



Kellogg's cycle10 Challenge

Aberfoyle to Callander

Beautiful, scenic, invigorating, peaceful, wild... this ride has it all and is easily worthy of being in the top ten of bike rides. You will also be rewarded for the initial climb with an exhilarating descent. Woohoo! (P.S. Don't forget your camera.)

www.kelloggs.co.uk/cycling
www.kelloggs.ie/cycling



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Attractions:

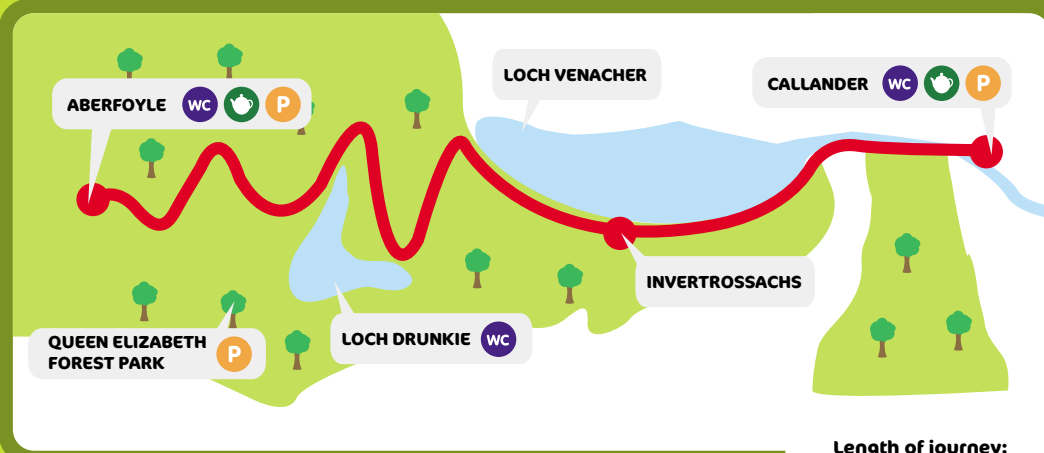
There is much to explore in this area and so much can be done by bike. The following websites can help you plan your stay, www.visitscotishhighlands.com, www.trossachs.co.uk and www.undiscoveredscotland.co.uk

Good to know:

The seasonal 'Trossachs Trundler' bus may be able to transport you and your bike between Stirling and the ride's start and finish points. We recommend getting up-to-date information on this service before you travel (01786 442707).

Bikes can be hired from Aberfoyle and Callander.

You can visit www.kelloggs.co.uk/cycling or www.kelloggs.ie/cycling where you can download more guides and share your experiences with others.



Length of journey: 13 miles (one way)

This map is a representation of the route, use the signage on route or OS maps for further detail if required.

TIME TAKEN: **DISTANCE COVERED:**

NOTES:

Did you know 20 minutes of gentle cycling burns up to 100 calories? There are no emissions from cycling so you are being good to yourself and the planet!

Enjoyed your ride on the National Cycle Network? Sustrans is the charity behind the National Cycle Network. For more information visit www.sustrans.org.uk

Aberfoyle to Callander

This ride begins on the outskirts of Aberfoyle, at the Queen Elizabeth Forest Park Visitor Centre. The Centre has lots of information on the area, as well as being your last chance to stock up on any refreshments for the journey (remember to take lots of water).

Take one of the tracks down from the Visitor Centre to join National Route 7, which comes up from Aberfoyle. By a waterfall, turn over the bridge and join the forest track, which winds up the hill. Occasional clearings give you glimpses of the surrounding scenery, including the Menteth Hills.

You will cycle around Loch Drunkie, a beautiful small loch, which makes the perfect place to stop, picnic and take-in the scenery. If you can sit still for a while, you may see red squirrels, deer, woodpeckers, or even ospreys (during summer).

Who'd enjoy this ride?

It is now only a short cycle ride downhill to Loch Venacher, a mass expanse of water, where you will cycle along the shore to Invertrossachs. Here the path finishes and you follow the signs along a minor road, around the loch and into the town of Callander.

Start/finish points:

Aberfoyle town centre or David Marshall Lodge Visitor Centre, Queen Elizabeth Forest Park / Callander.

Parking:

Aberfoyle, Queen Elizabeth Forest Park and Callander.

Refreshments:

Aberfoyle and Callander. Pack a picnic for the journey!

Public toilets:

Aberfoyle, Loch Drunkie and Callander.