

LOCAL AMENITIES AND SERVICES

The Lido Community Shop and Post Office -Innellan

Serves locally roasted coffee, tea and refreshments, pastries, cakes and filled rolls available to carry out. Open Mon-Fri 8am-6pm & Saturday, Sunday 8am-5pm. Located at 43 Shore Road, Innellan PA23 7TJ Tel: 01369 830812

Argyll Vintners Ltd - Wine, Beer and Spirit Store - Dunoon

Argyll Vintners operates as your local, independent wine merchant offering a superb range of wines and spirits, and Champagnes. To complement they have added a deli with a wide selection of local produce and a wine bar. Located: 18 Hillfoot Street, Dunoon, PA23 7DS. Tel: 01369 707911

Balaclava Garage

Bullwood Road Dunoon, PA237QN Tel 01369830314
For fuel and repairs, also pre-MOT check.

EV charging point is located at the pier car park Alexandra parade Dunoon.

Supermarkets

The Lido Community Shop and Post Office

43 Shore Road, Innellan PA23 7TJ Tel: 01369 830812

Morrisons Dunoon 40 John Street, Dunoon, PA23 8BJ Tel: 01369 707559

The Co-Operative Food Dunoon Queen Street, Dunoon, PA23 8AX Tel: 01369 702779

Pharmacy/Chemist

Boots the Chemist
92 Argyll Street, Dunoon, PA23 7HG Tel: 01369 704 034

The Well Pharmacy

178 Argyll Street, Dunoon, PA23 7HA Tel: 01369 702 394

Hospital

360 Argyll Street, Dunoon PA23 7RL Tel: 01369 704341
A&E are located at the hospital.

Doctor Surgeries

Church street Surgery - 01369 703482
Argyll street Surgery – 01369 702067

Dentist

The Hollies Dental Surgery,
143 Alexandra Parade, Dunoon, PA23 8AW Tel: 01369 702 767

Police

Strathclyde Police Station,
1-3 Argyll Street, Dunoon, PA23 8ES Tel: 01369 763 000 or call 101

Local Taxis

Taxi George: 07913601442 - 7 seater
Clyde Independent Taxis: 01369 706444
Tuckers Taxis: 01369 701710
Thistle Taxis: 01369 704816
PINGO Bus: www.westcoastmotors.co.uk/pingo Tel: 0141 370 9262

LOCAL CAFES, COFFEE HOUSES, FISH and CHIPS

Lorenzo's Fish and Chips – Dunoon
Fish and chips, fast food. Opens from 4.30pm Wednesday to Sunday. Located at 32 Church Street, Dunoon, PA23 8BG Tel: 01369 703183.

Anselmo's Fish and Chips - Dunoon
Fish and chips, fast food. Carry out pizzeria. Opens from 12pm-145pm & 4.30pm- 9pm Monday to Saturdays, closed on Sundays. Located at 36 Hillfoot Street, Dunoon, PA23 7DT Tel: 01369 703849.

QUEEN Street Fish and Chips -Dunoon
Fish and chips, fast food. Opens from 5pm Monday to Saturday. Located at 71 Queen Street, Dunoon, PA23 8AX Tel: 01369 705225

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Walkers Café – Walkers Garden Centre - Dunoon

Walkers serve a generous sized cup of coffee from their San Marco coffee machine and serve speciality teas. All food is prepared fresh to order. Located on 361 Argyll Street, Dunoon PA23 7RN. www.walkersdunoon.co.uk

The Blairmore - Blairmore

Café located opposite Blairmore Pier serving breakfast, lunch and more. Home baking, vegetarian and vegan available. Locally sourced produce.
Open Wednesdays to Mondays 9.30am to 5pm. Located: Shore Road, Dunoon, Blairmore PA23 8TJ. Telephone: 01369 760391.

Redwood Coffee at Benmore – Benmore Gardens

Situated within the grounds of beautiful Benmore Botanic Garden, serves locally roasted coffee, refreshments, snacks and delicious home baking. Benmore, PA23 8QU

LOCAL PUBS & RESTAURANTS

Argyll is famed for its seafood and has many of the most acclaimed seafood eateries in West Scotland. There is a wide variety of pubs, restaurants and coffee shops and a few gems a little further afield. We have listed a few of our favourites and encourage you to investigate the local food establishments.

