

The Route

Where: Kilmarnock to Ardrossan

National Route Number: 73

Distance: 17 miles

Terrain: fairly flat and largely traffic-free

Public transport: stations at Kilmarnock, Ardrossan and Irvine

Maps: NN75 Clyde to Forth; route leaflet available from local Tourist Information or Sustrans on 0845 113 0065

OS maps: Landranger 70

Tourist information: TIC - 01294 313 886

Towns to search for on Sustrans website mapping: Ardrossan, Stevenston, Irvine, Kilmarnock



The Cunninghame Way



This largely traffic-free route from near the railway station in Kilmarnock to the ferry port of Ardrossan follows disused railways and riverside paths through Irvine and towards Kilwinning. The route then turns east on minor roads before rejoining a traffic-free path following the sand dunes and giving wide sweeping views across the Irvine Bay towards the Isle of Arran. The route provides a marvellous opportunity to explore this part of Ayrshire.

The area invites further exploration. Irvine's Scottish Maritime Museum is

well worth a visit, as is the Eglinton Country Park at Kilwinning, which also has the remains of a 12th Century abbey. The Three Towns - Ardrossan, Saltcoats and Stevenston - are also worth exploring for their traditional seafronts, remains of 15th Century castles, museums and all-weather entertainment facilities. From Ardrossan, you and your bike can continue on the ferry to the Isle of Arran, affectionately known as 'Scotland in miniature'.

