

CTC TOUR NUMBER 9615
SCOTTISH HIGHLANDS AND ISLANDS
Leader Notes

	NAME	Age	
1	Alasdair Green	10	01727-864771 after 10/8; 01424-424358 before
2	Kieron Green	12	01727-864771 after 10/8; 01424-424358 before
3	Craig McCracken	12	01803-526554; 01803-843242; 01364-643728
4	Matthew John	14	01628-526631
5	Jamie Stephens	14	01902-685215
6	Nicholas Green	14	01491-638650
7	Oliver Lindley	14	01364-643688; 643701
8	Luke Whiting	14	01364-652879
9	Fergus Worthy	15	01905-391298
10	John Hayes	16	01364-73254
11	Tao Burgess	16	01626-770067; 336899
12	Eliot Wright	16	01626-66962; 67666 (work)
13	Julian Duquemin	26	01364-642690
14	Michael Jones	36	01364-643260

Sunday 4 August

		MJ	JD
Newton Abbot	d	1521	1627
Teignmouth	d	1527	1633
Dawlish	d	1532	1638
Dawlish Warren	d	--	1642
Exeter SD	a	1544	1655
	d	1547	1658
Tiverton PW	d	1601	1712
Taunton	d	1614	1725
Bristol TM	a	--	1759
	d	--	1805
Bath Spa	a	--	1815
	d	--	1817
Castle Cary	d	1634	--
Westbury	d	1700	--
Swindon	a	1736	--
	d	1738	--
Reading	a	1806	1907
	d	1808	1909
London Paddington	a	1850	1955
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Underground			

NB Instructions given to Julian:

If for any reason your train is so late that we might miss the Fort William train if we waited for you, we will go on to Euston and load our bikes on the train. If you arrive late at Paddington and we are not there to meet you, proceed immediately to the underground and get to Euston as quickly as you possibly can. The following instructions will help.

You need to take the Circle line to Euston Square (eastbound I think). Your BR travel tickets are valid for this journey on the Underground so you don't need to buy new tickets - you can use them

in the machines, but you will need to ask attendants to open the side gates to let your bicycles through. Be sure to get the Eastbound service - check the maps if necessary. Go past Edgware Road, Baker Street and Great Portland Street, get off at Euston Square and follow the signs to BR. When you get to the BR station, look for the main departures board, locate the 2110 departure for Fort William / Inverness and see from which platform the train leaves. We will be looking out for you of course.

The plan is that all bikes go on the Fort William sleeper. Any luggage that does not contain valuables and is not needed until next morning can be left on the bikes: anything you keep with you will have to be carried across Glasgow next morning by hand. We then travel on the sleeper to Glasgow, which leaves at 2330. We can board that train at 2230 and get settled in our bunks. If for any reason you arrive too late to load the cycles on the Fort William sleeper we will just have to try to take them on the Glasgow sleeper and try to sort out the immense problems of taking the extra 5 bikes Glasgow to Fort William when we get there.

Bunks on the Glasgow train have already been planned. We are in Coach F. Julian and Craig are in 15/16; Eliot and Tao are in 17/18; Oliver and John are in 19/20; Matt and Nick are in 21/22; Michael and Luke are in 23/24. Train arrives at Glasgow at 0650 but we can get off at around 0715 ready for the walk across town to Glasgow Queen Street station to catch the 0812 service to Fort William. We arrive there at 1149, when we will be reunited with our bikes.

Load bikes with unwanted luggage attached on 2110 departure for Fort William. Loading can commence from 2010 onwards. Be sure bikes are in Fort William section, NOT Inverness section. Ensure all bikes are clearly marked as per following instructions:

These bikes were loaded at London Euston and will have luggage labels attached as identification. All the bikes belonging to our group will have CTC Tour marked on the labels.

We take 2330 departure for Glasgow. Can occupy cabins from 2230 onwards.

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London Euston      d    2330
Watford Junction  d    2349
Carlisle           a    0427
Motherwell        a    0629
Glasgow Central   a    0650
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Cabins must be vacated by 0800, but we need to leave earlier at around 0715.

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Monday 5 Aug (Day 1): BR to Glen Nevis. 5 miles. OS 41.

