



The Forth Rail Bridge © Eamonn McGoldrick

Visit the VisitScotland site for general tourist information and for suggested routes and cycle holiday operators under the Cycling section.

www.visitscotland.com

Visit the Sustrans website for interactive maps of the National Cycle Network and information on routes.

www.sustrans.org.uk

More Information

Over 1,000 establishments are members of VisitScotland's Cyclists Welcome Scheme and provide special facilities for cyclists. www.visitscotland.com/cycling For hostels, see www.syh.org.uk or www.hostel-scotland.co.uk



Scotland has a wide range of accommodation, including hotels, guest houses, B&Bs, hostels, self-catering cottages and cabins, and campsites. For quality assured accommodation, see www.visitscotland.com

Where to Stay

Warmest months: July and August – average temperature 15-19°C/60-68°F
Driest months: May and June – the west coast tends to be milder and wetter than the east

Because Scotland is surrounded on three sides by sea, the weather is very varied. However, records show:

When to Visit

Day rides in Scotland

Cycling in Scotland is not just for the long distance cyclist. Whether you are on holiday and fancy hiring a bike for a day, or you just want to discover more about the area where you live, there are some great day trips and short rides to enjoy on your own, or with friends and family.

Maps for the following traffic-free sections of the National Cycle Network can be downloaded from the Scotland pages of www.sustrans.org.uk

- Aviemore to Slochd
- Ayrshire Coast Cycleway (Irvine to Ayr)
- Balerno to Bathgate
- Clyde Corridor Cycle Route (Glasgow to Uddingston)
- Clyde to Loch Lomond (Glasgow to Balloch)
- Cullen to Garmouth
- Cunninghame Cycleway (Kilmarnock to Ardrossan)
- Dalkeith to Penicuik
- Dundee to Arbroath
- Esk Valley Cycle Route (Musselburgh to Dalkeith)
- Garnock Valley Cycleway (Irvine to Kilbirnie)
- Hillend Loch Railway Path (Airdrie to Bathgate)
- Kessock to Culloden
- Lochwinnoch Loop Line (Paisley to Kilbirnie)
- Paisley and Clyde Coast Railway Path (Paisley to Gourrock)

Ideas for other cycle day rides can be found at www.visitscotland.com/cycling

Loch Garten © J&D Parsons



Sustrans and the National Cycle Network

Sustrans is the UK's leading sustainable transport charity, working on practical projects so people choose to travel in ways that benefit their health and the environment. The charity is behind many groundbreaking projects including the National Cycle Network, over twelve thousand miles of traffic-free, quiet lanes and on-road walking and cycling routes around the UK. We are the charity making a difference today so everyone can live a better tomorrow. **Support Sustrans. Join the movement.**



For further maps, guides and more information on cycling in Scotland or to become a Sustrans supporter, visit or call:

www.sustrans.org.uk

0845 113 00 65

(from the UK)

+44 (0) 117 929 0888

(from outside the UK)

