

LONG DISTANCE TRAILS

If you love getting outdoors and up close and personal with nature, then long distance walking, cycling or kayaking is the best way to explore and scour Scotland's adventure coast.



LONG DISTANCE WALKING

Get your boots looked out, weather-proof gear packed and suncream at the ready. When walking you need to be prepared for all weathers, no matter the season, so plan ahead and bring it all. If you're in luck you might get all four seasons in one day!

The Loch Lomond & Cowal Way

Established at the turn of the century and 91km (57 miles) long, this route stretches from Argyll's Secret Coast to the bonnie banks of Loch Lomond. The Cowal peninsula is rich in wildlife and scenery, typified by the stunning seascapes of the Kyles of Bute, and the spectacular mountains of the "Arrochar Alps". Add to these, the clan histories and ruined castles of the Lamonts, the Campbells and the MacLachlans together with the numerous standing stones, burial cairns and rock carvings from the Stone Age and Bronze Age eras, and Cowal becomes a visitor's paradise. Plan your walk at

www.lochlomondandcowalway.org

The Kintyre Way

Stretching from Tarbert at the north end of Kintyre, to Dunaverty Bay in the south, the Kintyre Way criss-crosses the peninsula and is easy to navigate with markers along the way. This 140km (87 miles) long trail connects communities, landscape, people and produce. With hidden coves, deserted beaches, tiny fishing communities, gentle hills and tasty local produce, you will always experience a warm friendly welcome. Plan your 4-7 days worth of serious hiking and gentle rambling at

www.thekintyreway.com

The Three Lochs Way

The long distance walking gateway to Argyll and the Isles, linking Loch Lomond, the Gareloch and Loch Long via Balloch, Helensburgh, Garelochhead, Arrochar and Inveruglas.

Highlights include Rennie MacIntosh's Hill House, the glorious gardens of Helensburgh, atmospheric Glen Fruin and tremendous views of the Arrochar Alps. Rarely rising above 250 metres, the 55km (34 miles) walk offers plenty of options for shorter day walks or a fully linked trail. Plan your way at

www.threelochsway.co.uk

The West Highland Way

This 154km (96 miles) route starts at Milngavie passing through Mugdock Country Park, then follows the shores of Loch Lomond, passing Ben Lomond, through Glen Falloch and Strathfillan, dipping into Argyll before crossing Rannoch Moor, past Buachaille Etive Mor to the head of Glencoe. It then climbs the Devil's Staircase, descending to sea level to cross the River Leven at the head of Loch Leven before entering Lairigmor and Glen Nevis, and finishes at Gordon Square in Fort William. Join the popular trail and company of fellow walkers by planning at

www.west-highland-way.co.uk

The West Island Way

Running the full length of the Isle of Bute for approximately 40km (25 miles), the West Island Way embraces a variety of landscapes; seashore, moorland, farmland and forest. The natural history, geography, geology and ancient history of the island are revealed at every turn. Plan your way at

www.visitbute.com

The John Muir Way

A new trail addition in 2014, and at 214km (134 miles) this coast to coast route runs across central Scotland between Helensburgh in Argyll in the west and Dunbar in the east, passing through the very best scenery the central belt has to offer. Designed to be easily accessible to a wide range of users and close to local communities and transport links, find your way at

www.johnmuirway.org



LONG DISTANCE CYCLING NETWORK

Campbeltown to Fort William – the Caledonia Way

National route 78 of the National Cycle Network – known as the Caledonia Way – runs from Campbeltown to Inverness via Oban, Fort William and Fort Augustus.

Dunoon to Portavadie/Tarbert

National route 75 of the National Cycle Network connects Leith with Portavadie and Tarbert via Edinburgh, Glasgow and the ferries between Gourock and Dunoon.

Helensburgh and Lomond Cycleways

The Helensburgh and Lomond cycleways are part of the National Cycle Route 7, which runs from Sunderland to Inverness, via Penrith, Carlisle, Dumfries, Ayr, Glasgow, Pitlochry and Aviemore.

Balloch to Tarbet – West Loch Lomond Cycle Path

This 17 mile cycleway and footpath takes you from Balloch at the southern tip of Loch Lomond to Tarbet. The path is traffic free for most of the way, with only 2 short stretches on minor roads. It is suitable for cyclists, walkers, wheelchair users and horse riders.

www.sustrans.org.uk



THE ARGYLL SEA KAYAK TRAIL

With over 3700 kilometres of coastline, Argyll and the Isles claims some of the UK's most beautiful and naturally diverse seascapes. The 153km (95 miles) sea kayak trail has nine access points linking Helensburgh in the east, through to Oban in the north offering some of the best coastal kayaking in Scotland.

www.paddleargyll.org.uk

Access Points

- Ganavan
- Arduaine
- Crinan
- Ardishaig
- Tarbert
- North Bute
- Toward
- Dunoon
- Helensburgh



Cycling, Dunollie Castle, Oban.



