



## Arran & Galloway – Arran to Kirkcudbright

### Summary

On this brilliant road biking holiday you'll cycle through beautiful landscapes and experience fantastic hospitality in a forgotten corner of Scotland. Take a trip on the ferry to the wonderful island of Arran and enjoy a day cycling around the entire island. Back on the Scottish mainland, you'll cycle east on remote country roads through spectacular wilderness, finishing your tour in Kirkcudbright, a lovely artists' town with a picturesque harbour and great restaurants.

### Highlights

The ferry journey to Arran – the views of the mountains are stunning!  
The incredible sense of achievement having cycled around an entire island – in a day  
Unrivalled hospitality to be found at every step of the way

### Example 4-Day Itinerary

**Day 1.** Arrive in Kirkcudbright and meet with our support team who'll transport you and your bikes and bags over to Ardrossan, on the rugged west coast of Scotland. You'll catch the ferry over to the Isle of Arran and spend the night in a lovely guest house in the island's capital, Brodick.

### Day 2. Circuit from Brodick - 54 miles/88 km; 1255 metres of ascent

Your journey begins on the east coast of the stunning Isle of Arran where golden eagles can often be seen circling around the peak of Goat Fell. Equipped with a set of comprehensive maps and some top tips from our expert guides, you're ready to set off on your incredible journey and head off along the lovely coastline around the island. There's not much opportunity to get lost but there are options to cut the day short if you lose track of time in one of the many shops and cafes en route. You'll stay the night in the same accommodation as the previous night in Brodick.

### Day 3. Ardrossan to Thornhill - 63 miles/102 km; 975 metres of ascent

You'll leave Arran on the early ferry and reach Ardrossan in time to start another great day of cycling. You'll wind your way through the main port towns of the region before heading out on the open road through the rolling countryside of South Ayrshire. As you head ever eastward, the route follows the River Nith as it meanders southeast towards the peaks of the Lowther Hills. You'll spend the night in comfortable accommodation in the heart of Dumfriesshire in Thornhill, a lovely market town.

### Day 4. Circuit from Thornhill - 55 miles/89 km; 1045 metres of ascent

It's back on the road and heading for the hills once more. The Lowther Hills form the beautiful back-drop for the day's riding along some of the most scenic roads in Scotland. Through remote mining villages the route meanders through the Dalveen Pass as it heads back to Thornhill, with the opportunity to visit Drumlanrig Castle on the way back to your comfortable accommodation.

### Day 5. Thornhill to Kirkcudbright - 54 miles/88 km; 900 metres of ascent

The final leg of your journey is the icing on the cake! Your day starts where it all began back in the 1840's when Kirkpatrick MacMillan, a local blacksmith, invented the rear-wheel driven bicycle. Heading south, you'll pass through Dumfries, the 'Queen of the South' and around the beautiful Solway Coast to the picturesque fishing village of Kirkcudbright and your journey's end.

### Duration:

4 days of scenic cycling  
4 nights of comfortable accommodation

### Total Distance:

360 km or 222 miles

### Includes:

- 4 nights' comfortable accommodation
- Baggage transfers
- Comprehensive maps and .gpx files
- Vehicle back up (self-guided trips)
- Phone support (independent trips)
- One way transfer between Kirkcudbright and Ardrossan (from where the Arran ferry departs)

### Available on request:

- Pick up and drop off from public transport links
- Bike and kit hire
- Accommodation in Kirkcudbright at the end of the trip

### Dates:

Self-guided and Independent cycling trips are available between March and October for groups of 2 or more. Contact us with the dates you have in mind.

### What bike?

The Arran and Galloway route can be ridden on a hybrid, road bike or mountain bike. See below for more details.

### To make a booking or for more information:

Email us: [info@trailbrakes.co.uk](mailto:info@trailbrakes.co.uk)  
Phone us: +44 (0)7922 653327  
or +44 (0)141 6286676



## Arran and Galloway – Further Information

### Accommodation and food

We use only tried and tested accommodation providers on our trips so that we know that you will receive an excellent level of service. They provide everything you could need after a long day in the saddle from bike storage to hot showers, hearty breakfasts and comfortable beds. Accommodation in bed and breakfasts and hotels are always on a bed and breakfast basis and trip prices are based on two people sharing a room, unless otherwise arranged. If you would prefer hostel or bunkhouse style accommodation, breakfast is not included although most hostels can provide meals at an additional charge. Hostels will often have cooking facilities so that you can prepare your own meals if you'd prefer. Wherever you stay you will be able to get an evening meal within walking distance. Lunches can usually be bought during the course of the day as you will be passing through towns or villages. It is advisable to carry plenty of snacks with you each day to keep the energy levels up!