Front cover: Dunnottar Castle, Stonehaven © David Gold

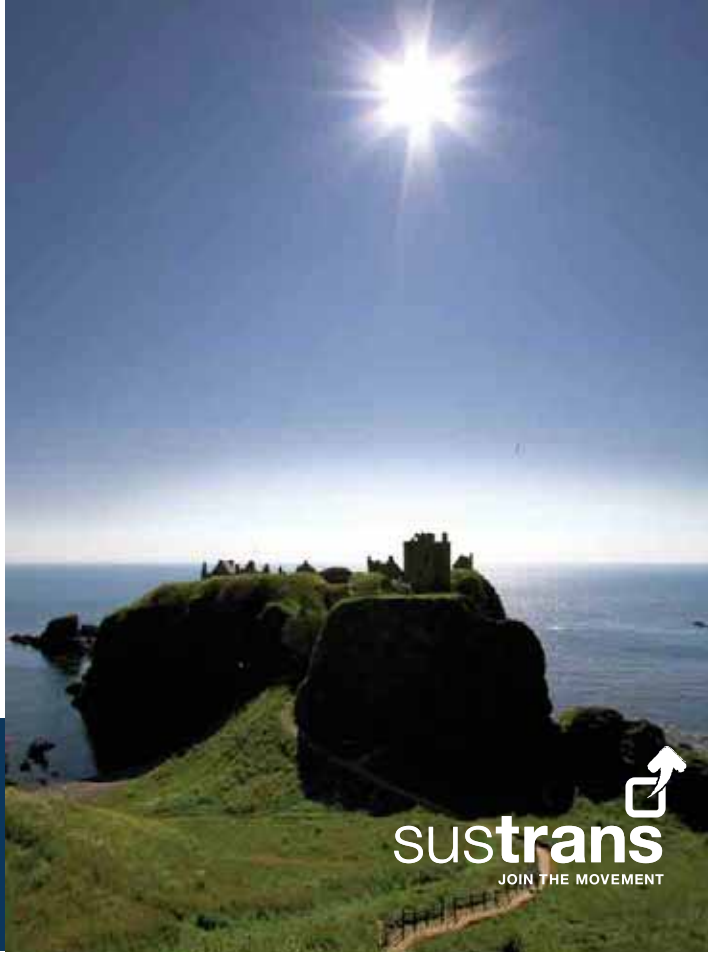
Registered charity number 326550



CYCLE MAP

SCOTLAND

National Cycle Network Scotland



This leaflet was funded by the Scottish Executive.

www.visitscotland.com/cycling or www.sustrans.org.uk

Bicycles can be hired at various locations throughout Scotland. To find a bicycle hire outlet, visit

Cycle hire

Buses can be hired at various locations throughout Scotland. To find a bicycle hire outlet, visit

www.travelinescotland.com for details of this and other local bus services.

Bikes are carried on some services in the Inverness and Speyside area. See under the 'Travel by Bike' section of www.travelinescotland.com for details of this and other local bus services.

there is a scheduled bike bus service from Inverness to Durness. See www.timdearmanncoaches.co.uk for details.

Bicycles can be carried on Citylink coaches, but they must be bagged or boxed. Call 08705 50 50 or visit www.citylink.co.uk for details. In the North West Highlands, there is a scheduled bike bus service from Inverness to Durness. See www.timdearmanncoaches.co.uk for details.

Buses

You can create your own island-hopping tours along the west coast of Scotland using ferries operated by Caledonian MacBrayne. With Island Hopscotch tickets, bicycles travel free. Call 08705 65 00 or visit www.calmac.co.uk. Or you can pop over to Orkney and Shetland on ferries from Aberdeen or Scrabster. See www.northlinkferries.org

Ferries

Bikes are carried on most trains, but space is limited so it is advisable to check in advance and book a bike space. For rail information call 08457 48 49 50 or visit www.thetrainline.co.uk. Make reservations at principal staffed stations or by calling 08457 55 00 33.

Trains

For information on public transport within Scotland call 0870 608 2 608 or visit www.travelinescotland.com

Getting Around



For all ferry routes, see www.ferryto.co.uk

ferries from Northern Ireland to South West Scotland (see www.stenalline.co.uk), and from Scandinavia to Shetland. Europe there are regular ferry services into Newcastle, from Edinburgh. See www.superfastferries.org. From Continental Belgium and Rosyth near runs between Zeebrugge in



By Train
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Long distance routes in Scotland

From gentle rides along old railway lines, canal towpaths and quiet country roads, to more challenging routes over moorland, mountain and forest terrain, cycling in Scotland has something for everyone. The map shows the **National routes in Scotland**. You may want to cycle just part of them as a day trip or enjoy a longer cycling holiday. Whatever you decide, detailed maps with more information on all these rides are available from the Sustrans shop: www.sustransshop.co.uk

Information correct in 2007. For the current status of all these routes, check www.sustrans.org.uk



Loch Venachar

7 **Lochs and Glens South**
Cycle from Carlisle and across the Scottish border at Gretna – scene of many a hasty marriage between runaways from England. The route runs along the Solway coast, through picturesque towns and villages. The dominant feature is the Galloway Forest Park, with its variety of wildlife, rivers, lochs, wild moorland and mountain crags. From the Ayrshire coast there are splendid views across to the island of Arran before you head towards Glasgow along tracks following disused railway lines.

Distance: 213 miles / 343km

78 Oban to Campbeltown

This route offers the adventurous cyclist the chance to explore the quiet roads, lochs and forests of Lorn, Knapdale and the spectacular Kintyre peninsula. As you criss-cross the peninsula, there are fantastic views of the islands of Jura and Arran. The section along the Crinan Canal and up to Kilmartin Glen (an area with hundreds of ancient burial cairns and standing stones) offers gentle and interesting day rides for families and novices.

Distance: 120 miles / 193 km

75 Clyde to Forth

Discover parts of Scotland you never knew existed. Follow the Union Canal and the Water of Leith out of Edinburgh and the sculpture trail across the central plateau of Scotland between Bathgate and Airdrie (this section will be realigned when the railway line reopens). The legacy of disused railways and canals forms the backbone of the route through Coatbridge and it then follows the River Clyde into Glasgow. From Paisley, more traffic-free tracks lead to Gourcock, from where you can catch a ferry to Dunoon and head across the Cowal Peninsula to Portavadie.

