



CYCLING THE BEN LOMOND LOOP



#AJourneyThatMatters



**PLAN YOUR
JOURNEY**

Leave the car and enjoy a cycle in the park. A challenging long-distance route, with some steep climbs. You will be rewarded with some spectacular scenery and a boat trip. You will pass through native rainforest, along some heritage routes and visit local villages creating a classic tour. You could be in the saddle for approximately 5-6 hours which means it's for experienced, fit cyclists used to this type of ride.



GLASGOW



TARBET



TARBET FERRY
TERMINAL



**11 HOURS
ROUND TRIP**



TIME WELL SPENT - GLASGOW TO TARBET

- 08.00** The route starts with a journey on the Highland Explorer train from Glasgow to Arrochar and Tarbet station. There is plenty of space for bikes onboard the new 20-bike carriage, sit back and relax, enjoy the views and a coffee.
- 10.30** Continue the adventure with a 30-minute boat journey across Loch Lomond on the Inversnaid Explorer from Tarbet to Inversnaid.
- 11.00** Time to get in the saddle: Follow the road to Aberfoyle which has shops and several cafes (a short detour to Stronachlachar provides another café option). From Aberfoyle follow NCN7 back to Balloch (which has a train station, so gives the option of a shorter day) and then the West Loch Lomond Cycle Path back to Tarbet, where you can catch the train home. Pre-booking your rail and ferry journeys are recommended.
- 16.00** Arrive back in Arrochar, maybe time for a snack before catching the train back to Glasgow.
- 18.00** Arrive back in Glasgow after a relaxing journey on the train while reflecting on the day's adventure and planning the evening ahead.

LOCH LOMOND
& THE TROSSACHS
COUNTRYSIDE
TRUST



IN ASSOCIATION WITH



We have made every effort to ensure the accuracy of this information. Loch Lomond & The Trossachs Countryside Trust and its project partners cannot be held responsible in any way for any changes that may take place to transport timetables, nor for any errors in the routes, nor for any accidents, injuries or damage sustained whilst following the routes.



BUY TICKETS

Train

www.scotrail.co.uk

Waterbus

The waterbus from Tarbet to Inversnaid runs from the 31st March to the 30th October. Booking in advance required.
www.cruiselochlomond.co.uk/tarbet-inversnaid-ferry



CYCLING DISTANCE

56 Miles/90km



TOTAL ASCENT/DESCENT

1121m



VIEW ROUTE

www.plotaroute.com/route/1814978



CAFÉ STOPS

Tarbet, Stronachlachar, Aberfoyle, Drymen and Balloch.



SUITABLE FOR

E-bikes, resilient hybrids, gravel bike.



CAUTION

Take care on single track roads which can be busy at peak times.



BIKE HIRE

Bike hire available at Arrochar -
campbellbikeworkshop.com