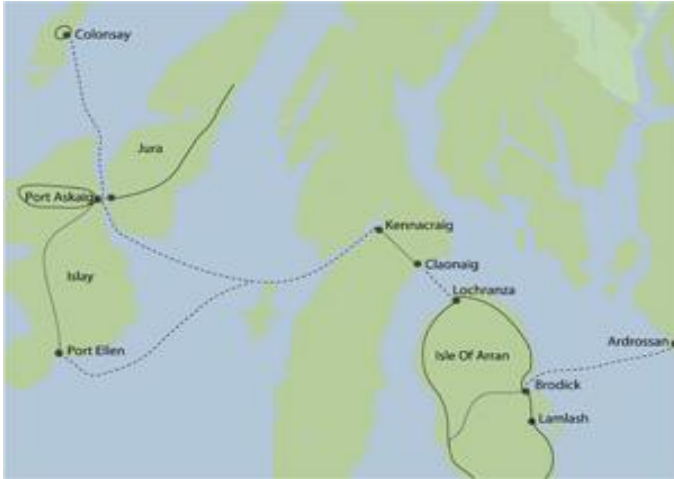


Cycling Safaris

SCOTLAND ~ ISLAND HOPPING

Self guided tour 2016

| 225 -290 km | 8 days / 7 nights



This self guided biking vacation takes you by bike around Scotland's famous Western isles- the Isles of Arran, Jura, Islay and Colonsay. Explore the whisky distilleries on Islay and the unique Island culture and hospitality which only the Islanders can provide. This Scottish cycle tour is ideal for couples as well as a family holiday. You will experience fabulous quiet country lanes, remote coastal scenes, and historic landmarks such as Brodick castle. Many restaurants particularly on Islay will hunt the local produce, venison, pork, beef, lamb and fish are all in abundance. This is a self guided cycling holiday like no other. Visit the distilleries such as Ardbeg, Bowmore, Bruichladdich, Laphroaig, Caolila to name a few.

TOUR ITINERARY

DAY 1 Arrive Ardrossan Docks

Arrive in Ardrossan and pick up your rental bikes just before 5.30pm. Then take the 6 pm by ferry to the Isle of Arran. The ferry journey takes just under the hour.

DAY 2 Brodick 28 miles / 45 km

The Isle of Arran has it all, mountains, coastal cliffs, rolling and flat roads, that's why many people say that Arran is a Scotland in miniature. Before setting off on today's cycle ride why not visit the 13th century castle and gardens or the Arran distillery. The road south provides you ever changing views. Small villages intermix the cycling view points. Lamash provides the link to Holy Island, where a ferry can be caught to the monastery still occupied by Bhuddist monks. Head back across the 'String' the link road across the centre of the island.

DAY 3 Lochranza-Cloanaig-Kennocraig-Isle of Islay 16-19 miles/24-30 km

A day to cycle and relax on ferries . After the climb over to Lochranza , visit the castle and then catch the ferry to Cloanaig. Across the Kintyre peninsular to catch your second ferry to Port Askaig on Islay. On arrival on Islay you will only be a few miles from your hotel.

DAY 4 Trip to Isle of Jura various upto 40miles/64 km

Today a short ferry crossing to the Island of Jura. On Jura navigation is easy, there is only 1 road. The Island of Jura is populated by some 5000 deer and 250 people. Jura House can be visited with some wonderful walled gardens and exotic

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 hand and helmet
- A pair of sunglasses for protection against the bright sun and/or 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 about, especially in the evening.



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 Glasgow, Aberdeen, Preswick and Dundee and a limited service to Ardrossan Docks. Glasgow is the preferred airport for most tour departures. There is a direct train to the docks ferry from Glasgow; train arrives promptly before each ferry scheduled departure.

You can also get a coach service from/to Edinburgh and Glasgow airports to your Ferry destination but as it is a distance you may prefer the cheaper option of public transport.

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