

Scottish End to End



Welcome to our spectacular Scottish End to End cycling tour! Over the course of 7 days, we cycle from Carlisle, cross the Scottish borders and head north along the west coast of Scotland, island hopping our way towards our finish in the ancient village of Durness one week later.

The tour runs from Friday (arrival day) to Saturday (departure day) covering a total of 490 miles / 790 km. We climb around 30600 ft / 9300 m elevation and travel on five island ferries visiting 3 islands as we venture north. Per day we average 70 miles / 112 km and 4700 feet / 1430 metres (approximately) which is split over 7 days of fully supported cycling.

Due to popular demand, this tour was born from the second leg of one of our most successful tours, the Dover to Durness. Offering a shorter, slightly less challenging but just as epic adventure!

Highlights

- Remote, tranquil cycling roads
- White sandy beaches, crystal clear waters, abundant wildlife
- Stunning and serene Scottish Inner Hebrides
- End-to-end cycling of Scotland
- Traditional Scottish cuisine

What's included?

8 nights' accommodation, 8 breakfasts, 7 lunches

Refreshment stops with our famous red brew vans

Mechanical support including spare bikes and equipment

GPS files and route notes

Full logistical planning and support from the first to the last night including luggage transfers

Bike transfer between Peak Tours HQ and the start/end (Optional)

2 back up vans and a guide cycling at the back of the group

Pick up from the station on arrival day and transfer to Inverness station and airport at the end of the tour.

Peak Tours cycle shirt and certificate

Lots of fun!



Itinerary

Friday: Non-riding day

Arrival day – welcome to the tour!

Saturday: Day 1 Carlisle to Sanquhar

Distance: 72 miles / 116 km
Elevation: 2000 ft / 600 m

Leave Carlisle and cross the Scottish border passing through Gretna and Annan. Enjoy some long flat sections in the afternoon, before joining undulating countryside roads in Dumfries.

Pass the impressive Drumlanrig Castle and on to our first night's destination of sleepy Sanquhar.

Sunday: Day 2 Sanquhar to Brodick (Arran)

Distance: 51 miles / 83 km
Elevation: 2200 ft / 700m

Pedal through the Ayrshire countryside by gentle rivers and take the ferry over to Arran from Ardrossan

Experience the rugged, wild and untamed beauty of the west coast of Scotland.

Monday: Day 3 Brodick (Arran) to Oban

Distance: 75 miles / 120 km
Elevation: 4700 ft / 1400m

Take the superb coastal route towards to Sannox Bay before cutting inland to the north coast of Arran.

Catch the ferry over to Kintyre and continue up to the vibrant town Oban—seaside capital of Scotland!

Tuesday: Day 4 Oban to Mallaig

Distance: 75 miles / 120 km
Elevation: 6000 ft / 1800m

Begin with an early ferry on to Mull and cycle across the island before the second ferry back over to the mainland.

Enjoy spectacular Scottish scenery heading up to the coastal town of Mallaig.

Wednesday: Day 5 Mallaig to Kinlochewe

Distance: 76 miles / 122 km
Elevation: 5500 ft / 1700 m

Another superb day takes us across Skye then back on to mainland over the impressive bridge at the Kyle of Lochalsh.

Take on the optional but well-worth detour to the picture postcard village of Plockton before reaching accommodation in and around Kinlochewe.

Thursday: Day 6 Kinlochewe to Ullapool

Distance: 75 miles / 120 km
Elevation: 5200 ft / 1600m

Continue past the impressive mountains around Beinn Eighe and Kinlochewe.

Cycle along the banks of stunning lochs on the way to charming and idyllic Ullapool.

Friday: Day 7 Ullapool to Durness

Distance: 68 miles / 109 km
Elevation: 5000 ft / 1500m

Hug the coastline and take in stunning views from the shores of Loch Assynt.

Head across the Kylescu Bridge on to the tip of the Kyle of Durness.

Roll into Durness where well deserved celebrations await with the tour group meal.

Saturday: Departure Day

Hurrah! – you've completed the Scottish End to End tour. See 'End of the Tour' section on the next page for return logistics.



