

## GRAVEL BIKE: MEDIUM

This 21k route gives you a great taste of what's on offer in Cowal when it comes to gravel. From the marina, head on the road to Millhouse. From here, head briefly towards Tighnabruaich to then turn right onto the Cowal Way, over the golf course and down to Kames. Ride north to Tighnabruaich and then head northwest into the Kilfinan Community Woodland and onto the Kilfinan Way. Bear in the mind that from Tighnabruaich, it is a solid 3 kilometre climb of almost 200 metres to the highest point of the ride. Turn left at the top and enjoy some fine gravel riding. Keeping left at the junction, you'll eventually come out onto the B8000. Turn left here then first right onto the wide gravel track and enjoy a marvellous off-road descent to the road out of the marina and back to the start.

### SEAN'S TOP TIP

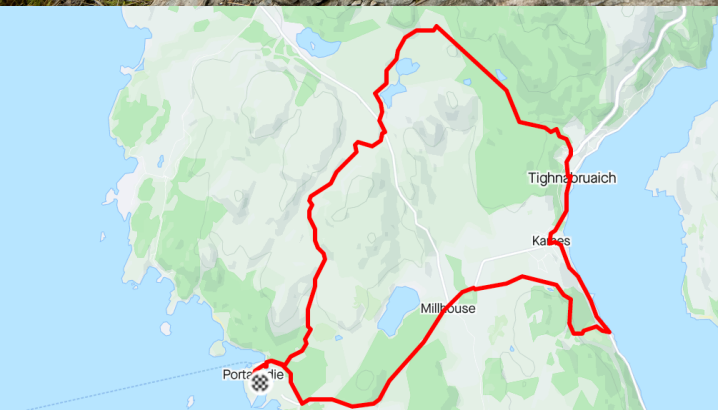
To get right into some off-road riding from the start, take the Cowal Way signs from the marina, riding up to the viewpoint and onwards to Loch Asgog. It can be muddy here so pay attention and avoid the front wheel sinking too much! When out onto the B8000 head 500 metres south to Millhouse to continue the route as described. This off-road addition is probably a better descent so consider doing the route anticlockwise and adding this bit at the end.

### BEST DIRECTION

Either – route as described is clockwise – though see Sean's top tip

### FOOD OPTIONS

Several options in Tighnabruaich



Medium route, 21km, for intermediate cyclists



Look out for ticks, traffic & single track roads