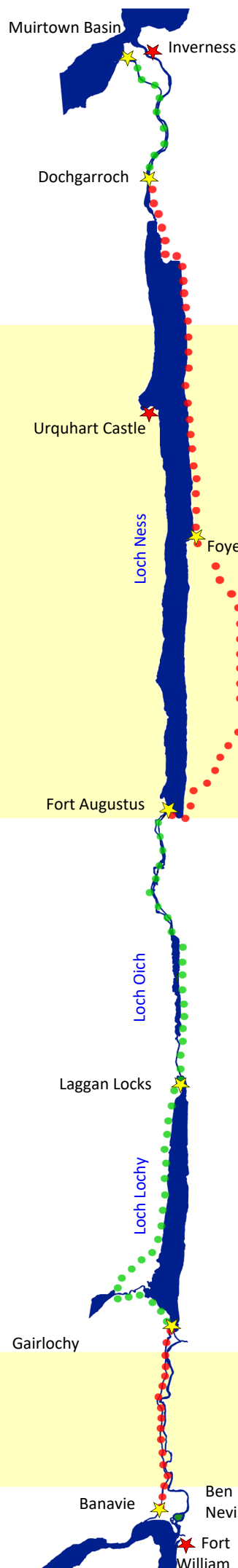




Bike the Great Glen Sample Itinerary Inverness to Banavie (Sat - Tues or Tues-Fri)

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 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. The barge departs from the "Top Lock" by Muirtown Basin and cruises to Dochgarroch. Cycling is along the canal side, starting at Clachnaharry Sea Lock and on to Dochgarroch along the canal tow path.

Day 2



Today the cycling explores the eastern end of the Glen with views of castles, waterfalls and mountains within the 27 mile cycle.

The morning cycle starts with a short trip on the tender to a small harbour, from here we set off on a forestry trail. From Dores you get fantastic views the length of the loch, before heading along the loch side road to Foyers. Although not always level the road does allow for fantastic views of the Loch and Urquhart Castle. Lunch will be at Foyers.
(Morning Distance 13 miles)

The afternoon cycle starts with a long climb out of Foyers past Whitebridge and on to Loch Tarff. The scenery opens up showing off the Monadhliath mountains to the southeast. Just before Loch Tarff there is a beautiful viewpoint, a great place to catch your breath before the descent into Fort Augustus and a reunion with the barge.

Alternatively, the cruise from Foyers to Fort Augustus is beautiful with towering hills on both sides and an opportunity to spot Nessie on the loch. Which ever way you decide to travel the scale / size of Loch Ness becomes apparent

(Afternoon distance 14 miles)

(Total Distance 27 miles)

Day 3



The cycling and cruising of the west side of the glen, is beside and on the gentle, meandering canal, romantic Loch Oich and along the foot of some spectacular Munros (hills over 3000ft). The cycle sets off from Fort Augustus following the canal for about 5 miles to Cullochry lock, a nice relaxing cycle that is great for those wanting a gentler ride than the previous day. The second half of the morning is spent cruising on or alongside Loch Oich. This trail has recently been incorporated into the National Cycle Route 78 "The Caledonia Way" and is now a joy. Which ever method of travelling you take there is so much history and atmosphere to absorb. The cyclist will meet up with the barge for lunch at Laggan locks.

(Morning distance 10.5 miles)

The afternoon section takes in all of Loch Lochy, with possible glimpses of Ben Nevis emerging the further Southwest you travel. The cycling is on an undulating road with a combination of metalled road and forestry track, to the small hamlet of Clunes. Thereafter it is on minor back roads taking in the Achnacarry estate. The days end is at Gairloch Locks.

(Afternoon distance 14 miles).

(Total distance 24.5 miles)

Day 4



A towpath cycle from Gairloch to the sea lock at Corpach before returning to the barge at Banavie, makes up the last morning. Alternatively, you can cruise with the Barge and take in the scenery in a more relaxed manner.

(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.**