The Caledonia Way, Cycle Touring Routes (Image credit John Linton).

EXPLORE ARGYLL'S MOST DRAMATIC LANDSCAPES ALONG THE CALEDONIA WAY

Feature by Sustrans

Some of Argyll's best known cycle touring routes and day trips are being promoted through a new online journey planner hosted by VisitScotland, as part of a nationwide campaign to get people to explore Scotland by bike. Created in partnership with Sustrans Scotland, the planner aims at encouraging visitors to Argyll and Bute through cycling day trips or longer challenges, such as the iconic Caledonia Way.

Running between Campbeltown and Inverness, the Caledonia Way is a 'coast to coast' cycling adventure, through spectacular highland landscapes rich in culture and history.

Heavily influenced by Scotland's iconic geography, the route follows both the Kintyre Peninsula and the Great Glen. It passes under the shadow of Ben Nevis and traverses Loch Ness, providing unrivalled views of famous castles and west-coast islands.

In Argyll, the route passes some of Scotland's most iconic landmarks such as the Neolithic stone circles in Kilmartin Glen, the ancient 'Coffin Road' through Glen Lonan, and the instantly recognisable silhouette of Castle Stalker.

From the challenging moorland hills of the Kintyre Peninsula, to lengthy sections of family friendly traffic-free path along the historic Crinan Canal, the Caledonia Way offers something for every type of cyclist! And, despite some of the spectacular remote rural cycling on offer, this route is very accessible, making it simple for riders to complete shorter sections if required.

"With cycle tourism estimated to be worth up to £345million to the Scottish Economy (Sustrans Scotland (2017) Leisure Cycle Tourism Guide), the move is part of a campaign to encourage Scots to discover more of what's on their doorstep as the country emerges from lockdown."

Sustrans' new, targeted approach to promotion of cycle touring will give more of Scotland's businesses and communities the opportunity to capitalise on the rapid growth of green and sustainable tourism, whilst encouraging visitors to enjoy some of Scotland's most dramatic landscapes, in a responsible and sustainable way.
www.visitscotland.com/cyclingroutes

