

Scotland Road Cycling Coast to Coast

Trip Code: WCMB

Version:



CYCLE



GUIDED GROUP



CHALLENGING



HIGHLIGHTS

- A spectacular ride across Highland Scotland from the east coast to the west coast.
- Quiet roads, challenging climbs and brilliant descents through the UK's finest landscapes.
- Visit the beautiful Cairngorms National Park, mysterious Loch Ness and the majestic mountains of Torridon.
- Full support throughout the day plus luggage transfers for a gear-free lightweight ride every day

- Includes all meals, support vehicle, luggage transfers, guesthouse accommodation and expert guide

AT A GLANCE

- 6 days cycling
- 419 kilometres
- 100% road
- 100% vehicle supported
- Join at Aberdeen

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Cycling across the one of the most beautiful swathes of Scotland, right across the Highlands, through the Cairngorms National Park, along atmospheric Loch Ness and through the majestic mountains of Torridon, this route covers 262 miles (419km) from East to West. It also includes, arguably, one of the UK's highest and most challenging road climb. On the way you'll enjoy top-notch local cuisine dining in great local inns, finishing in Scotland's pub of the year in Applecross.

Throughout the day, our support vehicle will on hand to hand out drinks, snacks and provide a friendly ride should you need it. It also transfers your luggage every day so you can have a lightweight and care-free ride.

Is this holiday for you?

This holiday is suitable only for fit and experienced riders who love cycling and enjoy the challenge of longer days in the saddle, riding for consecutive days. Distances range from 40 - 70 miles each day, cycling at roughly 12ph. There will be a variety of terrain from rolling countryside to hilly and mountainous areas. Most days will be challenging and the trip will include some of the more testing climbs in Scotland including high mountain passes. These harder climbs are rewarded with fast and exciting descents. We will often be in the saddle for 7 hours each day plus the odd longer day. There is also time each day for breaks and lunches plus visits to some sites of interest. The weather in Scotland can be unpredictable and at times can make activities more challenging. Please do bear this in mind when thinking about what trip to join. If our guides feel that you are not able to complete a scheduled ride they may ask you not to join in that day.

Itinerary

Version:

Holiday Information

What's Included

- A professional English-speaking guide plus assistant guide/support driver
- All transfers involved in the itinerary
- All accommodation as described
- All meals

What's not Included

- Travel Insurance
- Visa fees (if applicable)
- Airport transfers
- Drinks
- Miscellaneous personal expenses

Important Notice

This holiday is operated in association with Wilderness Scotland, and they sell their own customers directly on to this trip also. KE acts as an agent for Wilderness Scotland and by booking this holiday you are entering into an agreement directly with Wilderness Scotland under the terms of their [booking conditions](#).

Joining Arrangements & Transfers

On Day 1 of the itinerary your guide will meet you at the centre of Aberdeen Railway Station at 11.00am.

On Day 7 of the itinerary you will be transferred to Inverness Railway Station for 12:00pm.

Meal Plan

All meals from Lunch on Day 1 to Breakfast on Day 7 are included.

Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

Lunch each day will be either a wilderness picnic or taken at a local cafe/ restaurant. Drinks and snacks are provided throughout the day as you require. Evening meals are included on the first and final evenings, and on this itinerary and we have the flexibility to take evening meals in local restaurants or pubs. Based upon our knowledge and experience, we will visit the best places to eat along the route.

On this trip we generally eat dinner as a group however if you would like to make alternative arrangements you are free to do so. Your guide will have an evening off during this trip where they do not eat with the group. They will recommend options for dinner that evening and will help you make any necessary reservations.

Accommodation

This trip features some of the best hotel and guest house accommodation and food along the route we travel. We use a variety of accommodations such as country inns, guesthouses and small hotels, all hand-picked by us. Accommodation is in a choice of double or twin rooms with ensuite facilities.

Group Leader & Support Staff

The group will be led by an experienced and qualified leader.

Your Bike

A road bike or standard cycle-touring bike is recommended for this trip, fitted with a triple or compact chainset and 23/25mm touring tyres. Please call us if you are unsure about the suitability of your bike. We cannot stress enough the importance of ensuring that your bike is in perfect working condition before you start this trip. You are depending on your bike to transport you throughout your holiday. It is VITAL to ensure it is THOROUGHLY SERVICED to guarantee it is in good mechanical order before departure. If you are not mechanically minded, get your local bicycle dealer to service it for you. For home mechanics, points to note particularly are:

- a) Check rims and if they are worn, cracked or dented replace with a new rim or wheel to avoid wheel failure. It is especially important to check that your bike's rims are not worn concave by the brake blocks - replace them if they are! b) Check wheels are true and spoke tension is correct.
- c) Check and, if required, adjust, grease or replace ALL bearings and quick release skewers.
- d) Check and, if required, replace brake and gear cables.
- e) Check and tighten, if required, all bolts (esp. crank, bottom brackets, aheadset, stem/handlebars).
- f) Check chain, cassette and chain rings for wear - replace as necessary.
- g) Take the right tyres, inner tubes and BIKE SPECIFIC SPARES.

