

# SCOTLAND'S ADVENTURE COAST

On your next visit to Argyll & the Isles, hop on the Scotrail Highland Explorer with your bike and backpack for a solo adventure or with friends and family to start a Rail & Trail adventure across Scotland's Adventure Coast.

Go wild and plan your adventure at [www.wildaboutargyll.co.uk](http://www.wildaboutargyll.co.uk)

### Key

- Highland Explorer Train Station
- Waterbody
- Hills
- Forest Park / Nature Reserve
- Leisure Cycling Route
- Gravel Biking Route
- National Cycle Network Route
- Kayak Trail
- Walking Trail
- Ferry Link

**COLL**

- Coll Taree Barra South Uist
- The Hebridean Way

**MULL**

- Mull Iona Ulva
- A Circuit Of Mull
- Three Ferries Loop (Mull, Ardnamurchan, Morvern)

**LOCH ETIVE**

- Loch Etive
- Falls of Lora
- Beinn Lora
- Caledonia Way to Fort William
- Loch Etive Loop
- Lismore & Loch Etive Gravel Route
- Glen Lonan Gravel Loop
- Wild About Argyll Bikepacking Trail

**LOCH ETIVE**

- Stob Dearg
- Glen Mant National Nature Reserve
- Oban Sportive Long/Short
- Bonawe Day Trip
- Fearnoch Loop
- Glen Lonan Adventure
- Loch Etive Loop
- Grand Tour of Lorn Gravel Loop
- Wild About Argyll Bikepacking Trail

**LOCH AWE**

- Loch Awe
- Ben Cruachan
- Oban Sportive Long
- Ben Cruachan Hill Climb

**BEN LUI**

- Ben Lui
- West Highland Way

**TYNDRUM LOWER**

**BEN MORE**

- Ben More
- Stob Binnein
- West Highland Way

**KERRERA EASDALE LUING**

**OBAN**

**OBAN BAY**

- Oban Bay
- Firth of Lorn
- Pulpit Hill
- Lismore Island

**NORTH**

- Glen Sallach
- Caledonia Way to Fort William
- Appin Loop
- Oban to Dunbeg
- Lismore & Loch Etive Gravel Loop
- National Cycle Network Route 78

**SOUTH**

- Caledonia Way to Campbeltown
- Kintyre 66 Loop
- Gallanach Loop
- Oban Sportive Long/Short
- Glen Lonan Adventure
- Wild About Argyll Bikepacking Trail
- National Cycle Network Route 78
- Argyll Sea Kayak Trail

**FALLS OF CRUACHAN**

**LOCH AWE**

- Loch Awe
- Ben Cruachan
- Oban Sportive Long

**DALMALLY**

**LOCH AWE**

- Loch Awe
- Beinn a'Chochuill
- Ben Eunaich
- Kilchurn Castle Gravel Loop

**ARDLUI**

**LOCH LOMOND**

- Loch Lomond
- Ben Vorlich
- West Highland Way (by passenger ferry)
- Glen Loin & Loch Lomond Gravel Loop
- Three Glens Loop

**ARROCHAR & TARBET**

**LOCH LONG**

- Loch Long
- Loch Lomond
- Arrochar Alps
- Argyll Forest Park
- West Highland Way (by passenger ferry)
- West Loch Lomond Cycle Path
- Loch Lomond & Cowal Way
- Three Lochs Way
- Glen Loin & Loch Lomond Gravel Loop
- Three Glens Loop
- Wild About Argyll Bikepacking Trail
- Loch Lomond Explorer

**GARE LOCH**

- Gare Loch
- Loch Long
- Three Lochs Way
- Wild About Argyll Bikepacking Trail

**GARELOCHHEAD**

**HELENSBURGH UPPER**

**FIRTH OF CLYDE**

- Firth of Clyde
- John Muir Way
- Helensburgh Sportive Loop
- Three Lochs Way
- Wild About Argyll Bikepacking Trail
- Argyll Sea Kayak Trail

**DUMBARTON CENTRAL**

**RIVER LEVEN**

- River Leven
- Firth of Clyde
- Lochs & Glens Way
- National Cycle Network Route 7

**LOCHS & GLENS WAY**

- Lochs & Glens Way
- Forth & Clyde Canal Towpath
- Glasgow to Ardrossan & onward to Five Ferries Loop
- Glasgow to Ardrossan & onward ferry link to Campbeltown for Caledonia Way
- Glasgow to Greenock Cycle Route & onward ferry to Dunoon & Cowal
- National Cycle Network Routes 7, 74, 75 & 754

**GLASGOW QUEEN ST STATION**

COLONSAY

**ISLAY JURA COLONSAY**

JURA

ISLAY

KINTYRE

BUTE

LOCH LOMOND & THE TROSSACHS NATIONAL PARK