The Osborne – 44 Shore Road, Scotland, Innellan, PA23 7TJ. Tel: 01369 830820.

The Royal Bar – 4 Pier Rd, Innellan PA23 7TE Tel: 01369 830050.

Tryst Restaurant & Bar – 1 School Brae, Dunoon, PA23 7DL. Tel: 01369 707972

The Lorne – Dunoon 249 Argyll Street, Dunoon PA23 7DP. Tel: 01369 701 777.

Argyll Hotel - 54-58 Argyll Street, Dunoon, PA23 7NE. Tel: 01369 702059

Rio, Ristorante Italiano - 54-58 Argyll Street, Dunoon, PA23 7NE. Tel: 01369 703000

Ekam Palace, Indian Restaurant – 68 Argyll Street, Dunoon, PA23 7NE. Tel 01369 760 405.

A little further afield

Loch Fyne Oyster Bar – Cairndow PA26 8BL. Tel: 01499 600 236.

Inver – Strathlachlan, Strachur. Booking advisable. Tel: 01369 860 537. www.inverrestaurant.co.uk

The George Hotel – 1 Main Street, Inveraray, PA32 8TT. Phone: 01499 302111

Kames Hotel - Kames PA21 2AF. Tel: 01700 811489

The Royal An Lochan Hotel - Tighnabruaich PA21 2BE. Tel: 01700 811239

Portavadie - Restaurants & Bars - Millhouse PA21 2DA. Tel: 01700 811 075. www.portavadie.com

The Creggans Inn – Strachur PA27 8BX. Tel: 01369 860 279.

LOCAL ATTRACTIONS TO VISIT

Benmore Botanic Gardens - Benmore

Benmore with its magnificent Royal Botanic Garden, an enchanting mountainside garden setting steeped in history and surrounded by dramatic scenery. Its 120 acres boast a world-famous collection of flowering trees and shrubs including over 300 species of rhododendron and over one third of the world's hardy conifer species. Trails and walks throughout the Garden lead to beautiful spots such as the restored Victorian Fernery, the Formal Garden with its distinctive Puck's Hut and hillside woodlands to a dramatic viewpoint at 450 feet overlooking the surrounding mountains and Holy Loch. Located Benmore PA23 8QU. Tel 01369 706 261

Opening hours: March and October: 10.00am - 5.00pm

April to September: 10.00am - 6.00pm

Argyll Forest Park – Cowal Peninsula

Argyll Forest Park is Britain's oldest Forest Park, established in 1935 and covers a large part of the North of Cowal. Visit the park and you will be standing on the very edge of the Highland Boundary Fault, the great geological barrier that marks the line between the landscape of Lowland and Highland Scotland.

With rugged mountains and dramatic sheltered glens, great forests and open moorland, tranquil lochs and tumbling rivers, Argyll Forest Park is one of the reasons why Cowal is a land of beautiful contrasts. This fabulous natural environment is perfect for gentle walks, challenging climbs, cycling, and a range of adventure sports and, of course, for spotting wildlife. www.forestry.gov.uk/scotland

Loch Lomond & The Trossachs National Park

Stupendous scenery, limitless outdoor activities, nature, sightseeing, or simply the chance to relax – this National Park has it all. The National Park is for everyone to explore and enjoy. There is something for everyone - low level and hill walking, cycling, boating, golf, wildlife watching and for the more adventurous, canoeing, kayaking, windsurfing and mountain biking. Whatever the weather, the National Park offers stunning surroundings for your visit. www.lochlomond-trossachs.org

Inveraray Jail - Inveraray

Located in the heart of Inveraray. Step back in time and face the judge in the magnificent Courtroom, meet the Warders, get locked up, join the Prisoners, try out the cells and sample the punishments. Open all year. Located Inveraray PA32 8TX. Tel: 01499 302611.

Inveraray Castle and Gardens

Built between 1746 and 1789, the ancestral seat of the Dukes of Argyll, Chiefs of the Clan Campbell whose family have resided in Inveraray since the early 15th century, Inveraray Castle was designed by Roger Morris and decorated by Robert Milne. Its fairy tale façade house's an equally enchanting interior.

