

10 benefits of walking



Gives you time for self-care and Reduces stress

Limits sickness



Increases energy

Strengthens bones and joints



Decrease chance of injuries

Helps in weight loss



Improves your quality of sleep

Improves heart health



Prevents cancer

Reduces dementia risk



visually/www.researchomatic.com

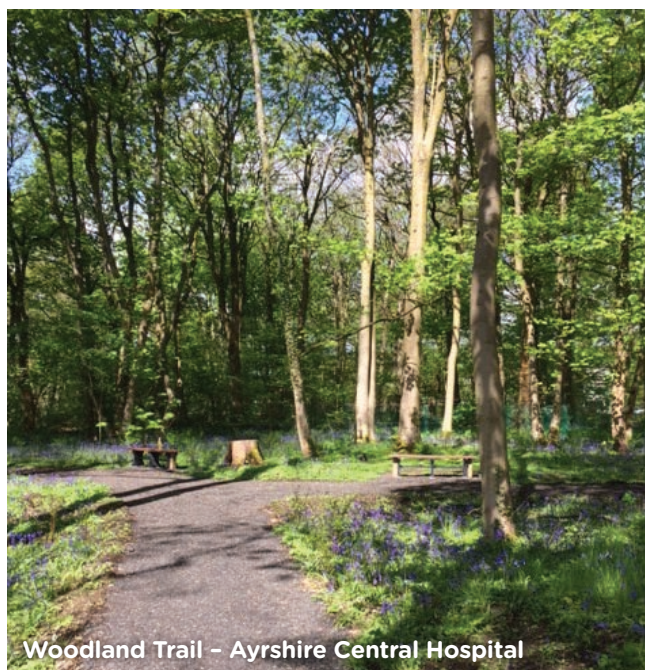
Interested in joining a walking group or guided walks? Find more information:

Castlepark walking group
tinyurl.com/castleparkwalkers

North Ayrshire Green Health Partnership
www.nagreenhealth.org.uk

The trinity travel hub thetrinity.org.uk

Follow us on   @NAGreenHealth



Woodland Trail – Ayrshire Central Hospital

These activities are part of
TCV's Healthy Active Journeys project,
supported by



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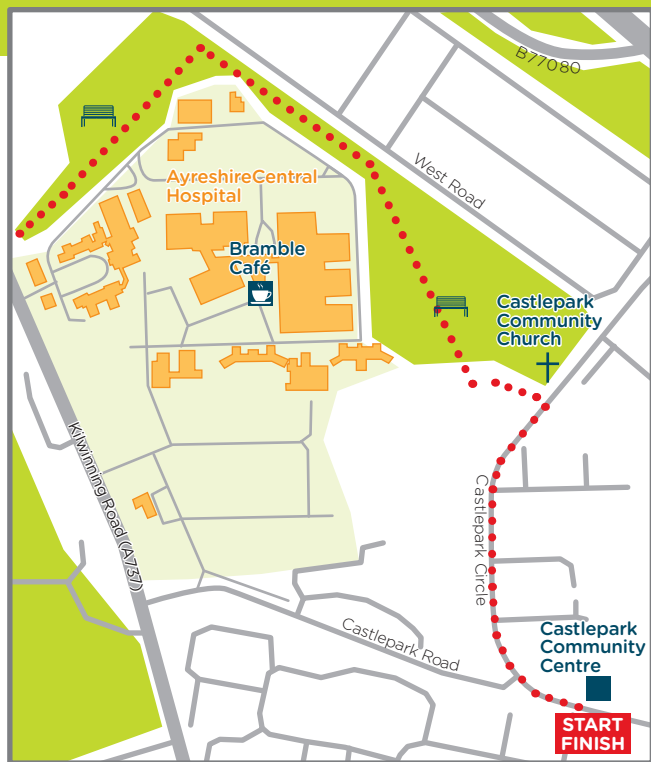
Healthy Active Journeys

Three walks in Castlepark, Irvine



Route 1 Woodland Trail – Ayrshire Central Hospital

Estimated time: 40 minutes



Total Distance: 2 miles

Café stop: Bramble Café or Castlepark Community Café



Description

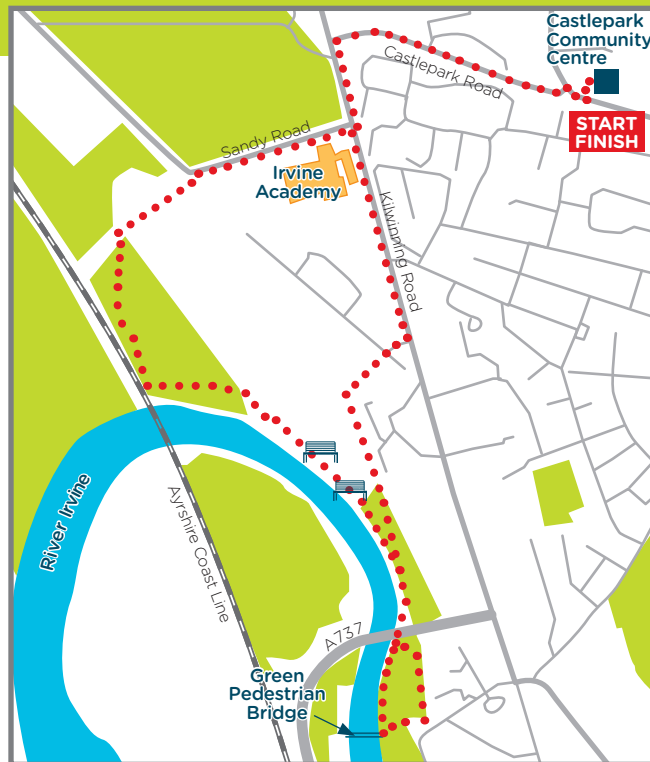
This linear route begins by keeping right on Castlepark Circle road when leaving the Community Centre carpark. Taking the footpath signposted towards the Ayrshire Central Hospital provides access to the Woodland Trail. This lovely trail is a gem to enjoy the wildlife flourishing among beech, oak and sycamore trees. Follow the path through the woods and you'll end up on Kilwinning road.

Map of the route:

<https://www.plotaroute.com/route/1006604>

Route 2 River Irvine

Estimated time: 1 hour



Total Distance: 3.4 miles

Café stop: Castlepark Community Café and Fullarton ConneXions (short detour)



Description

Follow Castlepark road towards Kilwinning Road. Crossing the road, head down Sandy Road to follow Bogside signs to reach the N73 cycle path. Enjoy the amazing views of River Irvine and the of Isle of Arran. When reaching the green pedestrian bridge take the path on the left to experience more magnificent views. Then, head to the cycle path to return to the community centre.

Map of the route:

<https://www.plotaroute.com/route/1006630>

Route 3 Eglinton Country Park

Estimated time: 1.5 hours



Total Distance: 4.3 miles

Café stop: Castlepark Community Café and Tournament Café



Description

Follow the footpath between the houses to cross the bridge over the A78, keeping left to reach Eglinton Country Park visitor centre, carry on until the end of the courtyard and follow the red arrow signs. This lovely path alongside the River Garnock passes through Eglinton Castle. Then, follow the yellow arrows towards the visitor centre. Return to Castlepark using the path alongside the A78. Cross the second A78 bridge to see a glimpse of Stanecastle greenspace.

Map of the route:

<https://www.plotaroute.com/route/943120>