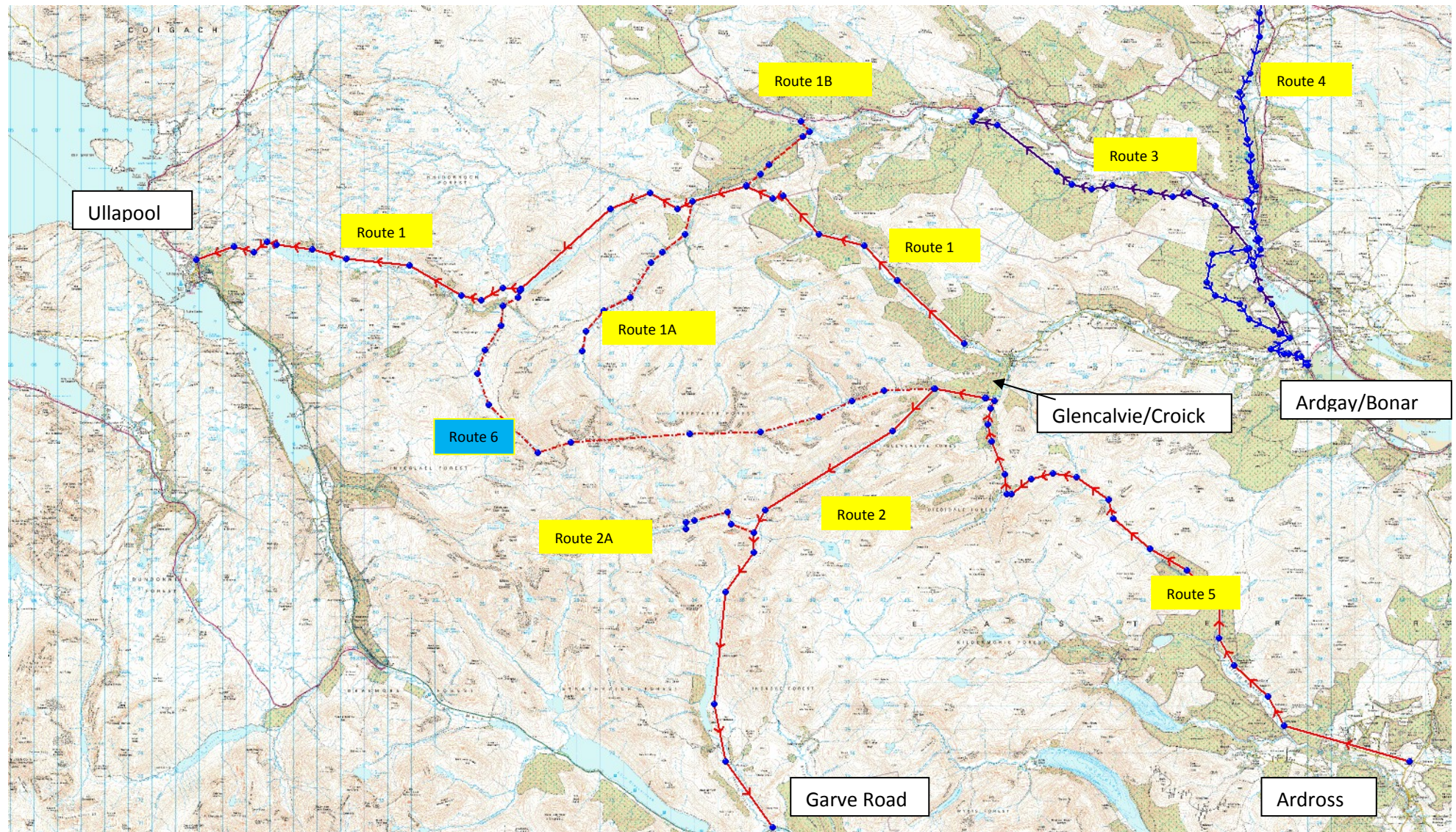
