



## Caledonia Way – Campbeltown to Inverness

### Summary

Bike from the stunning Mull of Kintyre to the Highland Capital! Along the way you have a chance to see amazing wildlife, ancient Pictish memorials and iconic castles like Castle Stalker. You will cycle past the highest mountain and deepest loch in Scotland as well as fantastic scenery at Glencoe, Loch Awe and Ardgour. Each day is packed with amazing adventures on a route less-travelled.

### Highlights

Wildlife spotting at Knapdale  
Standing stones and burial cairns at Kilmartin Glen  
The views from one of Scotland's best cycle paths  
Ben Nevis, Loch Ness – need we say more!

### Example 6 -day itinerary

**Day 1.** Arrive in Ardrossan. Take the ferry from here to Campbeltown, on the Mull of Kintyre and spend the night here in readiness for the adventure ahead!

**Day 2. Campbeltown to Tarbert - 38 miles/61km; 1000 metres of ascent**

Your journey begins in the south of the Kintyre Peninsula and you cycle up the east coast, where you can take in the views of the Isle of Arran, over the Kilbrannan Sound. Perhaps detour to the amazing seafood cabin at Skipness or just press on to the lovely harbour town of Tarbert.

**Day 3. Tarbert to Lochgilphead - 35 miles/56km; 750 metres of ascent**

What a wonderful day, along West Loch Tarbert where stunning Atlantic views open up to reveal Islay and Jura, the whisky islands. It is possible to spot Golden Eagles, seals, otters, red squirrel and red deer in this area, so keep your eyes peeled! There are also ancient stone crosses at Kilberry and sweeping sandy beaches where you can stop for a picnic. Just beautiful!

**Day 4. Lochgilphead to Oban - 51 miles/82km; 1200 metres of ascent**

You cycle a lovely section of the Crinan Canal this morning then head north through Kilmartin Glen, where you can see ancient standing stones, Pictish monuments and burial cairns. Then you cycle along the beautiful Loch Awe (often known as Loch Awe-some!). There are lots of ups and downs on this lovely road, before one last remote glen leads you through to the lovely harbour town of Oban – gateway to the isles.

**Day 5. Oban to Fort William - 50 miles/80km; 850 metres of ascent**

For many this is one of the most special days of cycling in Scotland! The traffic free cycle path that leads from Oban to Glencoe is simply amazing, with sweeping views over the Ardgour Peninsula and Castle Stalker. The slow pace continues as you take the ferry over to Ardgour and ride on the quiet side of Loch Linnhe, before taking the tiny passenger ferry over to Fort William.

**Day 6. Fort William to Fort Augustus – 33 miles/53km ; 470 metres of ascent**

Another absolutely beautiful ride, mainly on traffic free trails. A little more bumpy than yesterday but with superb views of Ben Nevis, Loch Lochy and Loch Oich. The wonderful Caledonian Canal leads you to Fort Augustus.

**Day 7. Fort Augustus to Inverness – 34 miles/54km ; 750 metres of ascent**

A fantastic final day with a big climb above Loch Ness. Then some superb cycling on quiet roads and traffic free trails along the loch shore – perfect for monster spotting! Finally you arrive in Inverness the vibrant highland capital, where you can spend the night before we transport you to Ardrossan the following day (approx. 4 hours drive). Well done!

### Duration:

6 or 7 days of cycling  
6 to 8 nights' accommodation

Just let us know how many days you'd like your Caledonia Way adventure to last!

### Total Distance:

377 km or 234 miles

### Includes

- Comfortable accommodation
- Baggage transfers
- Comprehensive maps and gpx.files
- Phone support (self-guided)
- One way transfer from Inverness to Ardrossan at the end of the trip

### Available on request:

- Pick up and drop off from public transport links
- Bike and equipment hire

### Dates:

Self-guided cycling trips are available between 27<sup>th</sup> April and 25<sup>th</sup> September for groups of 2 or more. Contact us with the dates you have in mind.

### What bike?

The Caledonia Way has sections of gravel trail, so can be ridden on a hybrid, gravel, sturdy touring or mountain bike. It is not suitable for road bikes. See below for more details.

### To make a booking or for more information:

Email us: [info@trailbrakes.co.uk](mailto:info@trailbrakes.co.uk)  
Phone us: +44 (0)7922 653327  
or +44 (0)141 6286676



## Caledonia Way – Further Information

### Accommodation and food

We use only tried and tested accommodation providers on our trips, many that we have worked with for years, so that we know that you will receive an excellent level of service. They provide everything you could need after a long day in the saddle from bike storage to hot showers, hearty breakfasts and comfortable beds. Accommodation in guest houses and hotels is always on a bed and breakfast basis and trip prices are based on two people sharing a room, unless otherwise arranged. Almost 100% of our accommodation is en-suite and we will let you know if it is not possible to book en-suite rooms. Wifi is now also pretty much universal in every location. If you would prefer hostel or bunkhouse style accommodation, breakfast is not included although most bunkhouses can provide meals at an additional charge. Bunkhouses will often have cooking facilities so that you can prepare your own meals if you'd prefer. Wherever you stay you will be able to get an evening meal at a pub or restaurant within walking distance. Lunches can usually be bought during the course of the day as you will be passing through towns or villages. It is advisable to carry plenty of snacks with you each day to keep the energy levels up!

