



West Highland Way – Glasgow to Inverness

Summary

Our West Highland Way trip will take you through the heart of Scotland's impressive Western Highlands. From Glasgow all the way to picturesque Inverness on the Moray Firth, the route includes some of the best wild riding that Scotland has to offer, along technical West Highland Way singletrack and through scenery that will truly take your breath away. This is a remarkable journey that includes our most spectacular mountains and valleys, together with some world class riding.

Highlights

The twisting trails through the Arrochar Alps
Mountain passes and stunning scenery
Ancient drove roads leading to Glencoe
Travelling the length of Loch Ness

Example 5-Day Itinerary

Day 1. Arrive in Milngavie/Glasgow. Whether arriving by bus, train, car or plane we can help arrange transport or you can arrive directly to your accommodation.

Day 2. Milngavie to Arrochar - 55km/34 miles; 860 metres of ascent

You head out of the city via some scenic cycle paths and through Mugdock Country Park. Then it's along the shores of Loch Lomond and a great chance to warm up the legs and take in the stunning views over Loch Lomond. Technical trails lead to the ferry over the loch and a warm down to the foot of the 'Arrochar Alps'.

Day 3. Arrochar to Bridge of Orchy - 62km/38 miles; 1090 metres of ascent

You leave the bonnie banks of Loch Lomond and the West Highland Way behind where the trail becomes extremely rocky and unrideable. You'll ride along remote trails that lead north and into the Western Highlands where you'll re-join the Way and follow old military and drove roads, through deserted glens, surrounded by some of Scotland's most impressive, towering peaks. Overnight at Bridge of Orchy.

Day 4. Bridge of Orchy to Fort William - 77km/48 miles; 1300 metres of ascent

You bike through Glencoe - what a way to start the day! Then, after passing through Kinlochleven, you tackle one of the steepest climbs of the trip. The trail is challenging and technical and enclosed by impressive mountains as you head ever forward towards Ben Nevis. You then spend the night in Fort William, at the foot of Scotland's highest mountain.

Day 5. Fort William to Fort Augustus - 71km/44 miles; 1050 metres of ascent

From Fort William you continue into Leanachan Forest for a blast along some excellent singletrack. Then you drop down to the Caledonian Canal and follow the Great Glen Way through fantastic scenery along Loch Lochy and Loch Oich. Your day ends at the mouth of Loch Ness in fabulous Fort Augustus.

Day 6. Fort Augustus to Inverness - 38km/24 miles; 650 metres of ascent

Today you cycle almost the full length of Loch Ness – keep your eyes peeled for the monster! Great trails and superb scenery take you to the heart of monster country at Drumnadrochit – Urquhart Castle is also a highlight. One final climb out of 'Drum' followed by a lovely bit of highland singletrack, a fantastic descent and a final stretch of the Caledonian canal takes you to the capital of the Highlands and our journey's end at Inverness Castle. Well done, you made it! We can then collect you and take you back to Milngavie/Glasgow.

Duration:

5 or 6 days of West Highland biking
6 or 7 nights' comfortable accommodation

Self Guided trip includes:

- 6 or 7 nights in quality guest houses or small hotels
- Comprehensive maps and GPX files
- Baggage transfers
- Phone support from us
- Transport from Inverness to Glasgow at the start or end of the trip

Available on request:

- Pick up and drop off from other locations
- Bike and equipment hire

Total Distance:

339 km or 210 miles

Grade:

Technical Grading: **Red**

Dates:

Self-guided or fully supported trips are available between April and September for groups of 2 or more. Contact us with the dates you have in mind.

What bike?

The trails in the Highlands can be ridden on a standard hardtail. A full suspension bike will make the riding more manageable and comfortable!

To make a booking or for more information:

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



West Highland Wayhey! - Extra 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. Most 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 depending on your dates.

Clothing and kit

Scotland receives a generally mild climate all year round with the Gulf Stream passing our western coastline. There are even palm trees growing in the region! 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 (<http://www.trailbrakes.co.uk/kit-list-equipment-recommendations>) and a list of useful items will also be sent to you when you book your trip with us. General climatic information for Scotland is available here: <http://www.scotlandinfo.eu/weather-climate.html>. 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 (between 15 and 20 litre capacity) with you on your trip, in which you can carry spare clothes and basic spares and tools that you might need during the course of a day on the bikes. In some cases, where we will be riding in wilderness for the full day, food and drink will also need to be carried.

Midges!

Midges (small biting insects) can be a pest in the Highlands but are not usually a problem when you're on the move. If you decide to stop for a break in a sheltered spot where there is no wind and there are trees and water in the vicinity, there will always be midges around. They rarely cause a serious problem, they're more of a nuisance, but some people react badly to their bites and develop an itchy red spot which can be irritating. Some insect repellent is advisable, those containing DEET being the most effective, and cream is available in pharmacies that relieve the irritation of the bites.

The trails

There is almost every type of trail imaginable on this trip, from purpose built cycle paths to old drove roads, forestry trails and superb single-track. The surfaces are all generally hard packed or rocky. Some parts are technically challenging so some off-road experience will be required. This trip 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 7 hours per day on terrain that can include short, steep climbs. This trip has a **Technical Grading of Red**, meaning that the route is suitable for proficient mountain bikers. Trails can be

steep and rough with some technical sections including large rocks and water crossings. Some off-road biking experience is required.

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 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!

Fully supported trips

Our fully supported cycling trips are designed to provide you with a completely hassle-free biking holiday experience. We will organise every aspect of your trip including 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 full support from our friendly, knowledgeable back-up team in case of technical (or physical!) emergencies. We will provide a back-up vehicle full of spares and tools to carry your baggage between your accommodation each day. Our drivers are proficient bike mechanics so will be able to help you out with common technical problems. If the issue is a bit more serious, they will be able to take your bike to a local bike shop for some TLC. Their main aim is to keep you and your bike on the road!

Bike hire

We work with local bike shops to provide you with the latest bikes for hire. There are a full range of bikes from standard hard-tails to flashy full-sussers! 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. Please check the bikes before you leave your starting location to ensure that they are in full working order and check with the person providing your bikes that the bike is set up correctly for you. Once you leave your starting location it may not be possible to exchange your bike, and, if you are taking part in an self guided trip, any mechanical problems that you encounter during the course of your trip are your own responsibility. You will be expected to pay for any damage to hire bikes, other than wear and tear.

Hire bikes are provided with standard mountain biking saddles and 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 a 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.

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 containing some spare clothes, food and drink. Please note that baggage should be limited to one bag per person, not exceeding 20kg per bag unless 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

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

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