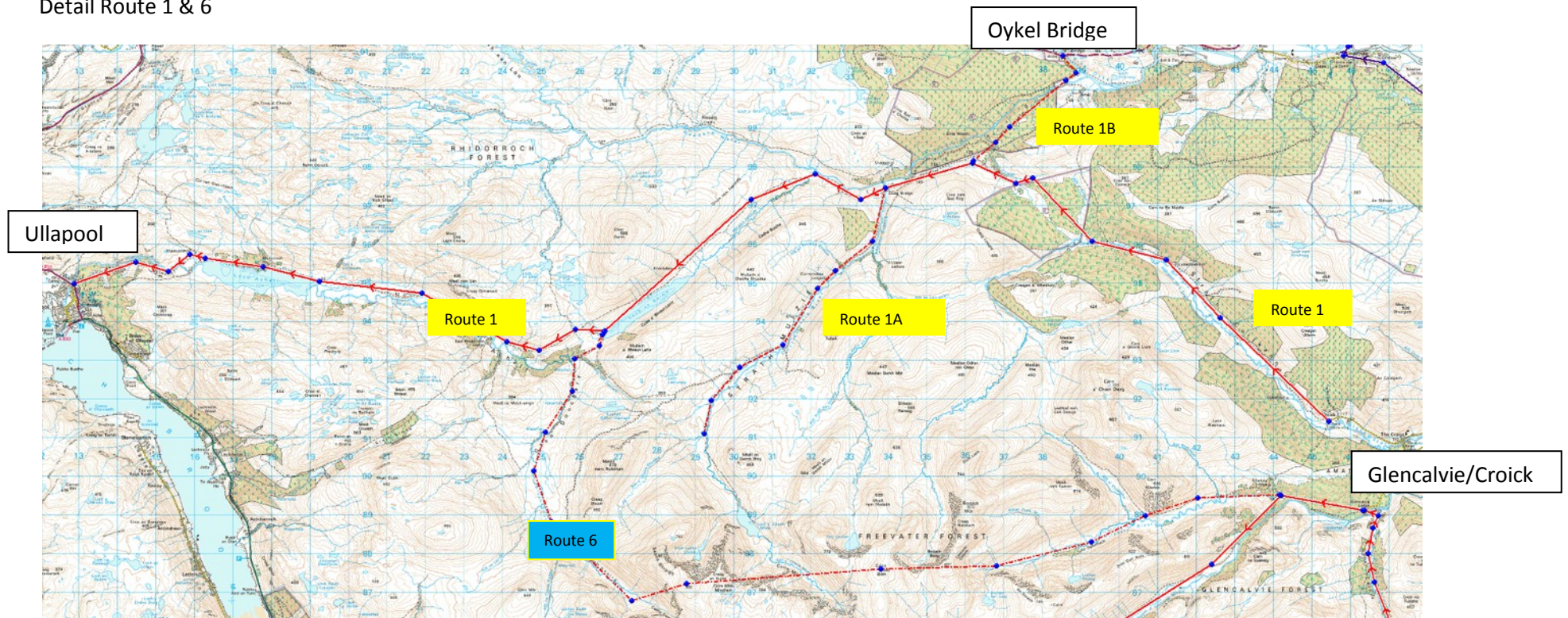


