

## ARRAN ROAD CYCLING ROUTES—Out and back from Brodick

1. **Brodick to Sannox**  
*Flat coast road*  
**1 to 2 hours.** Two sided main road.  
**Approx. 15 miles / 24km return (medium)**  
**559ft / 170m climb (easy)**  
From Brodick head north towards Lochranza, turn right at the junction beyond Heritage Museum and follow the coastal road to Corrie, then onwards to Sannox. Return by same route.  
**Tip:** Try a shorter cycle to Corrie. 12 miles return.
2. **Brodick to Lochranza**  
*Flat coast road then steady climb and descent*  
**2.5 to 4 hours.** Two sided main road.  
**Approx. 29 miles / 47km return (long)**  
**2044ft / 623m climb (moderate)**  
From Brodick head north, turn right at the junction beyond Heritage Museum and follow the coastal road to Corrie, then onwards to Sannox and then Lochranza. The road to Sannox is fairly flat and then there is a steady climb up the 'Boguillie' hill of 650ft and a fast, twisty, descent. Return by same route.  
**Tip:** check your brakes and take extreme care on the descent
3. **Brodick to Lamlash**  
*Steady climb and fast descent*  
**45 mins to 1.5 hours.** Two sided main road.  
**Approx. 8 miles / 13km return (short)**  
**812ft / 247m climb (hard)**  
From Brodick head south along the main road to Lamlash. The road climbs steadily to a height of 397ft and then an undulating, fast, descent to the coast at Lamlash. Return by same route.  
**Tip:** You can add route 7 for a longer cycle.
4. **Brodick to Whiting Bay**  
*Two steady climbs and descents*  
**1.5 to 2.5 hours.** Two sided main road.  
**Approx. 16 miles / 26km return (medium)**  
**1418ft / 432m climb (hard)**  
From Brodick head south along the main road to Lamlash and then Whiting Bay. Two steady climbs of 397ft over the hill from Brodick to Lamlash and then 271ft over the hill from Lamlash to Whiting Bay. Return by same route.
5. **Brodick to Blackwaterfoot**  
*Steep climb and descent*  
**2 to 3.5 hours.** Two sided main road.  
**Approx. 22 miles / 35km return (medium)**  
**1786ft / 544m climb (hard)**  
From Brodick head across the island on the String Road to Blackwaterfoot. The first 3 miles involves a steep climb to 750ft followed by a gradual but fast descent and then an undulating ride into Blackwaterfoot. Return by same route.
6. **Brodick to Old Byre Visitor Centre (Machrie)**  
*Steep climb and descent*  
**2 to 3.5 hours.** Two sided, main road and single track.  
**Approx. 21 miles / 34km return (medium)**  
**1970ft / 600m climb (hard)**  
From Brodick head across the island on the String Road. The first 3 miles involves a steep climb to 750ft followed by a fast, steady, descent and then an undulating ride across the Machrie Moor Road. When you reach the coast, turn right up the flat coast road to find Café Thyme and Old Byre Centre (up a private track) about one mile north. Return by same route.

## ARRAN ROAD CYCLING ROUTES—Routes around the island

7. **Lamlash to Clauchlands Point**  
*Flat, short and quiet*  
**30mins to 1 hour.** Flat single track coast road.  
**Approx. 5 miles / 8km return (short and easy)**  
From Lamlash, turn along Shore Road, at the bottom of the hill entering Lamlash. Head North East along the Shore Road past the Council Offices. Follow this road to the gate at the end, take the track through the gate to Clauchland's Point, and return.  
**Tip** - a mountain bike is more suitable for the section of the track after the gate.
8. **Machrie to Imachar Brae**  
*Flat coast road*  
**1 to 2 hours.** Flat, two sided, quiet main road.  
**Approx. 9 miles / 14.5km return (short and easy)**  
From Machrie Golf Club cycle North. One and a half miles cycling takes you past Dougarie Lodge. When you arrive at a very steep hill you have reached Imachar Brae, and return. Alternatively you could continue to Lochranza (13 miles from Machrie) which is mainly flat and a return journey of 26 miles.  
**Tip:** Traffic on the west coast of the Island tends to be lighter than east coast.
9. **Machrie Moor loop**  
*Gradual undulating climbs and falls*  
**1- 2 hours.** Two sided main and single track roads.  
**Approx. 12 miles / 19km (medium)**  
**593ft / 180m climb (easy)**  
From Blackwaterfoot, follow the middle 'String' road east though Shiskine towards Brodick. When you meet the Machrie Moor Road, turn north west to Machrie and then south back to Blackwaterfoot.
10. **North End loop**  
*Arran's stunning high mountains*  
**2 - 4 hours.** Includes 2 hard climbs.  
**Approx. 40 hard miles / 64km (long)**  
**2500ft / 762m climb (moderate)**  
From Brodick, head north to Sannox, then climb the 'Boguillie' Hill - 650ft / 198m, before reaching Lochranza. Head south down the west coast to Machrie, turn east across the Machrie Moor to meet the middle 'String' Road back to Brodick with a last climb of 750ft / 229m.  
**Tip** - It helps to have a tail wind on west coast, Lochranza to Machrie, 13mils, mostly flat with a couple of short steep climbs.



