



To Kilmornock

To Sandbank To Kilmornock

To Sandbank To Kilmornock

To Glasgow To Dunoon

SANDBANK

Sandbank Business Park

Hunters Quay Holiday Village

HUNTERS QUAY

KIRN

Loch Lomond

Cowal Golf Club

Dunoon Grammar School

Cowal Community Hospital

Kim Primary School

Dunoon Stadium

Cemetery - Commonwealth War Graves

Supermarket

Library

St John's Primary School

Supermarket

Dunoon Hillburgh Hall

Dunoon Primary School

Dunoon Town Centre

Castle House Museum

Dunoon Castle

EAST BAY

WEST

Map Symbols

- Ferry Terminal
- Hospital
- School
- Community Hall
- Leisure Centre
- Cultural Facility
- Public Toilets
- Stadium
- Bus Stop
- Visitor Information Centre
- Heritage Site
- Museum
- Retail
- Walking Trail Network
- Viewpoint
- Beach
- National Cycle Network - Route 75
- Path Network
- Ferry Route

Disclaimer

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Dunoon

Dunoon is the largest town on the beautiful Cowal Peninsula. The resort became popular during the Victorian era, as a destination of choice on the West Coast. Its large pier and Esplanade as well as many buildings date from that period. Dunoon is an excellent base to explore the region, offering a wide range of accommodation and shops, a museum, and a leisure centre. The National Cycle Route 75 passes through Dunoon along the Esplanade. Crossing the Cowal Peninsula from east to west, it offers a great opportunity to discover the region by bike.

Cycling Tips

Look behind you
Always look behind you before making a manoeuvre, particularly when turning right.

Do not use mobiles or music systems
You need to be able to hear what is happening around you and be fully concentrated on your actions.

Cycling in numbers
It is recommended that you cycle in single file and never cycle more than two bikes side by side.

Never cycle on the pavement
Unless it is a designated cycle lane or shared route, it is against the law to cycle on the pavement, you should walk alongside your bike.

Map Symbols

-  Ferry Terminal
-  Railway Station
-  Visitor Information Centre
-  Retail Centre
-  Walking Trail
-  Campsite
-  National Cycle Network - Route 75
-  Main Road
-  Secondary Road
-  Ferry Route
-  Settlement



Walking times calculated at a steady pace of 5 km/h
Cycling times calculated at a steady pace of 18 km/h

Estimated leisurely travel times
Sandbank to Dunoon: 20 min cycle / 1 h 15 min walk
Dunoon to Innellan: 30 min cycle / 1 h 40 min walk



Why Active Travel?

With 93.9% of car journeys in Scotland being less than 2 miles in length, there are huge potential benefits in promoting walking and cycling as alternative means of transport.

If more people walk or cycle, we can:

- ease congestion
- reduce noise pollution
- cut exhaust emissions
- improve our health

Active Travel is also a great way to relax, giving us more time to enjoy our environment and improve our work-life balance.

Argyll and Bute Council, Sustrans and Cycling Scotland are investing in improving the walking and cycling network in the Dunoon area, with new routes planned or in place.

We hope that this map will encourage visitors and residents to make the most of the cycling and walking routes in and around Dunoon and the Cowal Peninsula.



Outdoor Esplanade



Cowal Peninsula