

## **Walking and Cycling Routes and Ideas**

Inverclyde offers a wide variety of walking and cycling paths and trails for all abilities. If you're simply looking for the main walking routes through the local towns, our Core Paths Plan (<https://www.inverclyde.gov.uk/planning-and-the-environment/outdoor-access-in-inverclyde/core-paths-network>) is a useful guide.

You can also learn about the rich heritage of Inverclyde by exploring our Heritage Coastal Trail (<http://www.discoverinverclyde.com/attraction/coastal-trail/>), while Clyde Muirshiel Regional Park offers a fantastic choice of countryside walks (<http://clydemuirshiel.co.uk/things-to-do/walking/routes/>) and bike rides (<http://clydemuirshiel.co.uk/things-to-do/cycling/>)

The National Cycle Network (<https://www.sustrans.org.uk/ncn/map/national-cycle-network/about-network>), which is a network of signed paths and routes for walking and cycling, includes two routes within Inverclyde - NCN75 and NCN753.

### **Route Planning**

The 'Bothy', which is a walk in hub based in Gourock Train Station and online at: <https://en-gb.facebook.com/groups/inverclydebothy/> offers advice and support with route planning.

Cyclestreets <https://www.cyclestreets.net/> and Cycling UK's Journey Planner <https://www.cyclinguk.org/journey-planner> are both great online tools for planning your bike ride. You simply enter a starting and end point and the tool will provide you with three different options, i.e. fastest route, balanced route and quietest route, along with an estimated journey time.

Walk4life <https://walk4life.info/find-a-walk> provides easy access to find and create walks and record your activity.

### **Cycle Skills Training**

Community Tracks (<https://communitytracks.net/>) offer workshops and training sessions in bike repair and maintenance.

Cycling Scotland <https://www.cycling.scot/our-programmes/training/essential-cycling-skills> offers a suite of training resources, including courses, apps and training videos.

### **Tips to Get You Started Cycling and Walking**

Tips on how to start cycling to work and what you need to consider are available here <https://www.sustrans.org.uk/what-you-can-do/cycle-and-walk-work>

Paths for All <https://www.pathsforall.org.uk/lets-walk/tips-and-stories> provide tips on how to walk more if you haven't walked in a while and also how to walk more at work.