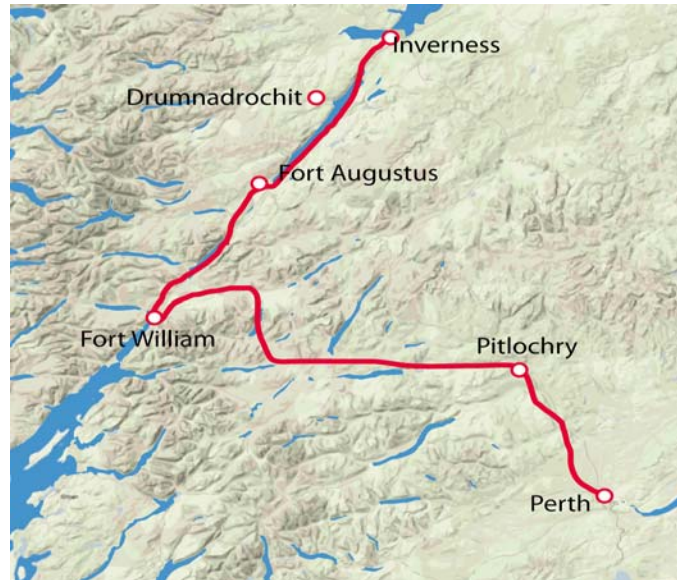


Cycling Safaris

GREAT GLEN 2010



This tour takes in a spectacular journey from Inverness, the capital of the Highlands, along the shores of Loch Ness to Fort William. Cycling on special paths and quiet forest trails, you will enjoy magnificent views of lochs and mountains and will have a chance to see some of the abundant wildlife such as red deer and golden eagles. There is a rest day in Fort William to explore, try some mountain biking in the forest or climb mighty Ben Nevis, Scotland's highest mountain. You leave Fort William by train for a scenic journey up Glen Spean and across desolate Rannoch Moor. From Rannoch Station you follow the loch-side road via Lochs Rannoch and Tummel to reach Pitlochry. At this pretty Victorian resort town you can visit the Dam and Fish Ladder, a distillery or nearby Blair Castle with its fine collections of armour, paintings and china. Our tour ends in Perth, on the banks of the River Tay.

TOUR ITINERARY

DAY 1 Saturday Arrive Inverness

The tour starts with a meeting at 1830, at a location which will be confirmed to you four weeks prior to your tour. This will consist of an introduction and route briefing and afterwards we will adjourn to a suitable hostelry for an evening meal. If you are arriving earlier than 1500 please inform us in advance giving a time of arrival and we will make arrangements for you to leave your luggage at your accommodation. Similarly, if you will be arriving later than 1830 please notify us. Whilst it is possible to walk from the bus and train stations to Telford Street, if you have luggage you would be advised to take a taxi from outside the rail station. This should cost £3-£4. Inverness airport is 10 miles from the city centre and poorly served by public transport. It is necessary to take a taxi into town at an approximate cost of £12.00.

Inverness is now a thriving modern town that has historical links going back to Neolithic times. Many battles have been fought for control of this strategic site. A visit to the Garrison Castle Encounter will take you back to 1745 and the Jacobite Rebellion.

DAY 2 Sunday Inverness to Drumnadrochit 24 miles / 40 km

Leaving Inverness you follow the Caledonian Canal and the River Ness. A steep climb takes you to level moorland and quiet country roads. Continue on this inland scenic ride to the small village of Drumnadrochit on the shores of Loch Ness. There is the option to visit the Loch Ness Monster Exhibition Centre and ruined Urquhart Castle.

DAY 3 Monday Drumnadrochit to Fort Augustus 23 miles / 38 km

There is a strenuous ride today as you follow the Cycle way of the Great Glen, with its beautiful views from high above Loch Ness and the mountains beyond. In the forest you may see deer or golden eagles before you reach the south end of the loch at Fort Augustus. This is named after the military fort established to ensure that the Highlands were pacified and could no longer be a threat to the stability of the State.

