



Bike the Great Glen Sample Itinerary Banavie to Inverness (Sat - Tues or Tues - Fri)

This 'Bike and Barge' mini cruise takes you through the Great Glen from coast to coast, which follows part of the Sustrans National Cycle Route. The journey of four days is split up into two full days of 23 & 27 miles biking (37 - 44 km) and the remaining days, which could be considered as part days, make this an excellent way to cover the full 65 miles by bike. The barge, your accommodation, moves with you through the Glen each day.

Day 1 Boarding time is 14:00. Cyclists start their journey from Corpach Sea lock and then on to Gairloch along the scenic tow path via the Neptune's staircase. **(Distance 10 Miles)**



Day 2 The days cycling and cruising takes in the western half of the glen, passing through Loch Lochy and Loch Oich before finishing up at Fort Augustus. The majority of the mornings cycling is on an undulating road with a combination of metalled road and forestry track, and finishing on a small section on minor back roads. The morning cycle goes through Achnacarry Estate the home of Loch Eil, chief of the Clan Cameron. The remainder of the morning cycle ride and for those wishing to cruise has great views over the Loch and the towering Munros (hills over 3000ft), lunch will be at Laggan locks. (Morning distance 14 miles)



The afternoon cycle can be broken into two sections, the first a cycle ride beside Loch Oich. This route, has recently been upgraded when it was included in the National Cycle Route 78 "The Caledonia Way". It is a very picturesque section with bundles of history including the disused railway line, incorporated into the cycle route. The second section is along the towpath from Culloch locks to Fort Augustus via Kytra locks. It is all along the towpath, making a great cycle for those less confident on the rougher trails.

(Afternoon distance 10.5 miles)

(Total distance 24.5 miles)

Day 3 Fort Augustus is the gateway to Loch Ness, departing from here the journey will show off the eastern side of the glen, highlights include Foyers, Urquhart Castle and most importantly the possibility of a sighting of the elusive Loch Ness Monster.



The scale of Loch Ness is reflected in the two cycle rides, the morning sees you setting off from Fort Augustus on a challenging but very rewarding climb up to Loch Tarff (300m), where views open up showing off the Monadhliath Mountains with a short diversion leading to a great viewpoint. This cycle is all along quiet back roads and continues to Foyers via Whitebridge, with the possible inclusion of a well deserved rest at the hotel. Foyers is home to a stunning waterfall that can easily be reached from the road or from the barge, the latter requiring a 1 mile walk up through the forest.

(Morning distance 14 miles)

The afternoon cycle is a continuation of the south side of Loch Ness, although the road starts with a few hills it soon becomes more level and views can be seen towards the north shore and Urquhart Castle. After the majority of the afternoon cycle the Dores Inn forms a welcome rest, with its stunning beach looking down the whole length of the Loch. The rides conclusion is along a small forestry track in the woods before reaching a small harbour for a pick up by tender so you can be transported back to the barge.

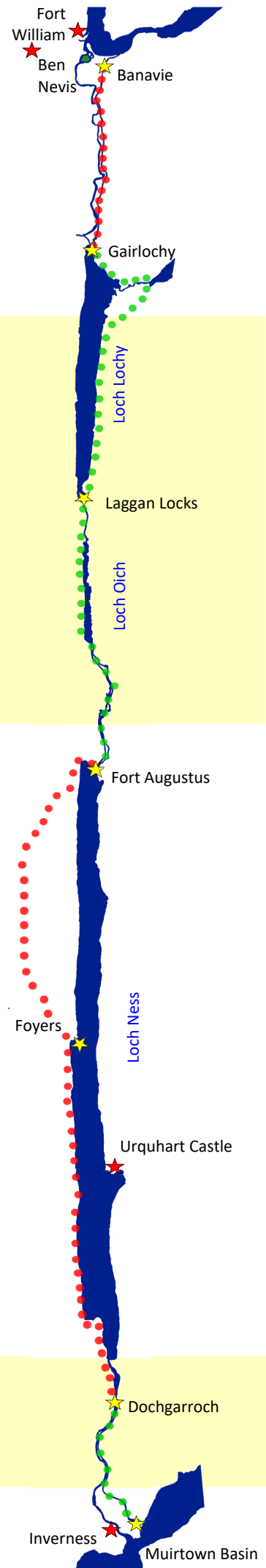
(Afternoon Distance 13 miles)

(Total Distance 27 miles)

Day 4 To complete the journey the final section is along the towpath from Dochgarroch to Clachnaharry sea lock beside the Beaully Firth before returning to the barge at the top of Muirtown flight of locks .



(Total Distance 7 miles)



Guests are fully briefed each day on the cruise plan and activity options.

The itinerary above is an example all activities are subject to weather conditions.