



the trinity
walk . cycle . public transport



Stroll With It! 6
Walking for Everyone
July - December 2022



North Ayrshire Council
Comhairle Siorrachd Àir a Tuath



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



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

Stroll With It! in Irvine - Start your walking journey by joining our walking programme in July – December 2022. Come along for just one or two walks or join us for them all.

The walks in this leaflet all take place in and around Irvine. Each walk is expected to last approximately 1 -1.5 hours. It is advised that you wear comfortable shoes and dress appropriately for the weather. Some of the walks can have a short cut option if people wish to take a shorter walk - these are noted in the programme.

All the Irvine walks take place on Wednesdays and start at 11 am - check the programme for the meeting place each week. A few of the walks require using public transport to get to the starting point. For these, information has been given assuming that you are travelling from Irvine town centre. Please check your options for public transport with Stagecoach.

The Trinity Active Travel Hub works with 4 other walking groups across North Ayrshire.

On Arran: fortnightly walks on Tuesday mornings. For details contact: strollwithitarran.ecosavvy@gmail.com

In the Garnock Valley: Wednesdays at 12.30pm. Please contact Stewart for more details at: stewartbeck@north-ayrshire.gov.uk

In Kilwinning: Tuesdays at 1pm. Contact Kimberly for more details at: kimberlyoneill@north-ayrshire.gov.uk or 07823551921

In the Three Towns: Thursdays at 1:30pm. Please contact Gavin for more details at: gfguson@north-ayrshire.gov.uk

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

13 July - A Burns Tale 1.3 miles

Join us today for a walk along to the Robert Burns statue at the edge of the Old Town Moor. The walk is on surfaced paths or pavements throughout.

Walk starts at 11am at the Trinity Active Travel Hub in Bridgegate, Irvine.

20 July – Wander Down The Harbour 1.3 miles

Today's walk will take us along to Irvine's harbour, boats, birds and maybe a seal to be seen. The walk is on surfaced paths or pavements throughout.

Walk starts at 11am under the bridge at Irvine Railway Station.

27 July – Around The Town 1.5 miles

Today we will stroll around parts of the town centre and explore some of the historical secrets of old Irvine. The walk is entirely on pavements.

Walk starts at 11am at the Trinity Active Travel Hub in Bridgegate, Irvine.

3 August - Woodland Wander 1.2 miles

Today we will walk through the woodland that surrounds the Ayrshire Central Hospital. This walk is on a woodland path and may be muddy in places. There are options to make this walk shorter.

Walk starts at 11am at the North entrance to Ayrshire Central Hospital on Kilwinning Road.

Public transport - Stagecoach 11 from town centre.

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

10 August – East And West Across The River Irvine 1.6 miles

Today we will be venturing across the River Irvine and following it up....and downstream. This walk is on surfaced paths throughout.

This walk can be made shorter.

Walk starts at 11am at the Trinity Active Travel Hub in Bridgegate, Irvine.

17 August – The Wild Side Of Milgarholm 2.0 miles

Today's walk will take us to Milgarholm park to explore a little more of the Annick Water. The walk is on surfaced paths throughout.

Walk starts at 11am at the Trinity Active Travel Hub in Bridgegate, Irvine.



24 August - A Dragon's View Of The Beach Park 2.4 miles

The dragon in Irvine Beach Park gazes out to sea, guarding the entrance to the harbour. Today we will be exploring the beach park. This walk is on both surfaced paths and some unsurfaced paths and therefore may be wet in places. There is one steeper section. There are options to make this route shorter.

Walk starts at 11am under the railway bridge by Irvine Railway Station.

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



31 August – Cadger's Racecourse 2.5 miles

Today we will be listening out for the sound of ghostly horses hooves as we walk the perimeter of the old race course. The route is entirely on surfaced paths and pavements. This walk can be made shorter.

Walk starts at 11am at the Trinity Active Travel Hub in Bridgegate, Irvine.

7 September – Eglinton Extravaganza 1.9 miles

Today we will be exploring Eglinton Park. Paths may be rough underfoot and can be muddy.

Walk starts at 11am. Meet on Kilwinning Road at the bus stop after Watercut Road (entrance to Neil Brothers). This is the 1st bus stop after the A78 flyover.

Public transport - Stagecoach bus 11 from Irvine Town Centre.