Distance: 123 miles / 197km

73 Kilmarnock to Lochranza

A gentle and largely traffic-free route between Kilmarnock and Ardrossan that takes you through countryside and along riverside and coast, and links the towns of Irvine, Kilwinning, Stevenston and Saltcoats. From Ardrossan, you can take a ferry to Brodick on the Isle of Arran and cycle to Lochranza on the public road.

Distance: 33 miles / 53km

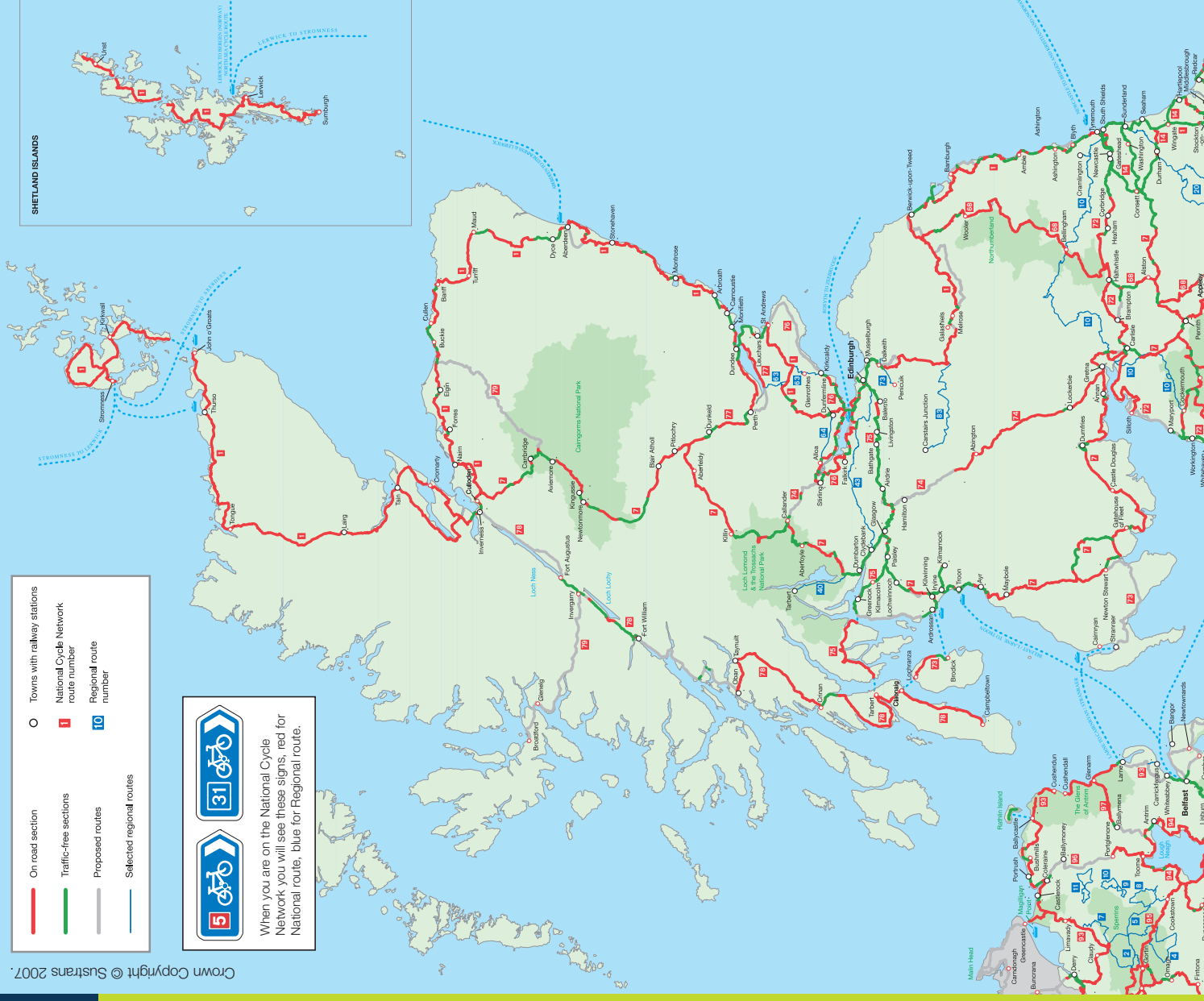
Loch Leven © Eamonn McGoldrick



7 Lochs and Glens North

This stunningly beautiful route passes through both the Loch Lomond and The Trossachs National Park and the Cairngorms National Park. A traffic-free path takes you from the heart of Glasgow to Loch Lomond. Glen Ogle with its old railway viaducts is one of the highlights of the route, while on a traffic-free path over the Drumochter Pass, you reach the highest point on the National Cycle Network in Scotland at 462 metres. The route heads past the Cairngorm mountains, before descending towards Inverness, the capital of the Highlands, passing atmospheric Culloden Moor on the way.