The tour starts from Fort William on the morning of Monday 5 August 1995. If you live in England or Wales you will probably have travelled up to Fort William with the tour leader on the overnight train, taking advantage of special reductions on tickets and bunks. The final part of this train journey includes the route across Rannoch Moor, one of the most scenic in Britain, with virtually no roads to spoil the majestic scenery. There will be opportunity to explore the shops in Fort William, and then, weather permitting, you will attempt to climb Ben Nevis, the highest peak in Britain, during the afternoon. Glen Nevis hostel is conveniently situated at the bottom of the mountain, offering modern facilities and comfortable beds when you return from your expedition.

Cross Glasgow on foot to Queen Street station.

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Glasgow QS        d    0812
Dalmuir           d    0827
Dumbarton Central d    0837
Helensburgh Upper d    0855
Garelochhead     d    0906
Arrochar & Taret  d    0926
Ardlui           d    0943
Crianlarich      a    0959
                  d    1005
Uppder Tyndrum   d    1017
Bridge of Orchy  d    1031
Rannoch          d    1052
Corrour          d    1104
Tulloch          d    1120

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Roy Bridge        d    1130
Spean Bridge      d    1136
Fort William      a    1149
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Glen Nevis hostel 01397-702336

Tuesday 6 Aug (Day 2): Glen Nevis to Armadale. 46 miles. OS 41-40.

Day two includes the famous Road to the Isles, from Fort William to Mallaig. About half-way along this interesting road, at the head of Loch Shiel, is the Glenfinnan monument to the clansmen who followed Prince Charles Edward Stuart when he raised his standard there in 1745 in the third attempt to reinstate the Stuart kings on the throne of Britain and Ireland. It is possible to climb to the top, where there is a statue of a kilted Highlander. There are some fabulous silver-sand beaches and sand dunes near Garramore, and then a short ferry journey from the fishing town of Mallaig will take you to the Isle of Skye and the next youth hostel at Armadale.

Very early start.

Buy lunch & supper at Corpach.

Road to the Isles.

Glenfinnan monument to the clansmen who followed Prince Charles Edward Stuart when he raised his standard there in 1745 in the third attempt to reinstate the Stuart kings on the throne of Britain and Ireland. Climb to top, where there is a statue of a kilted Highlander.

Silver-sand beaches & sand dunes near Garramore

Mallaig check-in at 1615, depart at 1645, arrive at 1715. Last ferry, bike booked.

Armadale hostel: 01471-844260

Wednesday 7 Aug (Day 3): Armadale to Raasay. 33 miles. OS 40-32-24.

On Wednesday, after riding across the island through Broadford to Sconser, another ferry will bring you to the smaller Isle of Raasay, which has only one shop and a few houses. Raasay hostel is very simple, but offers a cosy common room, spectacular views and the prospect of a good mountain climb before dark, at Dun Caan in the centre of the island: the mountain looks like a volcano, and provides views all around the island.

Leave early - 9am. Buy lunch and supper at fishing town of Mallaig.

Buy ferry tickets at 1000: 14 @ £1 + 4 @ £2 = £22.

Mallaig 1045, Armadale 1115. (Next service is 1345/1415).

Further shopping at Broadford if necessary. Luib for refreshments.

Buy ferry tickets at Sconser: 14 @ £3.27 + 4 @ £4.55 = £63.98. Sconser d 1400, 1500, 1600, 1715, 1800; crossing time 15 mins.

Raasay hostel: 01478-660240

Climb Dun Caan if time allows.

Thursday 8 August (Day 4): Raasay to Stockinish. 56 miles. OS 32-23-14

Next morning you will make an early start, retrace your tyre tracks back to Skye and proceed to Portree, the capital of Skye. If the weather is fine you'll then follow the island's eastern coastal road past the Old Man of Storr, a 50 metre strangely-shaped pinnacle of rock, and the Lealt and Loch Mealt waterfalls to the port of Uig. If you're interested in history, it was here that Bonnie Prince Charlie first touched Skye having fled from the Outer Hebrides disguised as Flora Macdonald's maidservant. The ferry journey to the Outer Hebrides takes 1¼ hours and delivers you to Tarbet on the Isle of Harris. Stockinish youth hostel, situated close to the sea and surrounded by rocky hills and lochs, is about an hour's ride from the ferry terminal along twisty switchback lanes. You'll be astounded by the absolute silence of this remote and beautiful place. Leave early.
 Raasay depart 0800, 0900, 1000
 A855 to Uig (coastal road)
 Buy lunch and supper at Portree, capital of Skye.
 Old Man of Storr - rock pinnacle 50m
 Waterfalls at Lealt River, close to bridge
 Loch Mealt - waterfall
 Quirang rock formations
 Duntulm Castle ruins
 Flora Macdonald's monument in Kilmuir churchyard
 Uig check-in at 1750, depart at 1820, arrive Tarbet 2005
 Stockinish hostel 01859-530373

