

## **Irvine to Glen Trool (National Cycle Route 7)**

This fantastic 50 mile route is part of the National Cycle Network and offers the cyclist a huge variety in terms of scenery and interest.

From the coastal town of Irvine in the North of Ayrshire, with its long seafaring history, the route travels south along the 'golf coast', skirting the famous links courses at Royal Troon, and Prestwick, to the bustling Market Town of Ayr, at the heart of Burns Country.

After a lovely stretch of the coast road south of Ayr, the route turns and climbs inland over the bleak moorland of the Carrick Hills - fantastic views to the Isle of Arran, over the Firth of Clyde, can be enjoyed from the roads' summit - then gently descends through lush, green farmland to the town of Maybole. You are now in the rural heart of Ayrshire and for the next 3 miles the route meanders along quiet country roads until you reach the pretty village of Crosshill.

The following 20 mile stretch of the route is a delight, offering a gentle climb through forestry into the beautiful Galloway Forest Park, which is the largest forested area in the U.K, then continuing through the forest until the road leaves Ayrshire following the Water of Minnoch down to Glen Trool.

More details of this route - and shorter routes - are available in a leaflet 'Rural Cycle Routes within South Ayrshire' a copy of which can be obtained from Ayrshire and Arran Tourist Board; Tel 01292 678100.

**Route:** The route is waymarked - Irvine to Troon, Troon to Prestwick, Prestwick to Ayr, Ayr to Maybole, Maybole to Crosshill, Crosshill to Glen Trool

**OS Landranger Maps:** 70, 76, 77

**Refreshments:** Irvine, Troon, Prestwick, Ayr, Maybole, Crosshill and Newton Stewart