

TRIP ITINERARY · CYCLING · OUTER HEBRIDES, SCOTLAND

THE HEBRIDEAN WAY IN 6 DAYS

The length of the Outer Hebrides in three days of riding: Vatersay to the Butt of Lewis on quiet island roads, causeways and four ferry crossings.

6 days	3	188 miles	Hotels	★★★☆☆	May – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

Explore one of Europe's most unspoiled chains of islands by bike: quiet roads, white sandy beaches, turquoise water and wildlife, with plenty of time to soak it all in.

Cycle the length of the Outer Hebrides in just three days ride. This an incredible cycling journey through a series of unique islands that have to be seen to be believed. Expect jaw-dropping white sandy beaches, peaceful and quiet country lanes, delightful local produce and unrivalled Hebridean hospitality. Our route joins up this stunning chain of islands off the west coast of Scotland and includes no less than four ferry crossings! Our journey begins and ends in Inverness, an incredible voyage through an area of the UK that should definitely be on your cycling bucket list.

★★★★★

"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."

Brian Kalms · Google review

HIGHLIGHTS

- ✓ Quiet country roads, spectacular island scenery and plenty of fresh air
- ✓ Standing beneath the Celtic stones at Callanish
- ✓ Riding across spectacular causeways linking the islands
- ✓ Countless white sandy beaches and sparkling turquoise bays
- ✓ Spotting wild animals such as otters, dolphins and white tailed eagles
- ✓ Indulging in some of the region's culinary delights

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/cycling-the-hebridean-way-6-days/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL EVENING | OVERNIGHT: INVERNESS

DAY 1: MEET AT INVERNESS HOTEL

Our trip begins at our hotel in Inverness. If you're driving then we'll meet you at the hotel and give details on where to park. If you prefer to arrive by public transport we can meet you at Inverness train station to transfer your bikes and luggage to the hotel. If you're taking advantage of our bicycle and luggage transfer service, your More Adventure leaders will have your bikes and luggage ready for collection in the hotel. At the hotel you will be met by the More Adventure team for a trip briefing and evening meal in preparation for tomorrow's ride.



2

TRANSFER & FERRY | OVERNIGHT: CASTLEBAY | FERRY TO BARRA

DAY 2: INVERNESS – OBAN – CASTLEBAY

After breakfast in our hotel we'll load up the support vehicle with your bicycles and luggage, then begin our journey to Oban. In Oban we board our first ferry to Castlebay on the island of Barra. Here you'll see Kisimul Castle which was leased by the chief of the Clan MacNeil to Historic Scotland for 1000 years for the annual sum of £1 and a bottle of whisky! We'll stay overnight in the pleasant village of Castlebay and get ready for our first day's ride the following day.



3

50 MILES · 2,000 FT | OVERNIGHT: BENBECULA

DAY 3: CASTLEBAY – VATERSAY – SOUTH UIST – BENBECULA

The start of the Hebridean Cycling Way is at the obelisk in the village of Vatersay, 6 miles south of Castlebay. From the obelisk we'll ride north back over the causeway onto the island of Barra and ride along the incredibly scenic western coastal road with crashing waves, rocky outcrops and the chance to catch glimpses of countless marine wildlife below. Our second forty-minute ferry departs Ardmhor and crosses over to the island of Eriskay. We ride on Eriskay for only a short distance before crossing the impressive causeway north, keep your eyes peeled here for birds of prey, porpoises and dolphins. Our next island is South Uist. The views out to sea are spectacular as our route passes numerous white sand beach coves looking across the shallow waters beyond. A highlight of the day is undoubtedly crossing Loch Bi, the largest loch in South Uist. The causeway is one of the oldest in Scotland, originally built in the 17th century to allow horse and cart to cross the island. We leave South Uist via a final causeway onto the island of Benbecula where we'll spend the night.



4

65 MILES · 2,800 FT | OVERNIGHT: TARBERT | FERRY TO HARRIS

DAY 4: BENBECULA — BERNERAY — TARBERT

We leave the island of Benbecula to the north over the single-lane North Ford Causeway which, at three miles long, is the longest causeway in the Outer Hebrides. The causeway ends at our next island, North Uist where we continue northwest along the stunning coastline to the white sandy beach at Balranald. This RSPB Nature Reserve is a wildlife-rich grassland haven complete with sweeping sandy beaches, a rocky foreshore, wild marshes and sculpted sand dunes. We continue east from here to the island of Berneray. Berneray is home to some of the Hebrides finest machair, low-lying grasslands made up of windblown shell sand. These unique machair coastal plains are incredibly fertile and are ploughed in rotation, giving a patchwork of crops and fallow of different ages which supports a wide range of flowers. It is from here that we catch our next ferry across the Sound of Harris to Leverburgh. As soon as we've arrived on the Isle of Harris we continue our journey north on a beautiful coastal road with dramatic views out to the island of Taransay and the clear waters of Luskentyre and Seilebost beaches. After a climb up and over the flanks of Beinn Dhubh, a dazzling descent leads to our destination, Tarbert, home to the famous Harris Distillery.



