

## ROAD BIKE: EASY

This circuit is a perfect introduction to the area. Heading out of the resort to the junction at Millhouse, turn right to head south. Soon you'll cycle past Kilbride Farm, a good spot to stop for coffee. The undulating road continues and the view of the sea opens up in front of you, with cracking views of Arran's rugged skyline on display if the weather plays ball. Head round the peninsula to eventually start heading north and into Kames. Stopping to take things in on the village shorefront is both perfectly acceptable and to be encouraged! From here, take the sign directing you towards the NCN route 75 to join the B8000 to head back to Millhouse and the marina.

### SEAN'S TOP TIP

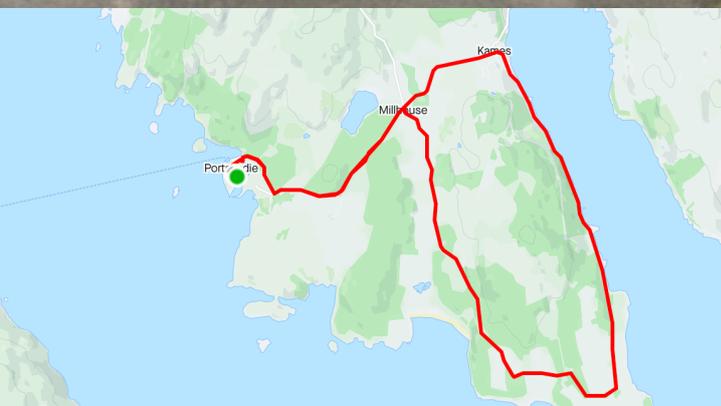
if you can and particularly if it's a good day weatherwise, stop at Kilbride Farm and take the track to Ostel Bay. The track is perfect for off road bikes, but if you have a road bike take a pair of trainers with you, cycle in flat pedals or just do whatever you can to get to Ostel Bay! It really is one of Scotland's magical places.

### BEST DIRECTION

Either – route as described goes clockwise

### FOOD OPTIONS

Botanica at the Barn, Kilbride Farm,  
Coffee bar at Hayshed Gallery,  
Kames Hotel



Easy route, 24km, for most of the family (however mostly road cycling)



Look out for ticks, traffic & single track roads