Sole occupancy rooms are usually available in hotels or guest houses so please ask us if you'd prefer to have your own room. A single supplement of at least £30 per person, per night will apply (it varies between accommodation).

### Clothing and kit

Scotland receives a generally mild climate all year round with the Gulf Stream passing our western coastline. The east is generally a bit drier but cooler than the west, however conditions can and do change quickly especially on higher and more exposed areas. It can rain at any time of year, sometimes all day and we often get four seasons in a day, so come prepared! A full kit list is available on our website and will be sent to you before your trip (<http://www.trailbrakes.co.uk/kit-list-equipment-recommendations>). General climatic information for Edinburgh is available here: <https://www.timeanddate.com/weather/uk/edinburgh/climate>. Up-to-the-minute weather forecasts for specific regions of the UK are available at the met office website (<http://www.metoffice.gov.uk/public/weather/forecast/>).

It is advisable to bring a small back-pack or pannier with you on your trip, in which you can carry spare clothes, snacks and basic spares and tools that you might need during the course of a day on the bikes. Alternatively, if you're hiring bikes, we can provide a pannier bag in which to carry supplies for the day.

### The route

The Caledonia Way cycle route is a well-used National Cycle Network route, along fantastic quiet country roads, purpose built, traffic-free cycle paths and disused railways. There are some short, steep climbs and some prolonged, easier gradient climbs along the route, but these are mainly on quite country roads. This trip, if completed in 6 days, has a Fitness Grading of 6, which means that you should have a good level of fitness and take part in cycling based activities regularly. You're comfortable riding for up to 7 hours per day on hilly terrain. There are some bumpier off-road sections along the route which are better suited to hybrid, gravel or mountain bikes. Due to the busy nature of the surrounding roads this route has no suitable alternatives for road bikes.

### What bike?

Our customers complete the Caledonia Way on all kinds of bikes and a hybrid or gravel bike is probably perfect to deal with the country roads and traffic free cycle paths (some of which are unsealed). However, you can also use a mountain bike (it may be a good idea to fit mountain bikes with semi-smooth tyres to make pedalling on the roads a bit easier).

### **Bike hire**

It is always more comfortable for you if you can use your own bike but we can provide you with quality hybrid bikes if required, which are a perfect option for the route. They have plenty of gears to help you make it up those climbs and are supplied with a spare inner tube, puncture repair kit, pump, lock, bottle holder and pannier rack. Pannier bags can also be provided by prior arrangement. If you need to hire a bike, please let us know at the time of booking and we will make sure that we get the right bike for you.

Hire bikes are provided with comfortable touring-style saddles and standard flat pedals. You are welcome to bring your own saddle and/or clipless pedals to make your ride more comfortable. Please note that, if you're taking part in an self guided trip, you may have to change your saddle and/or pedals yourself so please bring suitable tools (a pedal spanner and set of allen/hex keys) with you in order for you to do this.

### **Self guided trips**

Our self guided trips are the most popular choice and are designed for cyclists who are comfortable carrying their own basic tools and spares along with them each day so that they can fix any minor technical issues encountered along the route (punctures etc.). For our self guided trips we will provide you with everything included in our fully supported trips except the vehicle back-up service. We will organise quality accommodation, bag transfers each day, detailed information about the route, official maps of the route, pick-up and drop-off at locations convenient for your travel plans and a comprehensive list of bike shops that are located along the Coast and Castles route. We will always be only a phone call away should you require any additional advice/support so you'll never be truly on your own!

### **Transport and baggage transfers**

We are always happy to help you to get to where you need to be as quickly and easily as possible. We can provide transfers from any local airport, train or bus station or ferry terminal to your accommodation at the beginning of your trip and back again at the end. Just let us know where and how you intend to arrive at your destination and we will arrange a pick-up for you. Please note that an extra charge may apply to cover fuel costs.

We transport your bags between each night's accommodation during your trip, leaving you free to carry a small day-pack or pannier bag containing some spare clothes, food and drink. Please note that baggage is strictly limited to one bag per person, not exceeding 20kg per bag unless alternative prior arrangements are made.

### **Any questions?**

We've tried to cover everything on our website and this information pack but If you'd like some further information or want to ask us anything at all about our biking trips please don't hesitate to contact us on the details below:

Email: [info@trailbrakes.co.uk](mailto:info@trailbrakes.co.uk)

Phone: +44 (0)7922 653327 or +44 (0)141 6286676

**We look forward to seeing you on one of our fantastic biking adventures!**