

# Mountain Biking routes

These are suggested routes only, on existing tracks and paths. Cyclists ride these at their own risk and are liable for their own actions. The general advice is to wear helmets at all times and walk / push the cycle if in any doubt about riding a particular section of route.

## Key to off-road terrain conditions:

- (1) - Easy, achievable by most people.
- (2) - Moderate, previous experience required.
- (3) - Hard, proficient mountain bikers only.

### 1. Brodick Castle Route & Trailquest (1)

Mainly off-road circular route from Cladach following bike signs. Route and Trailquest maps available from the Castle Ranger Centre and Arran Adventure Co. 6 miles, 1 to 2 hours.

### 2. Laggan (3)

From North Sannox picnic site take the A841 to Lochranza, turn right through the Golf course, right again on to track then left up singletrack over hill to Laggan. Follow coast path south, back to picnic site. 15 miles, 2 to 3 hours.

### 3. Newton Shore (2/3)

From Lochranza Golf course, take the Newton Shore road then right up the track through North Newton. Follow path to Fairy Dell, down tricky descent onto technical coast path back to Newton Shore. 4 miles, 1 hour.

### 4. Clauchan Link (3)

From Shiskine Cemy take forest trails across Clauchan water up to forest boundary. Follow faint trail across moorland to meet Ross road at Glenree. 5 miles, 1 to 2 hours.

### 5. Kilmory Loop (1)

Start at the Creamery. Follow road East to pick up forest cycle trail on left. Continue up this past Auchareoch House. Take next left track through Aucheleffan and Cloined to finish. 7 miles, 1 to 2 hours.

### 6. The Forest Road (1)

Signed route from Kilmory to Lamlash along forest road. Although this is easy terrain the route is very hilly and requires reasonable fitness. 10 miles, 1 to 2 hours.

### 7. Glenashdale Link (1)

A link up hill to the Forest road - route 6 - from Whiting Bay. 2 miles.

### 8. Knockenkelly (2)

A link up hill to the forest road - route 6 - from Whiting Bay and Knockenkelly. 2 miles.

### 9. The Letter (3)

Fork south from Cnoc Na Dial Forest Car Park along forest road, this turns into rough quad track to end at forest clearing. Head straight down hill on faint path through narrow and muddy forest ride to eventually meet tarmac road at Lamlash reservoir. Follow this down to Lamlash village. 2 miles.

### 10. Clauchlands Forest (3)

Head east on singletrack from Cnoc Na Dial Forest car park, fork right on technical terrain through forest ride to eventually bear right down steep path and turn left before Fort down to Corriegills. 3 miles.

### 11. Fairy Glen (2)

Leave Brodick on Mayish Road, this turns to track and climbs to meet forest boundary. Descend singletrack into Fairy Glen and continue up to meet Cnoc Na Dial Forest car park. 2 miles.

### 12. Glen Cloy (1)

Climb north west from Cnoc Na Dial Forest Car Park along the forest road, this then descends into the head of Glen Cloy to a picnic bench at a Ford. 2 miles. A short piece of singletrack continues to the forest boundary.

### 13. North Sannox (1)

From picnic site go through gate and cycle north along forest track to Fallen Rocks, return same route. Ideal for children. 2.5 miles in total.

### 14. Sannox Glen (2)

A short 1 mile stretch of track up Glen Sannox, well worth it for the views. Ideal for older children.

### 15. Glen Rosa (2)

From Glen Rosa camp site continue along track, through deer fence to finish at foot bridge over Garbh Allt waterfalls, return same route. Ideal for older children. 2.5 miles in total.

***By mixing some of these routes and roads together it is possible to make many more and varied longer routes depending on your own abilities and fitness.***

# Road Cycling routes

### 1. Arran North Circular - A B C D A

A stunning route around Arran's high mountains. Flat coast roads, plus 2 big inland hills. Achievable by most people with good fitness. 32 miles. 3 to 5 hours.

### 2. Machrie Moor - E D C E

An easy circuit in the Shiskine valley, ideal for families. 13 miles, 1 to 2 hours.

### 3. Ross and String - A J H F E D A

A tough route with spectacular views, climbing over the 2 highest roads on the island, a good level of fitness required. 28 miles, 3 to 5 hours.

### 4. South End Loop - H F G H

A loop around Arran's picturesque South East corner. Including the Ross hill and undulating coast road, achievable with basic fitness. 25 miles, 2 to 4 hours.

### 5. Lamlash Shore - J K J

A short 2 mile stretch of quiet flat coast road from Lamlash to Clauchlands, perfect for young families. 4 miles, easy.

### 6. Arran South Circular - A D E F G H J A

This is a harder ride than its Northern counterpart yet just as rewarding, on typically undulating coast road, a good level of fitness is required. 36 miles, 3 to 5 hours.

### 7. Arran Circular - A B C E F G H J A

The famous 'Round the Island' route, a tough combination of both North and South circulars, an excellent days challenge requiring a good level of fitness. 57 miles, 5 to 8 hours.

### 8. Sustrans Route 73- A B

The 'Sustrans' National Cycle Network (Route 73). The coast road link between Brodick and Lochranza ferry terminals. 14 miles, 1 to 2 hours.