The castle's beautifully maintained garden and expansive estate offers some fantastic and beautiful. There is a tearoom offering visitors light refreshment and a gift shop selling a range of quality Scottish items.

Located Inveraray PA32 8XE. Tel: 01499 302203.

Ardkinglas Estate – Cairndow

On the shores of Loch Fyne in Argyll, against a spectacular background of mountain and forest, Ardkinglas House is an architectural gem. The present house at Ardkinglas was completed in the autumn of 1907 and is generally considered to be the architect Sir Robert Lorimer's masterpiece. The house remains practically unaltered and is a very popular location for TV dramas, film production and product launches.

The Woodland Gardens are open all the year round with an outstanding collection of plants and trees, including the tallest tree in Britain!

Located Cairndow PA26 8BG. Tel: 01499 600 261. www.ardkinglas.com

Fine Ales Brewery - Cairndow

Fyne Ales is an award-winning progressive craft brewery producing a range of innovative casks and bottled ales. Located at the end of Loch Fyne, a region renowned for the quality of its local produce, they use the finest hops and malt from around the world and fresh highland water from the hills surrounding the brewery to make their distinctive and full flavoured beers. Sample their beers at their brewery tap and visitor centre. Take a brewery tour or enjoy the sun with a pint and some simple local food in the courtyard beer garden. Open Mon to Sun 10.00am to 6.00pm. Located Achadunan Bungalow, Cairndow PA26 8BJ. Tel: 01499 600120. www.fyneales.com

Mount Stuart, Isle of Bute

Award winning attraction Mount Stuart is a 19th century country manor house with extensive gardens on the Isle of Bute. The spectacular Gothic house was the ancestral home of the Marquess of Bute. Mount Stuart is an award-winning attraction featuring magnificent Victorian Gothic architecture and design together with contemporary craftsmanship, surrounded by 300 acres of gloriously maintained grounds and gardens. The Visitor Centre houses a gallery, audio-visual presentation, shop and licensed restaurant. Guided tours are also available upon request.

Mount Stuart is accessible by ferry from Colintrave. Phone: 01700 503877

Kilmartin – Mid Argyll

Kilmartin Museum, Café and Shop is in the heart of prehistoric Kilmartin Glen in Argyll, 8 miles (10 mins) from Lochgilphead. We believe this is the only museum in Scotland that can both excavate and display the artefacts that they find. What makes this place so exciting to visit, is the huge number of historic sites in the area. Within 6 miles of Kilmartin village there are over 800 historic monuments, including cairns, standing stones, stone circles and rock art to explore. <https://www.kilmartin.org/>

Located: Kilmartin, Lochgilphead PA31 8RQ Tel: 01546 5102

Crinan Canal – Crinan, Mid Argyll

Sail, walk, jog, kayak or cycle along the Crinan Canal.

The story of “the most beautiful shortcut in the world” began in 1771 when James Watt surveyed the district to find a course for the canal, originally planned by John Rennie. Only 9 miles in length, the Crinan Canal was built to improve access to the Western Isles, offering a safe transit route from Ardrishaig on Loch Fyne to Crinan, avoiding the long, arduous journey around the Mull of Kintyre. Every year nearly 2000 boats, now mostly pleasure craft, make the journey while many walkers, cyclists and runners watch from the towpath. It is an outstanding piece of engineering with a dramatic history.

LOCAL WALKS IN COWAL PENINSULA

Cowal offers fantastic walking, from short strolls to epic routes. What better way to explore the lochs, hills and coastline of this beautiful part of the west coast of Scotland than on foot. The landscape of coastline, forest, hill and glen provides a huge range of varied routes of different lengths, suitable for all abilities.

Visit: <https://www.wildaboutargyll.co.uk/destinations/dunoon-and-cowal/walking-cowal-peninsula/>

Pucks Glen Walks - Benmore

A wonderfully atmospheric gorge walk. Don't miss the popular short walk in the area located a stone's throw from the magnificent Benmore Gardens. The walk is sign-posted and marked on a map in the car park. The favourite is the 'red' route ascending through the trees and then descending into a fairy glen. The scenery is stunning.