Core Cross Highland Routes



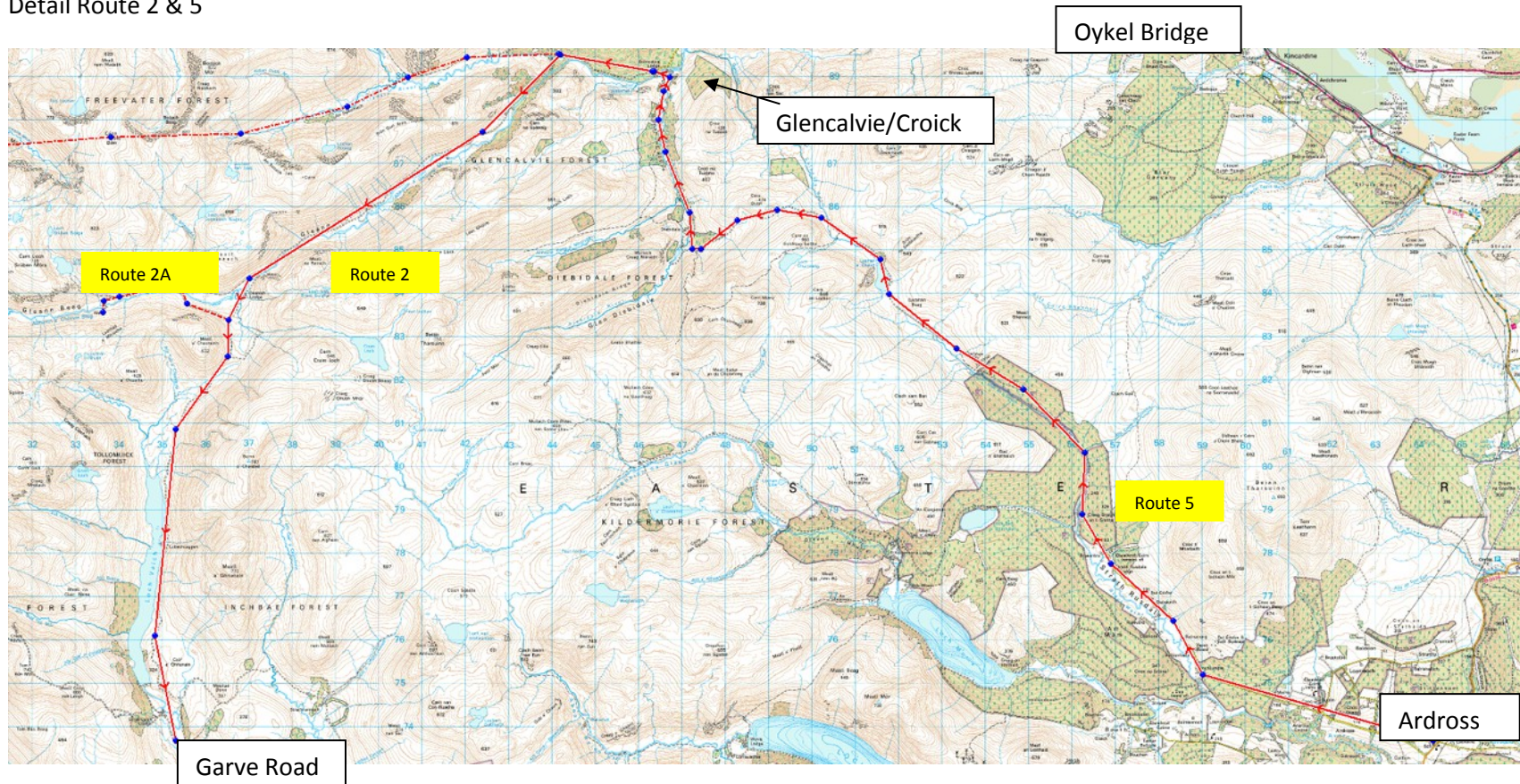
Detail Route 1 & 6



Route 1, a cycle route: Ardgay to Ullapool. Some 20 - 30 miles, can be done in a day, but 2 days is better. There is a bothy half way along.

Route 1A takes you to an alternative bothy at the foot of Seana Bhraigh. Route 1B a shorter route than Ardgay to Ullapool . Could be Oykel Bridge to Ullapool.

