey is the much-reduced remains of a Tironensian-Benedictine abbey which you can see on your way through Kilwinning.

Good to know:

There is cycle hire available in Dalry and Kilbirnie.

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.

Who'd enjoy this ride?
This ride suits adults and families with older children. A good level of ability and road sense is needed as this route has a long stretch on-road, and there are several hills to climb.

Start/finish points:

Irvine railway station / Village of Kilbirnie.

Nearest railway stations:

Irvine, Kilwinning, Dalry and Glengarnock (just outside Kilbirnie).

Parking:

Irvine, Kilwinning and Kilbirnie.

Refreshments:

Irvine, Kilwinning and Kilbirnie.

Public toilets:

Irvine, Kilwinning and Kilbirnie.

Garnock Valley Cycleway Irvine to Kilbirnie

You begin your ride at the railway station in Irvine and head north, out of town to cross an area of moorland. With its large areas of gorse bush, wild grasses, and good views across the River Garnock, it will feel so good to be out on your bike.

After you pass under the A78, National Routes 7 and 73 split, and you need to follow Route 7 signs north. On entering Kilwinning, you leave the path and begin the on-road section through the town, across the viaduct and onto a minor road which will take you all the way to Longbar. Please note that you have to cross two busy roads at Highfield.

When you reach Longbar, follow the National Route signs very closely as they take you through the small village, over the railway line and around the industrial estate. Once through this awkward section, you are back onto a shared-use path for walkers and cyclists, as you come into Kilbirnie.



- 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.

Length of journey:
18 miles (one way)

This map is a representation of the route, use the signage on route or OS maps for further detail if required.

TIME TAKEN: **DISTANCE COVERED:**

NOTES:

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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

