

WALK/RUN: INTERMEDIATE

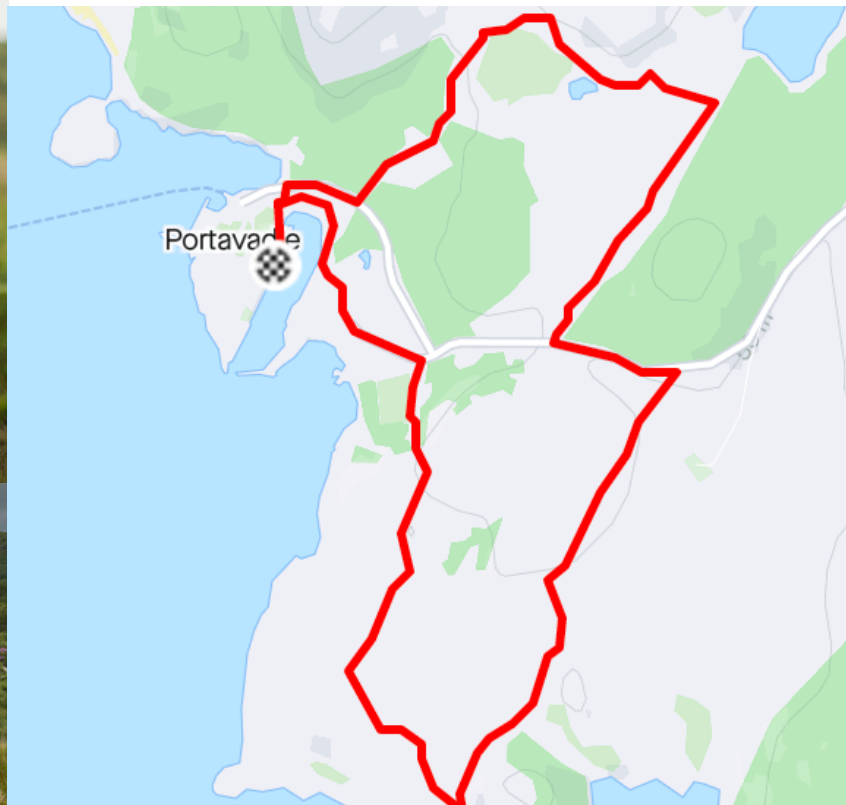
A figure of eight type circuit, this route has options to add or cut things short. Head out on the track by the Hideway and take the green signs for the Stillaig Loop. Be sure to do the extra 50 metres or so to take in Kirsty's Bench and the view. At the far end, join the wider track to head back north and onto the road. From here, you can head straight back to the marina, but this route turns right after 450 metres to head off road once again. Take the first left and to pick up the Cowal Way and back to the marina.

SEAN'S TOP TIP

The parallel small bays at the far end of the Stillaig loop are worth a look and even a dip at high tide.

BEST DIRECTION

Either!



Medium route, 9km

Look out for ticks and traffic