

## ROAD BIKE: ADVANCED

A splendid tour of Cowal and with over 1500m of ascent, this is a hilly route and a real Scottish classic road ride circuit. Half of the climbing statistics are done after 31 kilometres, with significant climbs from Tighnabruaich, Auchenbreck and up to Loch Tarzan. Be sure to take extra care on the descents towards Ormidale and down to Loch Striven. The road surfaces are generally good. After Loch Tarzan the route significantly flattens, all the way past Loch Eck and onto the northern most point of this ride at Strachur. The coastal road from there to Otter Ferry is not to be missed, with glorious Loch Fyne and the Kintyre Peninsula on splendid display. The surface is good at first but does deteriorate somewhat as you approach Otter Ferry, but it's hard to notice as you take in the views. From Otter Ferry the lumpiness returns for the final 20k, but the surface is very good.

## SEAN'S TOP TIP

Pace yourself for this one and remember most of the climbing is done in the first third. Stops for food are well spaced out with nothing much between Tighnabruaich and Strachur, so prepare for that. If at all possible, try to do this on a decent day of weather. Cowal in the sun is very, very hard to beat.

## BEST DIRECTION

Either works well but anti-clockwise as described does mean the coastal road to Otter Ferry comes later and that together with the section from there back to the marina is a great way to end this ride.

## FOOD OPTIONS

Creggan's Inn (500m off route) and the Bay Cottage Tearoom



Advanced route, 116km, for advanced cyclists



Look out for ticks, traffic & single track roads