

## Route of Lance Armstrong's Cycle Ride Around Renfrewshire

Point	Distance (metres)	Cumulative - Long Route (metres)	Cumulative - Short Route (metres)	Description
START				Start from Paisley High Street, just east of Orr Square, heading west. (High Street traffic is one-way at start point, in westward direction and changes to two-way at traffic lights.)
1	300	300	300	Continue along High Street to Wellmeadow Street.
2	235	535	535	Continue along Wellmeadow Street.
3	315	850	850	Bear left at traffic lights at Y-shaped junction with Well Street, and continue on Wellmeadow Street running on to Broomlands Street.
4	250	1100	1100	Continue through the traffic lights on Broomlands Street (at junction with Maxwellton Street) until you reach a T-junction.
5				Turn right at T-junction on to continuation of Broomlands Street leading to Ferguslie (A761).
6	650	1750	1750	Continue along Ferguslie straight through first roundabout.
7	650	2400	2400	At next roundabout (Linwood Toll), bear left on to Main Road, Elderslie (B789), signposted <i>Elderslie</i> and <i>Johnstone</i> .
8	2200	4600	4600	Continue through two sets of traffic lights until the traffic light junction at Thorn junction.
9				At traffic lights at the Thorn Pub, bear left on to Beith Road, signposted <i>Howwood, Kilbarchan, Spateston</i> (B787).
10	4700	9300	9300	Continue straight along Beith Road to Howwood, past the Bird in the Hand Hotel on the left. (route joins B787 at Corseford, Johnstone.)
11				At centre of Howwood turn right into Station Road, leading to Bridesmill Road, signposted <i>Station and Kilbarchan</i> .
12	4900	14200	14200	Proceed along on Bridesmill Road, until the junction with Johnshill (B786).
13				Turn left onto Johnshill.
14	1000	15200	15200	Proceed downhill to Lochwinnoch.
				<b>Alternative route for less experienced cyclists</b>
				<b>Note:- The route which Lance took continues below. This route runs back to Howwood along the A737, a busy road between North Ayrshire and Glasgow. An alternative route returning to Howwood using the Sustrans Cycle Track is shown on the map.</b>
A	300		15500	<b>At the foot of hill, turn left into St Winnoc Road and then left again into the car park at the Castle Sempie Visitor Centre.</b>
B	3600		19100	<b>Join the Sustrans Cycle Route 7 in the car park and return to Howwood, exiting at Junction 16.</b>
C	1400		20500	<b>Proceed to Howwood along Brides Mill Road, Station Road, then Main Street to junction with Midton Road. Continue from Point 20</b>
15	600	15800		Proceed straight on along Lochwinnoch High Street, then Main Street to junction with Kilbirnie Road (B787).
16	1800	17600		Turn left and proceed along Kilbirnie Road to roundabout at Roadhead Junction.
17				Turn left onto A737, signposted <i>Glasgow and Paisley</i> .
18	3400	21000		At Elliston Interchange signposted <i>Howwood Kilbarchan</i> , turn right onto Beith Road (B787).
19	1150	22150		Continue through Howwood to junction with Midton Road (B776).
20	130	22280	20630	Turn right onto Midton Road (B776) and then right again on to Bowfield Road.
21	1720	24000	22350	Continue along Bowfield Road past the Bowfield Hotel and Country Club.
22	4000	28000	26350	Continue along Bowfield Road (B776), and at the T-junction with Sproulston Road, turn left and proceed to the crossroads at Hall of Caldwell. (Road enters East Renfrewshire Council area.)
23	1800	29800	28150	Turn left at Hall of Caldwell on to Gleniffer Road (B775) bearing left and right towards Paisley. (Road re-enters Renfrewshire Council area.)
24	7400	37200	35550	Descend Gleniffer Road. (Option to stop at Robertson Park car park on right to admire spectacular view to north.)
25				Continue the descent of Gleniffer Road.
26	4300	41500	39850	Follow road, largely downhill, on to Stanley Road, then bearing left on to Park Road and straight on along Calside to junction with Causeyside Street.
27	400	41900	40250	Bear left at junction following the sign for <i>Town Centre</i> and continue downhill on Causeyside Street, through traffic lights at junction with Canal Street.
28	180	42080	40430	Turn left at second set of traffic lights on to New Street. Follow New Street by bearing right at first slip.
29	300	42380	40730	At the top of New Street, follow road round to the left on to High Street and return to the start point.