14 September – Looping Irvine's Bridges 1.8 miles

Today's walk will take us over and over the River Irvine as we cross at three bridges all close to Irvine Town Centre. The route is entirely on surfaced paths. There are options to make this walk shorter.

Walk starts at 11am at the Trinity Active Travel Hub in Bridgegate, Irvine.

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



21 September – Visiting Milgarholm 1.9 miles

Today's walk will take us back to Milgarholm Park where we have options of a short or medium length walk. The route is entirely on surfaced paths.

Walk starts at 11am at the Trinity Active Travel Hub in Bridgegate, Irvine.

28 September – Dreghorn Capers 1.3 miles

We will be venturing eastwards today to the village of Dreghorn for a walk in the woodlands by the Annick Water.

Walk starts at 11am at the bus stop by Greenwood Academy car park, Dreghorn.

Public transport Stagecoach 11 from Irvine town centre.

5 October – Gunpowder, Golf And Other Tales 1.3 miles

Today we will be having a look at the Powder House and exploring some of the tales from that quarter of the town.

Walk starts at 11am at the Trinity Active Travel Hub in Bridgegate, Irvine.

12 October – Fullarton Parish And Carmelites 1.2 miles

Today's walk will start on the west side of the river and finishes at the Trinity Active Travel Hub. The route is entirely on surfaced paths but these may be muddy in places.

Walk starts at 11am at the railway bridge at Irvine Station.

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

19 October – Autumn At Ayrshire Central 1.2 miles

Today we will walk through the woodland that surrounds the Ayrshire Central Hospital. This walk is on a woodland path and may be muddy in places. There are options to make this walk shorter

Walk starts at 11am at the North entrance to Ayrshire Central Hospital on Kilwinning Road.

Public transport - Stagecoach 11 from town centre.

26 October – Tarryholm Ponds 2.9 miles

Today's walk will take us beyond Milgarholm Park to the Tarryholm ponds. Paths may be muddy underfoot.

Walk starts at 11am at the Trinity Active Travel Hub in Bridgegate, Irvine.

2 November – Lets Go Down To The Sea Again 1.3 miles

We will be venturing down to the harbour again today on surfaced paths and pavements.

Walk starts at 11am at the railway bridge at Irvine Station.



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

9 November – Off To The Races 1.7 miles

Today we will be venturing out towards the racecourse. The walk is entirely on surfaced paths and has options to be made shorter.

Walk starts at 11am at the Trinity Active Travel Hub in Bridgegate, Irvine.

16 November – Quarry Road Circuit 1.5 miles

Today we will be walking around the cycle loop at Quarry Road, perfect for off road cycling and walking.

Walk starts at 11am at the Trinity Active Travel Hub in Bridgegate, Irvine.

23 November – Dreghorn Daunter 1.3 miles

Today will be a wintry walk in the woodlands surrounding the Annick Water at Dreghorn.

Walk starts at 11am at the bus stop by Greenwood Academy car park, Dreghorn.

Public transport Stagecoach 11 from Irvine town centre



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

30 November – Three Bridges 1.8 miles

On today's walk we will be winding our way along the River Irvine crossing the bridges close to the town centre. The route is entirely on surfaced paths. There are options to make this walk shorter.

Walk starts at 11am at the Trinity Active Travel Hub in Bridgegate, Irvine.

7 December – Stroll To The Harbour 1.3 miles

We will be venturing down to the harbour again today on surfaced paths and pavements.

Walk starts at 11am at the railway bridge at Irvine Station.

14 December – Town Centre Stroll 1.3 miles

For our last walk of 2022 we will stroll around the town centre, followed by some refreshments at the Trinity Active Travel Hub

Walk starts at 11am at the Trinity Active Travel Hub in Bridgegate, Irvine.



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

Guidelines for walking

Please do not attend a walk if you have symptoms of Covid-19 or have been in touch with someone who has tested positive in the last 10 days.

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!** walks by emailing the Active Travel Hub at thetrinity@north-ayrshire.gov.uk

Visit the Active Travel Hub at:

The Trinity Active Travel Hub
Bridgagate
Irvine
KA12 8BJ

Email thetrinity@north-ayrshire.gov.uk
Or phone Kate on: 07467 689337

www.thetrinity.org.uk

