

MOUNTAIN BIKING IN WEST AND NORTH WEST SCOTLAND

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Author: **Sean Benz**

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This guidebook describes 25 mountain biking routes north of the Great Glen, in the Highlands and Islands of North West Scotland. With routes from 20–60km, 2–8 hours, graded blue (moderate) to black (very hard), there are rides to suit most abilities: some may be shortened if required.

Scotland is rightly regarded as one of the world's top mountain bike destinations. Substantial investment has created many fabulous and varied trail centres, while beyond these the Scottish Highlands' concentration of high mountains and its wildness offers some of the finest mountain biking around. Many of the paths, tracks and roads used in the guide are centuries old and steeped in history.

Best cycled May–September, Scotland's mountain biking trails can be wet, slippery and challenging year-round: however this is not always the case! Additionally Scotland has some of the best access to wild lands in Europe.

Key marketing points

- Features 1:50,000 scale OS mapping
- Including local facilities and cycle shop/repair information
- Written by a qualified Scottish Mountain Bike Leader with extensive knowledge of the area

About the author

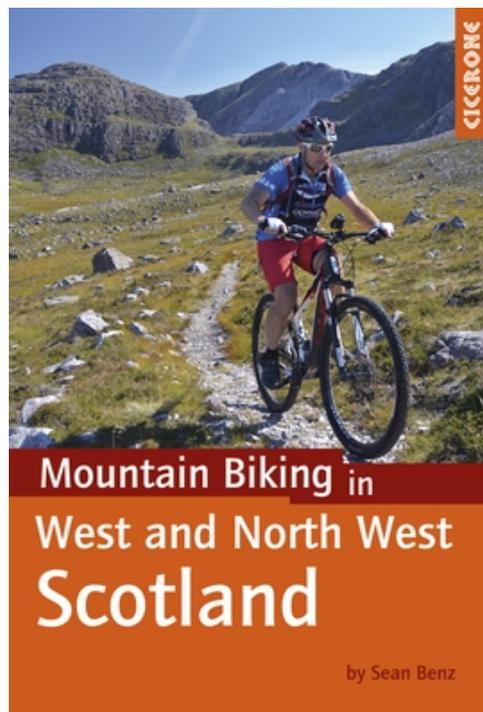
Sean has been adventuring by bike from an early age, weaving and racing through Liverpool's alleyways and allotments. With Scottish roots, countless holidays were spent north of the border, and eventually Scotland became home. Sean's mountain bike adventures have extended to Europe, North America, Asia and Australasia, although one place remains dear, and that's the Scottish Highlands and Islands. From mountain bike races, adventure races, outdoor education and guided mountain bike trips as a qualified Scottish Mountain Bike Leader, he has built an extensive knowledge base of the area.

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