Detail Route 2 & 5



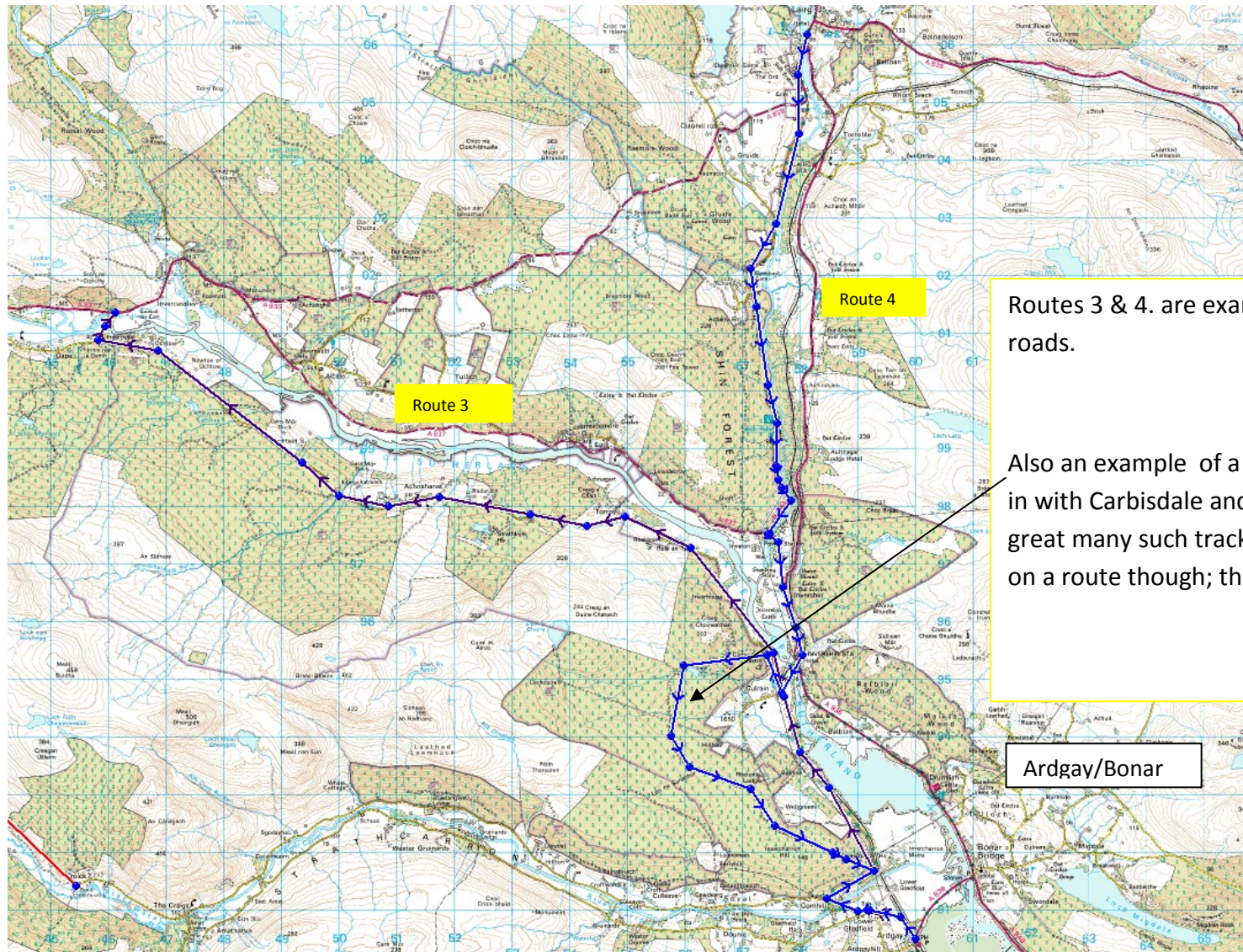
Routes 2 and 5 can both be started from Bonar/ Ardgay (From where you can drive/cycle to Glenalvie; the road end).

Route 2, beautiful track along the side of Glen More then along the side of Loch Vaich to the Garve road.

Route 5 from Ardross to Glenalvie, some of this tarred making for good going. Routes 2 & 5 could be run together. Two to three days?.

Route 2A is a hydro road. It ends with no cycle route at the end, or even a clear walking route to the next stage, a bothy at Glenbeg. Walks from here into Beinn Dearg

Detail Route 2 & 5



Routes 3 & 4. are examples of excellent and very quiet roads.

Also an example of a useful a forestry track that joins in with Carbisdale and other local tracks. There are a great many such tracks locally. Not many of them go on a route though; they go into the wood and stop!

Ardgay/Bonar