

Cycling in the Hebrides

Island touring and day rides including The Hebridean Way

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This guidebook contains 37 day rides and 22 linked cycling routes across Scotland's Inner and Outer Hebrides, with additional routes around Arran, the Clyde and Kintyre. Create the perfect island-hopping itinerary to suit any ability.

The day rides range in length from 19 to 60km (12-70 miles), while the long distance touring itineraries cover between 106 and 973km (66-973km) overall. These long-distance tours are perfect for weekend to fortnightly breaks.

- **GPX files** available to download
- Includes route itinerary and mapping for **the Hebridean Way**
- **Clear route descriptions** with **1:250,000 mapping**
- **Elevation profiles** and difficulty grades
- Advice on how to **prepare your bike** and what to take
- **Facilities guide** with information on accommodation and transport

Key marketing points

Covers routes throughout the Inner and Outer Hebridean islands 200,000 visitors to the Outer Hebrides each year (out of over 2 million visitors to the Highlands and Islands) Cycling is one of the main activities being promoted and developed on the islands Local author

About the author

Richard Barrett spent his working life as a professional marketer, but still found time for climbing, winter mountaineering and sea kayaking. He first visited the Harris hills as a teenager and was a regular visitor for years. He has now relocated to Màraig in North Harris, where he and his wife run a guest house.

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