Tour Logistics

The start of the tour

The tour starts in Carlisle and finishes in Durness.

The guides will meet you at the welcome meal at approximately 7.30pm for an introduction.

There are a few options for arriving into the town:

Train: Carlisle train station has good connections to many places in the UK.

Car: If you are using a hire car there are plenty of car hire companies who have a depot at Carlisle. Just let us know when you want picking up and we can collect you once you have dropped off the car.

Bike: You may choose to cycle to Carlisle!

The end of the tour

The tour ends on Friday where we will stay for the final meal in Durness. The following morning, a coach takes us to Inverness where you will then be dropped at either the airport or the train station for your onward travel. We aim to get to the train station at around 09:30 and the airport at around 10:00.

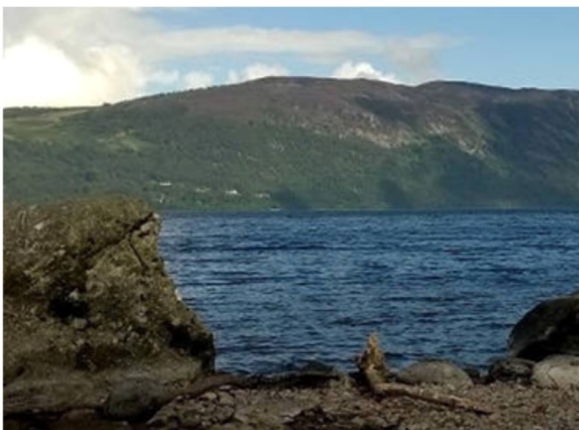
If you are taking your bike back with you then we will transport your bike to Inverness for you or we can take it back to our HQ in Glossop for you to collect at a later date.

If you choose the 'return transport' option then your bikes will be packed & couriered back to your address for you.

Support

Usually each tour has 3 guides:

- One driving the 'brew van' - each day will usually have a morning and afternoon 'brew stop,' with a table full of snacks and drinks. You will also bring a small bag/rucksack to the morning brief and leave this in the 'brew van' which can be accessed throughout the day.
- One driving the 'luggage / lunch van' - transporting your luggage from hotel to hotel, as well as setting up your lunches
- One riding at the back of the group - you will have detailed route notes so that you can go slower or faster than the leader if you prefer or you can cycle with the tour guide at the back so that you don't have to navigate at all
- Mechanical support: we carry a range of spare parts so that repairs can be made en route and we also have spare bikes available in the event that your bike has a serious breakdown. If we can't fix your bike then we will get it to the nearest bike shop
- Each guide will be contactable by phone during the day so if you have any issues you can get straight in touch with them
- For smaller groups you might only have one guide that cycles with the group and one back up driver or for groups of 12 or less just one tour leader will provide back-up for you.



What's Included?

- 8 nights' accommodation, 8 breakfasts, 7 lunches
- Refreshments from the brew van
- Mechanical support including spare bikes should these be needed
- GPS files and route notes
- Full logistical planning and support from the first to the last night including luggage transfers
- 2 back up vans
- A guide cycling at the back of the group each day
- Pick up from the station on arrival day (Friday) and transfer to Inverness at the end of the tour.
- A Peak Tours cycle shirt and certificate
- Bike transfer between Peak Tours HQ and the start/end (optional)
- Lots of fun!

Food

Breakfast

Breakfast is included in the cost of the tour, and will vary slightly between the various hotels and B&Bs that we use, but you can usually expect have a choice of some cooked breakfast options, as well as toast, cereals, fruit juices, tea, coffee etc.

Lunch

Lunches will be provided each day and will generally be a buffet at a cafe or a country pub.

Evening meals

Evening meals can be bought at your accommodation or in a nearby pub. On the first and final evenings of the tour we will have a group meal at the hotel.

Dietary requirements

Please let us know of any dietary requirements you have and we will ensure that all lunch stops and places we eat evening meals are informed.

There will also be snacks on the 'brew van' to suit any and all dietary needs!

Accommodation

You have a choice sharing a double or a twin room. If you would like your own space then you can choose the single room option, or sole occupancy of a double. Most of the rooms are en-suite however there maybe a few nights where your room isn't en-suite (Sole occupancy of a double or the double room option is guaranteed en-suite). Generally on the Scottish End to End tour we stay in hotels, pubs or smaller bed and breakfasts.