Friday 9 August (Day 5): Stockinish to Stornoway. OS 14-8

On Friday you will ride northwards across the Isle of Lewis, passing many small crofts where slabs of peat, dug from the surrounding bogs, are stacked outside as fuel for the winter. Stornoway, your home for the night, is an important fishing port, the centre of the Harris Tweed industry and the largest town in the Outer Hebrides. There is no youth hostel here so you'll be staying in the relative luxury of guest house accommodation.
 Stornoway B&B, 32 James Street: Tower guset house 01851-703150

Saturday 10 August (Day 6): Stornoway to Ullapool. OS 8-19

On Saturday there will be plenty of time to buy souvenirs from the many interesting shops in Stornoway and explore the local landmarks before taking the 2½ hour afternoon ferry crossing to Ullapool and the mainland. The hostel offers modern, comfortable dormitories which overlook the loch. There are souvenir shops in Ullapool as well, and since the shops don't close until late you'll be able to buy your last gifts after supper.
 Stornoway check-in 1325, depart 1410, Ullapool arrive 1650, booked.
 CalMac on 01475-650100

Ullapool hostel 01854-612254

Sunday 11 Aug (Day 7): Ullapool to Achmelvich. 33 miles. OS 19-15.

Sunday takes you towards the far north, where A-roads look like quiet country lanes and the true grandeur of Scotland opens out in front of you. There are few signs of habitation until you reach Lochinver, but there is plenty of glorious scenery as the road winds its way around the rocky outcrops and coastal rockpools. The road has been called The Mad Little Road to Wester Ross, and not without good reason! There are more superb silver sand beaches near the hostel at Achmelvich, and plenty of rocky hills and coastline to explore during the evening.
 Buy lunch, supper and souvenirs in Ullapool
 Eat lunch near Stac Pollaidh, climb if time.
 Some souvenir shopping (& tomorrow's lunch & supper) in Lochinver if time allows.
 Achmelvich hostel: 01571-844480.
 Silver sand beaches and coastline for evening entertainments.

Monday 12 Aug (Day 8): Achmelvich to Carbisdale. 52 miles. OS 15-16-20-21

On Monday you will cross from the West coast to the East coast, using quiet, easy main roads for most of the journey. You will see the rugged, mountainous land of the West melt into the green, rolling scenery of the East as the day progresses. At the end of your ride you will be staying in the most spectacular of all Scotland's hostels, Carbisdale Castle. There is a tower, a library, a gallery of statues, ghosts, secret passages .. you will just have to join the tour to find out the rest.
 Early start.
 Buy lunch in Lochinver if not bought yesterday.
 Quiet main roads to Carbisdale hostel 01549-421232.
 Tower, library, gallery of statues, ghosts, secret passages ..
 Evening meal provided - 1 vegetarian

Tuesday 13 August (Day 9): Carbisdale to Inverness. 42 miles. OS 21-26

On Tuesday you begin the long journey homewards by cycling over the hills of Easter Ross to Inverness, where the tour ends. If you live in England or Wales you'll probably be travelling onwards by train to Edinburgh with the tour leader and then joining the overnight train to London, arriving home on Wednesday morning. Breakfast provided. 1 vegetarian.

Occupy cabins from 1930

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Inverness	d	2030
Aviemore	d	2122
Kingussie	d	2136
Newtonmore	d	2144

Dalwhinnie	d	2200
Blair Atholl	d	2226
Pitlochry	d	2238
Dunkeld & Birnam	d	2253
Perth	d	2320
Gleneagles	d	2340
Dunblane	d	2355
Stirling	d	0005
Falkirk Grahamston	d	0025
Preston	a	0436
Crewe	a	0526
London Euston	a	0747

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Vacate cabins by 0800

Cross underground

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		MJ	JD
London Paddington	d	0840	0935
Reading	a	0903	0959
	d	0905	1002
Newbury	d	--	1017
Pewsey	d	--	1036
Westbury	a	--	1053
	d	--	1055
Bath Spa	d	0951	--
Bristol TM	d	1006	--
Castle Cary	a	--	1111
	d	--	1112
Taunton	d	1041	1135
Tiverton PW	d	1053	1147
Exeter SD	a	1108	1202
	d	1111	1205
Newton Abbot	a	1130	1224

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