DAY 4 Tuesday Fort Augustus to Fort William 34 miles / 57 km

Today is an easier ride as you follow the Caledonian Canal towpath and forest tracks. At Banavie near Fort William the locks called "Neptune's Staircase" signify the end of the canal and from there it is only a short distance to Fort William in the shadow of mighty Ben Nevis. This busy tourist town is an important rail and road junction for the west coast and Skye. The nearby mountains draw skiers, walkers and climbers throughout the year.

DAY 5 Wednesday Rest Day in Fort William

Here are some suggested excursions:-

- 1) A trip on the scenic West Highland Railway Line to Mallaig, often described as one of the world's great railway journeys, is an unforgettable experience. Your guide will make the necessary advance reservations for the Steam Excursion, if requested.
- 2) If you have not had enough biking try exploring the man forest trails in Leanachan Forest.

DAY 6 Thursday Fort William to Pitlochry 37 miles / 62km

Today we avoid the busy roads with a scenic train journey across bleak and desolate Rannoch Moor to Rannoch Station. You will then cycle by the shore of picturesque Loch Rannoch to Tummel Bridge, and by Loch Tummel to the delightful Victorian town of Pitlochry. If time permits a visit to Blair Castle is worthwhile (enjoy the magnificent display of arms and armour and the thirty-two fully furnished rooms). At Pitlochry there is also the opportunity for some shopping, and/or a visit to one of the two distilleries, or the *Dam and Fish Ladder* (hydro electric power station and dam - the fish ladder enables salmon to safely bypass the dam as they migrate up and down stream).

DAY 7 Friday Pitlochry - Perth 30 miles / 50km

You leave Pitlochry passing the Dunfallandy Stone on the minor road to Logierait. Crossing the River Tay on the former railway bridge you continue by Kinnaird to Kunkeld. This historic village was once an important religious centre. There is an opportunity to visit the partly restored ancient cathedral before leaving for the short ride to the busy town of Perth on the banks of the River Tay.

DAY 8 Saturday End of tour

Tour end after breakfast

GROUP TOUR DATES

Saturday

Aug 7

Aug 21

GROUP TOUR PRICES

Stg £530.00 per person sharing
Stg £670.00 for single occupancy

ACCOMMODATION

We have selected quality accommodation in private houses and guesthouses. In most cases rooms with shower/wc are provided but there may be two nights when this is not possible. The emphasis is on friendly welcomes and comfortable facilities. Tea/coffee is available in your room.

BIKE / FITNESS

Quality 21/24 speed **trekking cycles** are provided and they are serviced before each departure. *Toe clips are not provided unless requested.* You are welcome to bring your own saddle and pedals but it is not certain that they will fit. You are expected to take care of the bikes and equipment and any loss or damage caused by neglect will incur a charge. They are not insured for theft but if securely locked when left unattended you will not be held responsible for any loss. If there is a problem with a bike please contact your guide.

Level 3 - A strenuous tour: day 2 mostly uphill, **day 3 and 4 off-road cycling**, days 6 and 7 moderate cycling. For your own comfort we advise that you prepare with some cycling before arrival.

The route is chosen to avoid traffic, visit interesting places and allow you to enjoy Scotland's beautiful scenery. They follow minor roads, forest tracks or cycle paths.

WHAT THE TOUR PRICE INCLUDES

Included in the tour cost:

- 7 nights accommodation with breakfast
- Guide in support van
- 24 speed trekking bike with a pannier bag
- Train ticket from Fort William to Rannoch on day 6
- Emergency support
- Tour details – maps and routes

Excluded:

- Entrance fees for castles
- Lunches and Dinners

WHAT TO BRING

The principal of "layering" is recommended with several light garments preferable to one heavy one.

- Your outermost garments should be windproof and waterproof, preferably made from "breathable" fabric.
- T-shirts and shorts or padded cycling shorts are fine for warm days.
- Strong trainers (sneakers) are suitable for cycling and also comfortable for walking.
- Cycling gloves to protect your hands.
- A pair of sunglasses for protection against the bright sun and insects.
- It is wise to use a good insect repellent especially in the middle of summer. The Scottish Midge is a tiny flying insect, which can be troublesome, especially in the evening when the wind drops.

