

# 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 mobile phones 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.

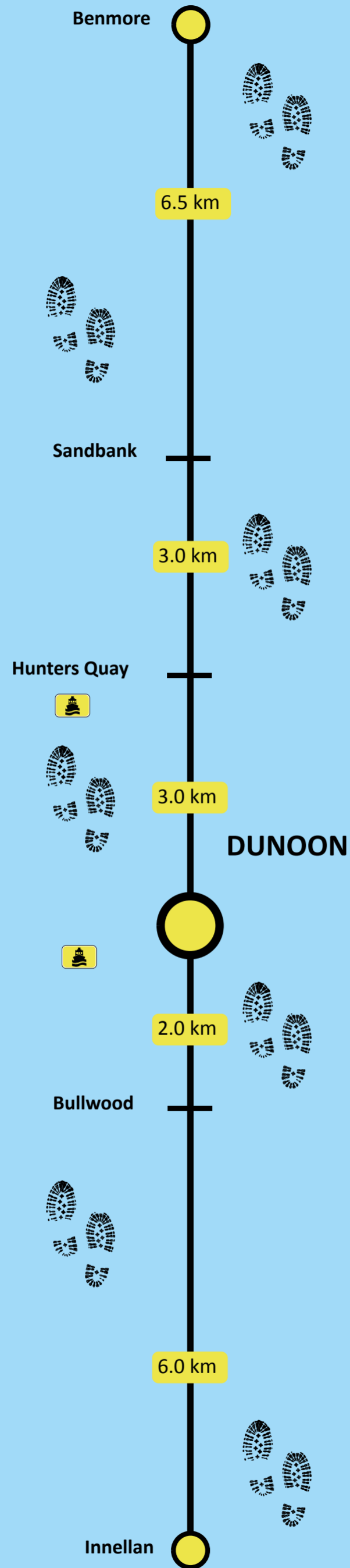
### Never cycle on the pavement

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      |  | National Cycle Network - Route 75 |
|  | Railway Station     |  | A road                            |
|  | Beaches             |  | B road                            |
|  | Retail Centre       |  | Minor road                        |
|  | Walking Trail       |  | Other road                        |
|  | Caravan Site        |  | Ferry route                       |
|  | Marina              |  | Settlement                        |
|  | Sailing Club        |  |                                   |
|  | Historic Attraction |  |                                   |
|  | Cycle Trail         |  |                                   |

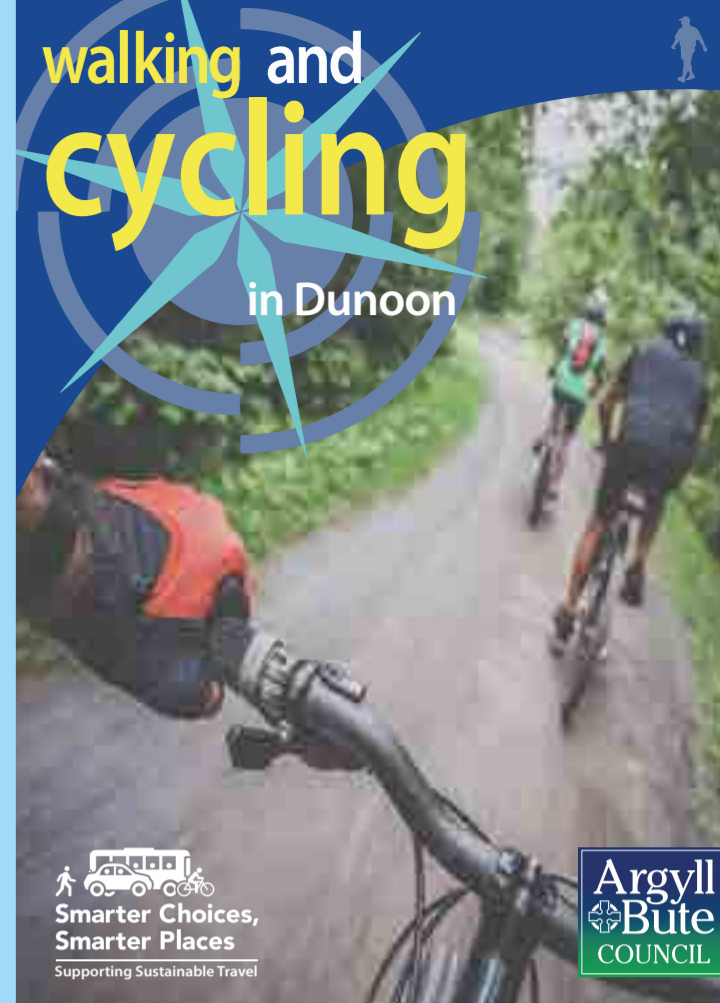
**Estimated leisurely travel times**  
 Sandbank to Dunoon: 20 min cycle / 1 h 15 min walk  
 Dunoon to Innellan: 30 min cycle / 1 h 40 min walk



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



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## Why Active Travel?

With 33.9% 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 to improve the walking and cycling network in the Duoonn 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.



Dunoon Esplanade



Dunoon West Bay

**Enjoy Scotland's outdoors responsibly**

- take responsibility for your own actions
- respect the interests of other people
- care for the environment.

**KNOW THE CODE BEFORE YOU GO**

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To Kilmun and Benmore

To Sandbank  
To Kilmun  
To Holy Loch

To McInroy's Point

To Gourrock  
To Glasgow

**Map Symbols**

- Ferry Terminal
- Hospital
- School
- Leisure Centre
- Cultural Facility
- Public Toilets
- Stadium
- Playpark
- US Navy Memorial
- Sailing Club
- Bus Stop
- Historic Attraction
- Museum
- Retail
- Walking Trail Network
- Viewpoint
- Beach
- Skatepark
- Marina
- Cycle Trail

- National Cycle Network - Route 75
- Paths Network
- Ferry Route

**Disclaimer**  
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To Innellan & Toward