## ARRAN ROAD CYCLING ROUTES—Routes around the island

### 11. Middle loop

*Arran's highest roads, String and Ross*

**2 - 4 hours.**

Includes 1 very steep and 1 hard climb.

**Approx. 30 strenuous miles / 48km (long)**

**2584ft / 787m climb (hard)**

From Brodick take the middle String Road, 750ft / 229m climb, west through Shiskine, turn south towards Kilmory at the Y junction before Blackwaterfoot. After approx. 6 miles, at the Church, turn north east over the Ross Road, 950ft / 290m climb, to Lamlash. Follow main road, north back to Brodick.

**Tip** - very steep descent from Ross Road into Lamlash, check brakes !!!

### 12. Ross Road / South End loop

*A shorter, challenging loop*

**1.5 - 3 hours.**

Includes 1 steep and a number of smaller, sharp climbs.

**Approx. 24 strenuous miles / 39km (medium)**

**2210ft / 673m climb (hard)**

From Lamlash climb the Ross Road, 950ft / 290m, follow road until you meet the main road. Turn South and follow main road through Lagg. At Kildonan 'turn off' go straight on. Alternatively loop round Kildonan - an extra two and a half miles and 1 steep climb to rejoin the main road. Follow the main road to Whiting Bay and back to Lamlash.

**Tip** - Ross Road climb is not for the faint hearted !!!

### 14. South End loop

*Circumnavigate Arran's southern lowlands*

**2 - 4 hours.**

Includes 1 steep and numerous smaller, sharp climbs.

**Approx. 35 hard miles / 56km (long)**

**2960ft / 902m climb (hard)**

From Brodick follow the middle 'String' Road, 750ft / 229m, west through Shiskine. Turn South at 'Y' junction before Blackwaterfoot. Follow main road through Lagg. At Kildonan 'turn off' go straight on. (Alternatively loop round Kildonan - an extra two and a half miles and 1 steep climb to rejoin the main road.) Follow the main road through Whiting Bay and Lamlash back to Brodick.

**Tip** - The South End loop is a bit of a 'roller coaster'.

### 15. Arran circular

*The Island's complete coast road*

**3 - 6 hours.**

Includes 1 hard climb and numerous smaller, sharp climbs.

**Approx. 57 challenging miles / 92km (very long)**

**4021ft / 1226m climb (hard)**

From Brodick head south to Lamlash, Whiting Bay, Lagg then North up the West Coast to Blackwaterfoot. Continue north through Machrie ( halfway point ) to Lochranza then over your last hill, the 'Boguille' 650ft / 198m south to Sannox. A flat 8 miles takes you through Corrie and back to Brodick.

**Tip** - The South End of the Island is more arduous than the North End so, if you can, cycle it first. Ideally, hope for a tail wind to blow you up the west coast.

### 16. Arran figure of 8

*Fit cyclists only please*

**4 - 8 hours.**

Lots of climbing. A good, hard, challenging day out.

Very experienced cyclists only.

**75 very challenging miles / 121km (very long)**

**5757ft / 1755m climb (hard)**

Use North and South loops to form your own figure of 8 circuit.

### 17. Arran double figure of 8

*Mad cyclists only please*

**5 - 10 hours.**

Lots of climbing. A good, hard punishing day out!

Very experienced cyclists only.

**92 extremely challenging miles / 148km (very long)**

**7811ft / 2381m climb (hard)**

From Brodick over the String, then round the North End back to Brodick. Over the String again but this time head south and then over the Ross Road to Lamlash. Head south again, past Lagg and then take the Ross Road back to Lamlash before returning to Brodick.

#### ROUTE GRADING

##### Route length

Short	up to 10 miles (16km)
Medium	10 to 25 miles (16 to 40km)
Long	25 to 50 miles (40 to 80km)
Very long	over 50 miles (80km)

##### Height gain

Easy	up to 10m per km
Moderate	10 to 15m per km
Hard	15 to 20m per km and / or over 1000m climb in a single trip

(NB. Height gain gradings are affected by the amount of climbing in the overall distance)

#### NOTES

*Arran roads are narrow, hilly, twisty and do have pot holes and loose gravel.*

*Extreme caution is recommended at all times, particularly when descending.*

*This guide was produced by Arran Belles on Bikes, Auchrannie Resort and Arran Bike Club to help you to make the most of cycling on Arran. We hope that you will enjoy but please keep safe. Cycle with due care and attention and with consideration for other road users.*

*We have tried to make information as accurate as possible and cannot take responsibility for any inaccuracies or omissions.*

#### TIMINGS

*All timings are approximate and do not allow for stops. Allow sufficient extra time to take in the views and visit local attractions and tea rooms!! Timings are also affected by type of bike. Mountain bikes are slower than hybrid or road bikes. Times taken can be shorter or longer than stated depending on fitness, ability and type of bike.*

**All activities are undertaken at your own risk.**