What's not included?

- Evening meals / dinner
- Drinks at lunchtime
- Transport to Carlisle/Back from Inverness
- Insurance
- Cycle hire (available for a fee)
- Garmin hire (available for a fee)
- Bike transfer between Peak Tours HQ and you (available for a fee)



Kit list

Clothing for all weathers is recommended so waterproofs are essential.

A full recommended kit list is provided and we are always happy to answer any questions that you may have. You can view a kit list [here](#).

Luggage is restricted to a maximum of 18kg per person—we have to look after our guides and their backs as they will be carrying your luggage in and out of the hotels!

Insurance

We strongly recommend that you take out adequate insurance for your tour which, as an absolute minimum should provide cover for your bike and belongings and cancellation cover in the event that you have to cancel your tour for unforeseen circumstances.

You should be aware that if you have an accident or fall ill while on the tour you will lose the money paid for the trip. A travel insurance policy would allow you to reclaim most of the money as well as providing insurance in case you lose your bags or if your bike is stolen, broken etc.

Your policy should also cover cancellation costs if you cancel the tour within 8 weeks of departure. If this happens we will try to fill your space and return your funds to you but if we are unable to fill your place you will lose the funds paid for the tour.

We have partnered with Yellow Jersey who provide Travel and Cycle insurance for UK residents. You can find further details [here](#).

Am I fit enough?

Difficulty

The Scottish End to End route is a challenging and rewarding route, full of spectacular scenery as you cover the length of Scotland.

This tour is classed as a grade 7 tour. See details of difficulty rating [here](#).

You will be expected to be able to complete an average of 70 miles / 112 km per day.

Most people on the tour will be active cyclists, and cycling the above distances on consecutive days will not be too challenging for them.

How fast do I need to be?

Generally, most cyclists completing this tour will be capable of cycling at 10-12 miles / 16-19 kmph over the whole day, keeping in mind that some days are hillier than others, and you will be stopping for breaks and lunches.

Most days start at 8:30 and we ask that all riders are finished by 19:00 at the latest if possible to allow you time to relax and explore the places that you stay in the evenings.

Are there any hills on the tour?

The tour has some tough climbs but you will be hugely rewarded with some beautifully quiet roads and unrivalled views across oceans and mountains.

Training

The fitter you are and the more training that you do beforehand will add to the enjoyment of your tour and improve your chances of succeeding the challenge.

If you need any advice about fitness please contact us and we will be happy to discuss any questions that you may have.

We have a training document which has a suggested training programme, which you can access [here](#).

Bikes

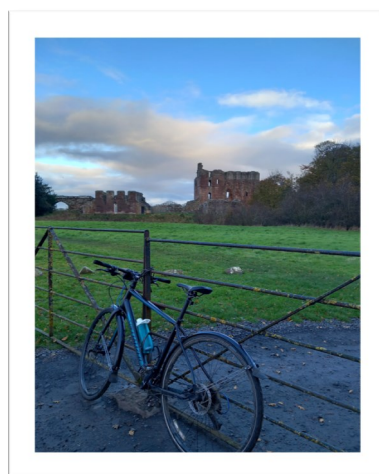
The Scottish End to End tour can be completed by people on all types of bikes: it is important you ride on a bike on which you are most comfortable. Most people choose to ride on road or touring bikes for this tour.

You can transport your bike in the following ways:

- Bringing your own - most people using this option will arrive by train or car.
- We can transport your bike for you if you can get your bike to us in Glossop in the Peak District.

Please ensure that your bike is fully serviced and in good working order before the start of the trip. It is advisable to have your bike service a few weeks before the start of the tour. This will allow time to 'bed in' before you start your ride.

Alternatively you can hire a bike from us, please see our website for more information.



"This was a really excellent trip. A great opportunity to explore inaccessible parts of Scotland. The Ferries to Arran, Mull & Skye were among the highlights of this great trip. Well organised, in good accommodation, with the freedom to cycle at your own pace, or in a group." Geoff August 2023