Whilst not essential, it is a good idea that you familiarise yourself with how to carry out at least some basic repairs to your bike e.g. changing an inner tube and fixing a puncture. Naturally, the bike guide will always be happy to assist with any repairs, however, due to the often remote nature of our trips being able to carry out a simple repair can save time and inconvenience waiting for assistance.

Bike Hire

You can either take your own bike or hire one locally.

Bike hire costs:

Road Bike - £175

Hybrid Bike - £175

E-Bike - £300*

*There are a maximum of 2 e-bikes available per trip and these are strictly on a first come, first served basis.

Details of hire bikes:

Road Bike - Checkpoint ALR 5

Hybrid Bike - FX Sport 4

Ebike - Verve+

Required information for bike hire:

- Height
- Inseam measurement
- Type of peddle required (flat, SPD, own)

Baggage Allowance

There is no weight limit for your luggage on this holiday, however you will need to be able to lift and move your own luggage easily. There is also limited room in the transfer vehicles, and so apart from your bike, one bag to be transferred and one small day pack per person is ideal.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Currency

The unit of currency in the UK is Sterling.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through one of our international partners. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

For this holiday you will need your usual cycling clothing, including shoes, cycling gloves and helmet (which must be worn at all times when cycling).

Whether you are hiring a bike or taking your own, we recommend that you take the usual day-ride essentials of: mobile phone, multi-tool, mini-pump, tyre levers, spare tubes and puncture repair kit.

Bike Wear

- Cycling helmet
- Cycling shoes
- Daypack or mountain bike-specific hydration pack (e.g. Camelbak)
 - Water bladder - min. 2 litres water capacity (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Padded (baggy) cycling shorts
- Long leg cycling trousers or leg warmers
- Base-layer - short sleeve cycling tops
- Mid-layer - long sleeved cycling tops
- Fleece jacket or jumper
- Lightweight windproof top
- Lightweight waterproof jacket
- Regular biking gloves

- Long-fingered biking gloved
- Warm hat that fits under your helmet
- Buff
- Sunglasses
- Sun cream (inc. total bloc for lips/nose)
- Camera

Other Stuff

- Travel and off-the-bike clothing
- Approach shoes or lightweight boots for the several days of walking
- Wash bag, towel, toiletries, including anti-bacterial handwash
- Headtorch and spare batteries
- Swimwear
- Basic First Aid kit and personal medication
- Chamois cream (e.g. Assos/Ozone)
- Insect repellent
- Reusable cloth bag for shopping (to avoid plastic bags)

Spares

If you are hiring a bike you do not need to bring any spares. The hire bikes are provided in good condition and a supply of spares is carried. You may be asked to pay directly for any spares used, especially in the case of crash damage or damage by mis-use. If you are taking your own bike, you should consider taking a minimum of spares, including a couple of spare spokes (for each wheel if they are different), spare brake blocks (or brake disc pads), chain links/chain connector, rear derailleur hanger and any non-standard parts specific to your bike.

Repairs

Whilst not essential, it is a good idea that you familiarise yourself with how to carry out at least some basic repairs to your bike e.g. changing an inner tube and fixing a puncture. Your bike guide will be happy to help with repairs and general maintenance, but being able to carry out a simple repair yourself could save the inconvenience of having to wait for assistance.

Hydration and Energy Snacks

You should take suitable water bottle(s) or a hydration pack and you should also consider taking a small supply of the gels, power bars or sports drink mix that you would normally use on a ride at home.

Please contact us if you have any questions about your equipment.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

Land Only Information

We sell this holiday on a Land Only basis, joining with the group at Aberdeen train station at 11:00am on day 1 of the itinerary.

Travel arrangements should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run'.

Why Choose KE

Why KE

On our Scottish holidays we pride ourselves on the quality of our meals, the excellence of our local expert guides, and our attention to organisational detail, meaning that you can have a world-class experience in some of the world's most majestic scenery. This holiday is also 100% vehicle supported.

Please Note This document was downloaded on 03/07/2024 and the trip is subject to change