

Cycling in the Hebrides

Island touring and day rides including The Hebridean Way

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Author: **Richard Barrett**

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This guidebook is designed for both cycle touring and centre-based cycling across Scotland's Inner and Outer Hebrides, with additional routes around Arran, the Clyde and Kintyre. Whether you want to plan a full island-hopping itinerary to suit any ability, or enjoy a few great rides while on holiday, the book gives you the flexibility to do both.

It includes 37 circular or out-and-back day rides, plus 22 linking routes that can be combined into tours ranging from a long weekend to a two-week adventure. The day rides range from 19 to 60km (12-70 miles), while the long-distance touring itineraries cover 106-973km (66-973 miles) overall. The Hebridean Way, one of Scotland's most iconic long-distance cycling routes, is included, along with guidance on riding it end-to-end or adapting it to suit your time, ability, and ferry connections.

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

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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sarah@cicerone.co.uk