<https://forestryandland.gov.scot/visit/forest-parks/argyll-forest-park/pucks-glen>

Ardentinny

Picnic beside Cowal's longest sandy beach and explore Ardentinnny's varied network of woodland trails. The beach is washed by the waters of Loch Long, familiar to Viking fleets and Gaelic raiders. During the second world war, Royal Navy beach commandos even trained for the Normandy landings here. <https://forestryandland.gov.scot/visit/forest-parks/argyll-forest-park/ardentinny>

Lock Eck – A picturesque loch with picnic spots

As you follow the road along the eastern shore of Loch Eck, stop at one of the picnic sites and enjoy gorgeous views across the loch. Jubilee Point picnic site is particularly photogenic, so don't forget to bring your camera. Loch Eck is a great place for wildlife. Red squirrels forage its shores and deep under its surface swims Scotland's rarest freshwater fish – the powan. This relic from the ice age is a protected species and is only found here and in Loch Lomond.

<https://forestryandland.gov.scot/visit/forest-parks/argyll-forest-park/loch-eck>

Loch Lomond & Cowal Way

The Loch Lomond & Cowal Way in Argyll is known as 'Scotland in 57 miles'. Less than one hour from Glasgow International Airport and Glasgow city centre, this accessible part of the Scottish Highlands

offers beautiful coastlines, dramatic scenery, engaging heritage, abundant wildlife, and very friendly communities and people.

For information on walking routes and sectors please view on website:

<https://www.lochlomondandcowalway.org/>

Cowal Walking Group

The group offers guided, or group walk in our spectacular surroundings. cowalwalking@gmx.com

EXPERIENCES IN THE COWAL PENINSULA

Wreckspeditions – Dunoon:

The Clyde's most amazing landmarks and beautiful islands are all within easy reach in our powerboat tours that depart from the Holy Loch Marina, including Bute and the Cumbraes, the famous Sugar Shipwreck, stunning lighthouses and that scenery! Let's not forget the wildlife.... keep your eyes peeled for porpoise, seals, birds of prey, and even the odd whale!

Also, on offer are some of the best Scottish wreck and scenic diving with a massive variety of all-year-round sites for all experiences throughout the Firth of Clyde. Location: Holy Loch Marina, Sandbank, Dunoon, Argyll & Bute, PA28 8FE Tel: 01369703477 Mob: 07593088816

Email: dive@wreckspeditions.com

QUADMANIA – Blairmore:

Quad Bikes, Clay Shooting, Archery.

Stronchullin Farm is a working farm with hill sheep, a Highland cattle herd and free range chickens. The surrounding countryside, which is part of the Loch Lomond National Park, is perfect for outdoor adventure activities, where people can enjoy the challenge of learning new skills within breath-taking scenery.

Tel: 01369 810289. www.quadmaniascotland.co.uk

LOCAL CHURCHES

Many of the churches of Cowal are exceptional in terms of historic interest, picturesque setting and architecture and well worth a visit.

Kilmun Church

Kilmun Church, is 6 miles from Dunoon; the Church of St Munn was founded beside the Holy Loch in the 10th century. The present church was built in 1841. The Campbell Mausoleum was built in 1795.

Inverchaolain Church

Inverchaolain Church, near Toward is a charming building in a delightful setting with a long history associated with the Lamont clan. The Old Manse is a small museum with information on the Lamont clan. Colintraive is completely restored; dating from 1783 the present church was built on the Lamont Clan.

Kilfinan Church

Kilfinan Church, near the shores of Loch Fyne dates to the 13th Century. Underneath the north wing is the Lamont burial vault which contains several old stones, dating from the 9th to the 18th Century. Parts of the Church are being restored and it is open to the public all year round.

Strachur Church

Strachur Church, which sits half a mile from the east shore of Loch Fyne in an oval churchyard, was built in 1789, and rebuilt in 1902-1903. It has a birdcage belfry and ancient medieval burial stones from the chapel field at Strachurmore are inserted into its walls.

St Munns RC Church, Alexandra Parade Dunoon