Check-in at your accommodation will ordinarily be between 4 pm and 9 pm. Please telephone your first night's accommodation to let them know at what time you're planning to arrive. If you require an early check-in, most accommodation providers will try to adapt to your requirements but please phone ahead to ensure that an early check-in is possible. Sole occupancy rooms are usually available in hotels or guest houses so please ask us if you'd prefer to have your own room. A single supplement of £25 per night will apply.

### Clothing and kit

South West Scotland receives a generally mild climate all year round. Conditions can and do change quickly especially on higher and more exposed areas. It can rain at any time of year, sometimes all day and we often get four seasons in a day, so come prepared! A full kit list is available on our website (<http://www.trailbrakes.co.uk/kit-list-equipment-recommendations>). General climatic information for Brodick on the Isle of Arran, is available here: <http://www.yr.no/place/united%20kingdom/scotland/isle%20of%20arran/statistics.html>. Up-to-the-minute weather forecasts for specific regions of the UK are available at the met office website (<http://www.metoffice.gov.uk/public/weather/forecast/>).

It is advisable to bring a small back-pack with you on your trip, in which you can carry spare clothes and basic spares and tools that you might need during the course of a day on the bikes. Alternatively, if you're hiring bikes from us, we can provide pannier bags in which to carry supplies for the day.

### The route

Our Arran and Galloway cycle route is a unique, specifically-designed road biking route, along quiet country roads and incorporating some stretches of National Cycle Network. This trip has a **Fitness Grading of 6** which means that you should have a good level of fitness and take part in cycling based activities regularly. You're comfortable riding for up to 7 hours per day on terrain that can include short, steep climbs and longer, more gradual climbs.

### What bike?

The Arran and Galloway route is perfect for hybrid or road bikes. The entire route is comprised of scenic paved roads. It is possible to complete the route on mountain bikes but it would be a good idea to fit smooth tyres to make the bike roll more easily along the roads. Ask us if you need any further advice.

### Self-guided trips

Our self-guided cycling trips are designed to provide you with a completely hassle-free, truly enjoyable cycling holiday experience. We will organise every aspect of your trip including quality accommodation, bag transfers each day, detailed information about the route, waterproof maps, pick up and drop off at locations convenient for your travel plans and full support from our friendly, knowledgeable back-up team in case of technical (or physical!) emergencies. We will provide a back-up vehicle full of spares and tools to carry your baggage between your accommodation each day. Please note that baggage should be limited to one bag per person, not exceeding 20kg per bag. Our drivers are proficient bike mechanics so will be able to help you out with common technical problems. If the issue is a bit more serious, they will be able to take your bike to a local bike shop for some TLC. Their main aim is to keep you and your bike on the road!

### **Independent trips**

Our independent trips are designed for experienced cyclists who are comfortable carrying their own basic tools and spares along with them each day so that they can fix any minor technical issues encountered along the route. For our independent trips we will provide you with everything included in our self-guided trips except the back-up service. We will organise quality accommodation, bag transfers each day, detailed information about the route, waterproof maps, pick up and drop off at locations convenient for your travel plans and a detailed list of bike shops and mobile repair services that are located along the route. Please note that baggage should be limited to one bag per person, not exceeding 20kg per bag. We will always be only a phone call away should you require any additional support so you'll never be truly on your own!

### **Transport and baggage transfers**

We are always happy to help you to get to where you need to be as quickly and easily as possible. We can provide transfers from any local airport, train or bus station or ferry terminal to your accommodation at the beginning of your trip and back again at the end. Just let us know where and how you intend to arrive at your destination and we will arrange a pick-up for you. Please note that an extra charge may apply to cover fuel costs.

We transport your bags between each night's accommodation during your trip, leaving you free to carry a small day-pack containing some spare clothes, food and drink. Please note that baggage should be limited to one bag per person, not exceeding 20kg per bag.

### **Any questions?**

If you'd like some further information or want to ask us anything at all about our biking trips please don't hesitate to contact us on the details below:

Email: [info@trailbrakes.co.uk](mailto:info@trailbrakes.co.uk)

Phone: +44 (0)7922 653327 or +44 (0)141 6286676