Irish Cycling Safaris | Belfield Bike Shop, UCD, Dublin 4, Ireland

Tel +353 1 2600749 | Fax +353 1 7161168 | info@cyclingsafaris.com | www.cyclingsafaris.com

GROUP, GUIDE AND BACK-UP SERVICE

A local guide driving a support van leads each group. His/her function is non-cycling, that is, he/she drives the support vehicle for moving luggage and picking up weary clients! In the morning the guide will give you a brief route briefing, collect your luggage and deliver it to your next accommodation. When the guide is delivering luggage he/she will not be available for 2 hours to give you a lift if needed. They do have a mobile and can be contacted in emergencies.

Clients are given a complete set of maps and route instructions and can travel at their own pace.

ADDITIONAL INFORMATION

Luggage Transfers

We will transport one case or bag and one small item of hand luggage per person (up to 20kg per person) and store any surplus luggage until the end of your tour. The guide moves the luggage each day. Please complete and attach the labels provided and have the bags ready for collection by 0930hrs. They will arrive at the next destination by 1700hrs.

When train and ferry travel are involved clients must look after their own luggage at departure and arrival and during the journey.

Climate

Scotland's weather varies from day-to-day and sometimes from hour to hour! The temperature range in summer is 13-24C (55-75F). Rain can fall any day or not at all. Usually it will only last for part of the day and the sky will clear perhaps with an occasional shower lingering on. The west coast is generally milder and wetter than the east. May and June are often drier than July and August. Remember that what appears an easy journey may be affected by the prevailing wind.

Meals

A full Scottish breakfast is provided and this will set you up for the day. On most days it is advisable to purchase your lunch before setting out in the morning as there may be no shops or eating places on the way (guide will advise). Some guesthouses offer a packed lunch at a cost of approximately £5.00. The guide will organise a venue for an evening meal but you are free to eat elsewhere if you wish, cost approximately £10.00-18.00.

TRAVEL & TRANSPORT

There are good air services to Edinburgh, Glasgow, Aberdeen and Dundee and a limited service to Inverness. Edinburgh is the preferred airport for most tour departures. A short taxi ride is normally required from the bus or train station to your accommodation.

We can offer a taxi service from/to Edinburgh and Glasgow airports to your Inverness accommodation but as it is a long distance you may prefer the cheaper option of public transport.

Street parking is available at Inverness. The parking at the first accommodation is limited and only available for overnight stays. Regrettably there is no secure parking available in Inverness.

Journey Planner: www.travelinescotland.com
Train company: Scotrail Tel. 08457 484950 www.firstscotrail.com
Bus companies: Scottish Citylink Tel. 08705 505050 www.citylink.co.uk
Megabus www.megabus.com

1. ARRIVAL GLASGOW AIRPORT

Airport-City, Bus every 15mins(£3.50): taxi approx. £15

2. ARRIVAL EDINBURGH AIRPORT

Airport-City, Bus every 15mins(£3.50): taxi approx. £15

3. GLASGOW - INVERNESS

Bus Depart Glasgow Buchanan bus station, **Train** Depart Glasgow Queen Street

4. EDINBURGH - INVERNESS

Bus Depart Edinburgh St Andrews Square station, **Train** Depart Edinburgh Waverly Street station

5. ARRIVAL INVERNESS AIRPORT

Bus JET, every 30 minutes. Journey time to Union Street in Iverness (£3.50): taxi approx. £15

6. ARRIVAL ABERDEEN AIRPORT

Airport-City Bus every hour cost £2.00sgl

Aberdeen Airport Tmnl Brent Rd to Aberdeen (trains) every 20minutes cost £3.00sgl.

Train to Inverness

IT IS ESSENTIAL TO CHECK THE BUS AND TRAIN TIMES SHORTLY BEFORE YOUR HOLIDAY EITHER ON THE TRANSPORT COMPANY WEB SITE OR WITH OUR OFFICE. WE TRY TO ENSURE THE INFORMATION IS CORRECT BUT CANNOT BE RESPONSIBLE FOR ANY ERRORS OR OMISSIONS.