



## SCOTLAND

### BIKING COAST TO COAST BY BIKE AND FOOT 10-DAYS

For those of you who refuse to be tamed, this coast to coast mountain biking adventure through Scotland is absolutely epic. It features a week of challenging singletrack riding from Aberdeen in the east to Ardnamurchan in the west. The route covers 375 km / 208 mi, with 7,000m / 2,100 ft of ascents and descents, and is the ultimate coast to coast mountain bike ride in the UK. The trails are as varied as the spectacular scenery of the Scottish Highlands, ranging from owing singletrack to challenging mountain passes to mellow forest road. We begin on the east coast in the city of Aberdeen. We leave the city behind and ride all the way across the Highlands through the backcountry to the tip of the Ardnamurchan Peninsula - the westernmost point of mainland Britain. This epic mountain biking adventure covers world class riding each day through the most spectacular scenery in the Scottish Highlands.

## Day 1

### EDINBURGH

#### ARRIVAL

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Upon arrival into the Edinburgh International Airport, you will need to make your own way to the group hotel. The remainder of the day is at leisure to explore Edinburgh.

**Accommodation:** Hotel

**Meals:** none



## Day 2

### EDINBURGH - ABERDEENSHIRE

#### BIKE FITTING & SHORT RIDE

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Our local Scottish guide will meet us at our hotel this morning at 11am and we'll transfer to our hotel in rural Aberdeenshire. After checking in, we have a welcome briefing where we'll get fitted with our bikes. We'll have time for a short ride in the afternoon to get comfortable on our bikes before tackling Scotland Coast to Coast by bike. We'll have a welcome drink before dinner and an early night!

**Accommodation:** Hotel

**Meals:** Breakfast, Dinner

BikeHike Adventures

For more details call BikeHike Adventures at 1-888-805-0061 or 1-604-731-2442 email [info@bikehike.com](mailto:info@bikehike.com) or surf us at [www.bikehike.com](http://www.bikehike.com)



### Day 3

#### ABERDEEN - ABERDEENSHIRE

##### BIKING

After breakfast, we transfer by vehicle for one hour to Aberdeen. From here we begin our bike journey eastwards across Scotland. We ride through Royal Deeside, following the route of the old railway line built for Queen Victoria. After lunch, we begin a steady climb before descending some of Scotland's finest single track to Glen Tanar. Our end point is back at our hotel in Aberdeenshire.

**Biking Distance:** 64 km / 40 mi

**Ascent:** +2,951 ft / 900 m

**Descent:** -2,526 ft / 770 m

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch

### Day 4

#### BALLATER - TOMINTOUL

##### HIKING

Today is a classic day of riding into the in the Scottish Highlands. The morning starts with some gentle singletrack followed by a scenic road climb to the quirky Bridge of Gairn. From here we strike off into the heart of the Cairngorms. The trails are good going throughout but journey into really wild country offering a superb mountain experience. Our overnight is in Tomintoul, the highest village in the Highlands. If the day goes to plan, we will arrive mid- afternoon, making time for a distillery visit of at the world-famous Glenlivet. A great way to end the day!

**Biking Distance:** 62 km / 38 mi

**Ascent:** +4,626 ft / 1,410 m

**Descent:** -3,970 ft / 1,210 m

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch



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## Day 5

### TOMINTOUL - NEWTONMORE

#### BIKING

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Without a doubt, one of the best days of the trip and one of the best day rides in Scotland. A long and unforgettable day through the mighty Cairngorms massif and some of the best scenery in the UK. Some big mountain climbs, twisting forest trails and magical singletrack eventually lead us to Glen Feshie, where we cross Inshriach Forest to Kingussie. Approximately 8 hours of riding, all off-road - simply superb!

**Biking Distance:** 66 km / 41 mi

**Ascent:** +3,477 ft / 1,060 m

**Descent:** -3,773 ft / 1,150 m

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch

## Day 6

### NEWTONMORE - SPEAN BRIDGE

#### BIKING

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We start with an easy cruise on a quiet road, with a short climb, before making it to Laggan Wolftrax, one of Scotland's best purpose-built mountain bike centres. There is some time built in to enjoy the singletrack trails here. After a break of coffee and home baking, we follow a smooth off-road trail past a fairy-tale mansion before enjoying lunch by the River Spean. We cross the river by a dramatic suspension bridge (2 at a time!) and take a flowing trail all the way into the village of Spean Bridge and our overnight stop.

**Biking Distance:** 70 km / 43 mi

**Ascent:** +3,444 ft / 1,050 m

**Descent:** -3,937 ft / 1,200 m

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch



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## Day 7

### SPEAN BRIDGE - STRONTIAN

#### BIKING

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The lower reaches of the Great Glen Way lead to Fort William where we take a ferry ride across Loch Linnhe. From all routes lead to the beautiful River Polloch on Loch Shiel where an ancient 'coffin road' takes us over the hills to Loch Sunart, with stunning views. An exciting descent leads into Strontian.

**Biking Distance:** 78 km / 48 mi

**Ascent:** +4,035 ft / 1,230 m

**Descent:** -4,314 ft / 1,315 m

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch

## Day 8

### STRONTIAN - ARDNAMURCHAN POINT

#### BIKING

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A classic final day. We head west, soon joining a beautiful coastal trail and then head into the hills. This is one of the best singletrack sections of the route with amazing views of the islands on a clear day. After a short road section, we tackle more coastal singletrack to our final destination at Ardnamurchan Lighthouse - the most westerly point on the UK mainland! We celebrate with champagne before returning to Strontian for dinner.

**Biking Distance:** 61 km / 38 mi

**Ascent:** +5,052 ft / 1,540 m

**Descent:** -5,118 ft / 1,560 m

**Accommodation:** Hotel

**Meals:** Breakfast, Lunch, Dinner



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## Day 9

### STRONTIAN - EDINBURGH

#### TRANSFER

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Following breakfast, we load the vehicle and bike trailer and enjoy a leisurely 4 hour journey back to Edinburgh, arriving at approximately 2pm. We have the remainder of the evening in this beautiful Scottish City to venture out to a pub, explore the castles and take in the local culture before departure tomorrow.

**Accommodation:** Hotel

**Meals:** Breakfast

## Day 10

### EDINBURGH

#### DEPARTURE

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Today is the conclusion of our Mountain Biking Coast to Coast Adventure. Please make your way to the airport 2-3 hours before your flight.

**Meals:** Breakfast

*NOTE about Ascent/Descent numbers:*

*The ascent/descent numbers are usually generated using Ride with GPS. The numbers are TOTAL ascent/descent for the day and these numbers do not suggest altitude. There are usually multiple small ascents and descents added up throughout the day to reach this total ascent/descent for the day. (While our numbers are generally consistent with Ride with GPS, depending on the mapping technology used, numbers may vary).*

## TRIP INCLUSIONS

### Trip Includes

All accommodation, meals as indicated, land transportation, equipment, airport transfers and English-speaking veteran guides.

### Not Included

International, airport departure taxes, gratuities, meals not indicated and items of a personal nature.

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