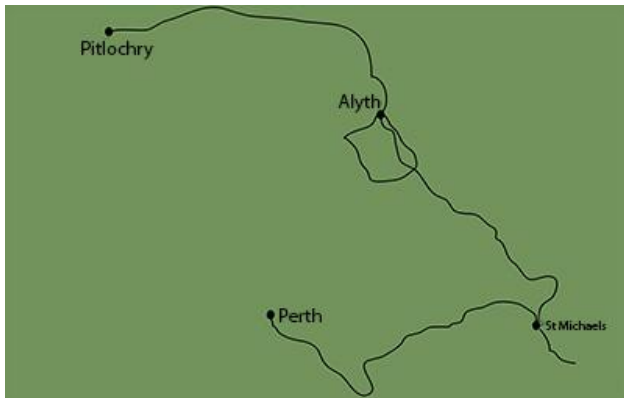


Cycling Safaris

SCOTLAND ~ CASTLE CRUSADE

Self guided tour 2016

| 200 - 240 km | 8 days / 7 nights



A tour from Highland Perthshire through the Angus Glens and the Kingdom of Fife. Major attractions are the famous Castle of Glamis (childhood home of the Queen Mother), Scone Palace the crowning point of all Scottish Kings and Queens , Falkland Palace , St Andrews the home of Golf and Blair Castle. Along with this the chance to visit a few whisky distilleries. A tour of great scenery, culture and history. We have graded this Scottish cycling holiday as level 2 cycling. You will be staying in staying in 3/4 star hotels and guest houses.

TOUR ITINERARY

DAY 1 Arrive Pitlochry

Arrive in Pitlochry a bustling town in the heart of the highland Perthshire countryside surrounded by mountains. Arrive early and visit the fish and dam ladder where salmon make their way upstream to lay eggs. Maybe also visit one of the local whisky distilleries or just take a relaxing walk by the River.

DAY 2 Pitlochry to Alyth 28-35 miles / 45-56 km

After spending some time in Pitlochry seeing the Fish and Dam ladder or the Bells distillery, you cycle east up the gentle climb out of the town. Eventually the climb becomes worthwhile with a scenic eight mile descent. This route is very remote and typical of the landscapes of Scotland. Various optional routes allow you to cross too one of the stunning Angus Glens where time seems to stand still and with the Grampian Mountains behind you, each corner will provide a new visual delight. Today is really about wild beautiful Scottish scenery.

DAY 3 Alyth Loop to Glamis Castle 27 miles/45 km

Following the lower farm lands as you cycle east with the Grampian Mountains providing a wonderful northern scenic splendor. Visit Glamis castle which is everything a castle should be. It was the setting of Shakespeare's Macbeth and also the birth place of HM the Queen Mother. Once your visit is complete make your way north and finally west back towards Alyth with stunning views of the Grampian Mountains on your shoulder.

DAY 4 **Alyth to St Michaels** **33 miles/53 km**

Leaving Alyth you cycle south along the undulating lanes, eventually approaching the River Tay and Dundee. Visit the Discovery Centre before continuing across the Tay Bridge.

DAY 5 **St Michaels to St Andres Loop** **11 miles/17 km**

A short, gentle cycle today will take you to St Andrews a historic gem university town. The Priory, castle, many quaint cobbled streets, sea life centre, lovely coastal walks and not forgetting those famous Links courses in the home of Golf.

DAY 6 **St Andrews to Perth** **25-40 miles / 40-64km**

Today your cycle tour continues along the shores of the River Tay, mainly using part of the National Cycle Network to Perth. Along this route you can detour to Falkland Palace once a Royal residence and wonder at the fantastic architecture and internal decorations. The Palace also has some wonderful gardens. Check into your accommodation and explore the wonderful City of Perth.

DAY 7 **Perth** **various miles**

A day to relax around the city with many non cycling activities to occupy you or cycle out to Scone Palace. Scone Palace is full of treasures and a must for those interested in Scottish history. The palace is the crowning point of all past Scottish Kings and Queens. The famous Stone of Destiny was returned here after the devolution of Scotland from England.

DAY 8 **End of tour- Perth**

Your tour ends after breakfast

2016 SELF GUIDED DATES

Available to start daily from April to September

2016 TOUR PRICES

€1020 per person sharing

€1442 single room supplement

6 night tour available also, please ask for pricing
(€95 reduction if you bring your own bike)

WHAT THE TOUR PRICE INCLUDES

- 7 nights accommodation with breakfast
- 24 speed trekking bike with a pannier bag
- Luggage transfers
- Welcome meeting
- Tour details - maps and routes

Excluded:

- Entrance fees for castles
- Lunches and dinners
- E Bike + €75

ACCOMMODATION

We have selected quality accommodation in private houses and guesthouses. The emphasis is on friendly welcomes and comfortable facilities. Tea/coffee is available in your room most nights.

BIKE & FITNESS



Bikes are Hybrid Touring models in male and female, with 24 speed drive train, have disc brakes, most have front suspension Suntour forks and are fitted with a back carrier, pannier bag and mudguards on the bikes.

It is important you give us your height on booking so that we can allocate the correct bike to you.

The advantage of a self guided, cycling safari is that you can take the tour at your own pace. Longer routes are always available on request. However we would recommend that you do try to do some cycling before the tour in order to make your week more enjoyable.

Level 2 - A moderate tour: 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 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.



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. 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.

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. Some guesthouses offer a packed lunch at a cost of approximately £5.00.

TRAVEL & TRANSPORT

There are good air services to Edinburgh, Glasgow, Aberdeen and Dundee and a limited service to Callander. 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 coach service from/to Edinburgh and Glasgow airports to your Callander 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 15 mins (£3.50): taxi approx. £ 15

Train to Stirling and then Taxi to Callander

2. ARRIVAL EDINBURGH AIRPORT

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

Train to Stirling and then Taxi to Callander

<p>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.</p>
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