Distance: 217 miles / 349km



Crown Copyright © Sustrans 2007

Arran from Ayrshire © John Patterson

Glen Ogle Viaduct © Jenny Baker

74 Gretna to Douglas

A direct link from southern Scotland towards Glasgow, the route from Gretna to Douglas travels fairly close to the M74 motorway, but, surprisingly, has a very remote and rural feel. It passes over some bleak but beautiful landscapes. Highlights are the Coalburn Moss (SSSI), the forested Lowther Hills and crossing the Beattock summit. When complete, the route will continue from Douglas to eastern Glasgow through Chatelherault Country Park and Strathclyde Park.

Distance: 57 miles / 92 km



Arran from Ayrshire © John Patterson

1 Aberdeen to John o' Groats, Orkney and Shetland

This is a route of contrasts. It heads across the arable lands of north east Scotland, along cliff tops on the Moray Coast, through Inverness, the capital of the Highlands, and then through some of the most spectacular and remote scenery of northern Scotland - the ancient peatlands of Sutherland and Caithness (the Flow Country). From John o' Groats, there are ferries across the Pentland Firth to Orkney and Shetland. Both are great cycling destinations, especially if the wind is behind you! Part of the North Sea Cycle Route.

Distance: 501 miles / 806km



Edinburgh Castle © Jason Patient

1 Edinburgh to Aberdeen

Travel from Edinburgh, Scotland's historic capital and festival city, to the oil capital of Aberdeen, the silver city (it's built of granite) by the golden sands. Highlights are crossing the Forth and Tay Road Bridges; the historic sites of Fife, including St Andrews, famous for its university and golf; and the fishing villages along the rugged North Sea coastline. Part of the North Sea Cycle Route.

Distance: 170 miles / 274km

1 Coast and Castles

This varied route between England and Scotland links the Tyne and the Forth estuaries. It takes you past Hadrian's Wall World Heritage Site at Wallsend and the coast, castles and fishing villages of Northumberland. From Berwick-upon-Tweed it follows quiet roads through the Scottish Borders, before crossing the Moorfoot Hills, where you get some breathtaking views of Edinburgh and the Firth of Forth. Part of the North Sea Cycle Route.

Distance: 200 miles / 322km

77 The Salmon Run

This route mainly follows minor roads along the winding course of the Tay from the centre of Dundee, through historic Perth, to the tourist centre of Pitlochry. With opportunities for wine tasting on the flat farmlands of the Carse of Gowrie, spectacular views from the top of Kinmoull Hill, Perthshire Big Tree Country at Dunkeld and Birnam, a route through the grounds of a five-star hotel, and the salmon ladder, hydro electric dam and Festival Theatre at Pitlochry, this route really does have something for everyone. There are plans to extend the route round the south side of the Tay estuary.

Distance: 54 miles / 87km

Future routes

76 Round the Forth

A circular route round the Forth estuary that reveals some hidden gems, such as the rolling countryside between Grangemouth and Stirling, the historic towns of Alloa and Kinross, the limekilns at Charlestown, and the mining relics and harbours all round the estuary. It will also take you close to the preserved steam railway at Bo'ness, along the Roman Antonine Wall near Falkirk, to the 17th century preserved village of Culross, and enable you to discover the wildlife along the Forth. In time, the route will continue round the Fife coast to St Andrews.

Distance: 71 miles / 114km

73 Newton Stewart to Cairnryan

Under development. Newton Stewart to Slenluce will be complete by the end of 2007.
Distance: 42 miles / 67km

74 Stirling to Callander

Under development. **Distance: 17 miles / 27km**

78 Fort William to Inverness

Under development. A spectacular trip along the Caledonian Canal and Loch Ness. To be signed.
Distance: 64 miles / 103km

Oban to Fort William

Under development. This will be a mainly traffic-free route with stunning views across sea lochs to the islands and mountains beyond. Three traffic-free sections will be complete by 2008.
Distance: approximately 53 miles / 85km

79 Invergary to Skye

To be developed. **Distance: 58 miles / 93km**

79 Speyside Way

To be developed. **Distance: 52 miles / 84km**