Go wild and plan your adventure at wildaboutargyll.co.uk

STAY SOCIAL WITH US

@WildAboutArgyll
#WildAboutArgyll #ScotlandsAdventureCoast

ARGYLL & THE ISLES

SCOTLAND'S ADVENTURE COAST

 **3723km** of coastline

 **1555km** of hiking, biking & kayaking trails

 **61** medieval castles

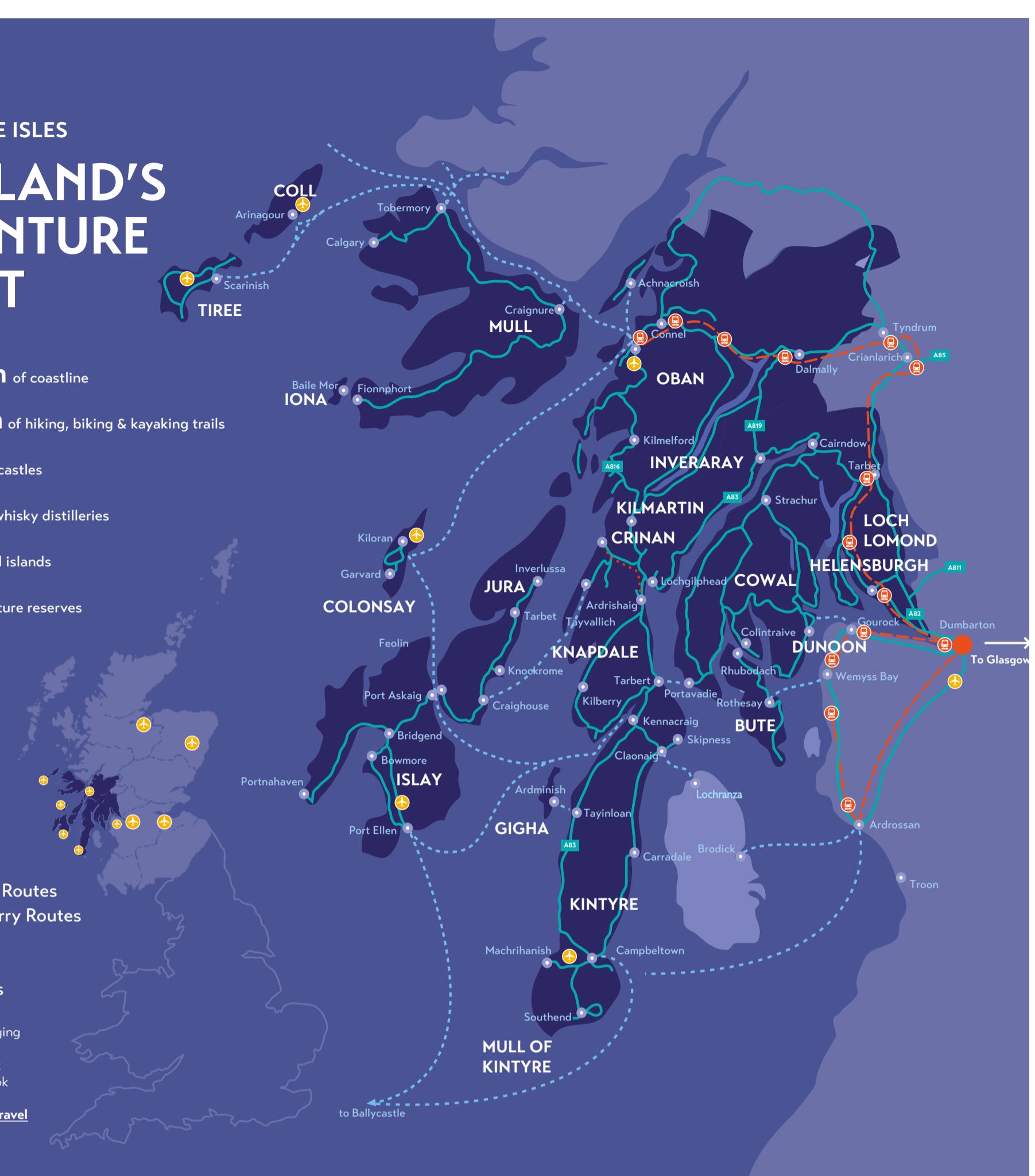
 **24** gin and whisky distilleries

 **23** inhabited islands

 **4** national nature reserves

- Main Roads
- - - Vehicle Ferry Routes
- - - - Passenger Ferry Routes
- - - - - Canal
-  Airports
-  Train Stations

Transport links are changing regularly as lockdown lifts. Please always check before travelling and book ahead where possible.
wildaboutargyll.co.uk/travel



GET ACTIVE WITH YOUR TRAVEL



Pack up the car and bring all your gear with you, ready to explore by land or sea with a ferry crossing. Plan your route and prepare your car for the weather.



Take advantage of great bus services with West Coast Motors from Glasgow and the central belt, with connections throughout Argyll and the Isles with all other modes of transport. Sit back and enjoy the views or hop on and off as you please. Plan ahead at westcoastmotors.co.uk



With a direct rail link from Glasgow to Oban, The Gateway to the Isles, you can make your journey in good time, and less stress. And with the launch later this year of cycle carriages from Scotrail, you can be as active as you like once you arrive. Plan ahead with scotrail.co.uk and check out the Rail and Sail tickets with CalMac Ferries too.



If you are moving in and around areas within Argyll and the Isles, make the most of the great outdoors in all its

Day trips, short breaks and longer holidays all start with the journey. The joy of Argyll and the Isles is that all routes to and from all areas enjoy beautiful scenery, stop off places, and points of interest.

beauty, by exploring on foot. There are an abundance of walk trails to discover, inland or via the coastline. To get those legs moving check out wildaboutargyll.co.uk



Argyll and the Isles has as many waterways as it does road and rail links. Ports and harbours are spread throughout the west coast, our islands and peninsulas to give you access to amazing sailing routes.

Or start by land at any of the many ferry ports and start your journey with a unique CalMac experience. For sailing routes visit sailscotland.co.uk and plan with ferry timetables at calmac.co.uk



Cycling really is one of the best ways to actively travel throughout Argyll and the Isles. With carefully designed cycle routes soaking up the best landscapes and places of interest, you can enjoy a gentle pedal or step it up a gear on a more intense ride on one of our many long distance cycle routes with the [Wild About Argyll bike packing trail](http://wildaboutargyll.co.uk/bikepacking).