

CYCLING IN THE HEBRIDES

Island touring and day rides including The Hebridean Way

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This guide explores over 20 islands in the Hebrides, with 37 day rides for cyclists of all abilities and 22 linking routes for more experienced tourists. The routes range from a 12 mile day ride to a challenging 600 mile tour, and each one is graded for difficulty.

The Hebridean islands offer a great range of riding conditions and scenery, from the steep hills of Arran and Skye to the windswept peat moors of the Western Isles. Cyclists will see the white shell sands of Tiree and Harris, the majestic Cuillin mountains of Skye and the exotic palm trees of Bute.

Each island has its own interesting history and wildlife, and no two days are the same. Whether it's a weekend break or the long tour, there's no better way to experience these islands than cycling in under your own steam and at your own pace.

Key marketing points

- Covers routes throughout the Inner and Outer Hebridean islands
- 200,000 visitors to the Outer Hebrides each year (out of over 2 million visitors to the Highlands and Islands)
- Cycling is one of the main activities being promoted and developed on the islands
- Local author

About the author

Richard Barrett spent his working life as a professional marketer, but still found time for climbing, winter mountaineering and sea kayaking. He first visited the Harris hills as a teenager and was a regular visitor for years. He has now relocated to M̀araig in North Harris, where he and his wife run a guest house.

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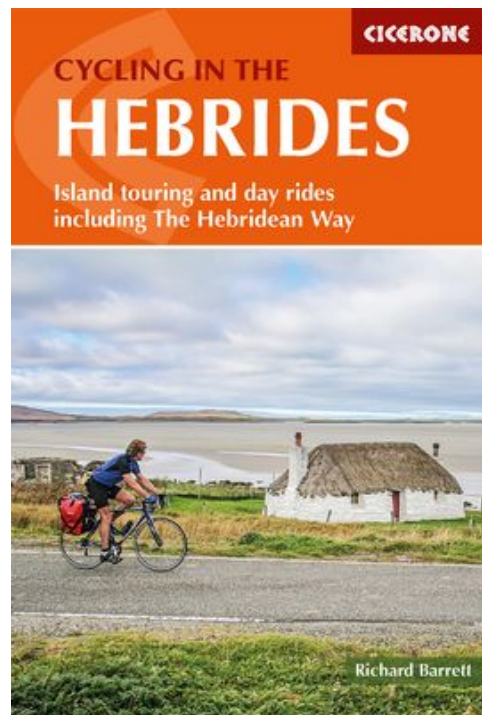
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