5

73 MILES · 4,700 FT | OVERNIGHT: STORNOWAY | END OF THE HEBRIDEAN WAY

DAY 5: TARBERT – CALLANISH – BUTT OF LEWIS LIGHTHOUSE



Today's ride begins with a short but sharp climb up from Tarbert then descends to the northern end of Loch Shiphoirt and through Aline Community Woodland. The Isle of Harris and the Isle of Lewis are actually two parts of the same island, forming the largest landmass of the Outer Hebrides. We ride alongside Loch Eireasort for a few miles before turning left to Callanish, home to some entertaining alpacas and a selection of fascinating standing stones. The stones are arranged in a cruciform pattern and are thought to have been erected in the late Neolithic era, predating StoneHenge. In Bragar we pass an impressive archway made from whale bone. Beyond here a visit to the fascinating Blackhouse at Arnol is a must. Once the home of a Hebridean crofting family and their animals, this unique thatched house is preserved almost as the family left it when they moved out in 1965. We continue northeast to the very tip of Lewis to the famous Butt of Lewis Lighthouse which marks the end of the Hebridean Way. The beautiful red brick tower was established in 1862 and is purportedly located in the windiest spot in the UK! After coffee nearby you can either ride to Stornoway (29 miles) or be transferred with your bike back to our hotel for our final night in the Hebridean Islands. Stornoway is the main town of the Western Isles and also the capital of Lewis and Harris. Founded by the Vikings in the early 9th century, Stornoway is now the largest town in the Hebrides and has plenty of restaurants and cafes for a relaxing evening.

6

TRIP ENDS | FERRY TO ULLAPOOL | TRANSFER TO INVERNESS

DAY 6: STORNOWAY – ULLAPOOL – INVERNESS



This morning we leave the Outer Hebrides and make our way back to the mainland. It's a two-and-a-half hour ferry journey from Stornoway back to Ullapool from which you will be transferred with your bicycles and luggage back to Inverness where the trip ends. Alternatively it is possible to fly from Stornoway to Inverness or Glasgow for your onward travel home (not included). If you're taking advantage of our bicycle and luggage transfer service, your More Adventure leaders will be driving your bikes and luggage to your home or chosen destination. If you're flying or getting a train home, it may be possible for the team to help with transferring your bicycle and luggage to the airport or train station.

The trip runs with a minimum of six people. Please don't book transport until we've confirmed by email that it will run.

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VATERSAY TO THE BUTT OF LEWIS



Day 3 · Castlebay → Benbecula	**50 miles**
Day 4 · Benbecula → Tarbert	**65 miles**
Day 5 · Tarbert → Butt of Lewis	**73 miles**

GPX files of the full route are emailed when the trip is confirmed.

GRADE: MODERATE ★★★☆☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Support vehicle and bicycle mechanic
- ✓ Snacks and water whilst riding
- ✓ 5 x night's hotel accommodation** (twin sharing, 3* min)
- ✓ 5 x breakfasts
- ✓ 3 x lunches
- ✓ Transfer from Inverness to Oban
- ✓ Ferry from Oban to Castlebay
- ✓ Ferry from Ardmhor to Eriskay
- ✓ Ferry from Berneray to Leverburgh
- ✓ Transfer from Butt of Lewis Lighthouse to Stornoway (if required)
- ✓ Ferry from Stornoway to Ullapool
- ✓ Transfer from Ullapool to Inverness
- ✓ All luggage transported during your trip
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Comprehensive joining instructions and kit lists
- ✓ Friendly advice and support in the lead up to your trip

NOT INCLUDED

- × Bicycle and helmet
- × Parking fees in Inverness
- × Transport to and from start and finish points
- × Lunches on Day 1, 2 & 6
- × Evening meals, personal drinks and snacks
- × Travel/bicycle Insurance

Single room: +£375, payable with the balance.

Bike transfers: Ask about our bike and luggage transfer to and from Inverness.

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

Cycling the Hebridean Way in 6 Days is a relatively challenging ride with a few climbs and an average of 63 miles to ride each day. A good level of fitness and cycling experience is recommended. The support vehicle will be on hand should you wish to have a break too. The weather is unpredictable at any time of year so you will also need to have experience riding in all conditions, come rain or shine. You will be cycling for between six and nine hours each day but this is not a race! This is a leisurely group trip and we like to cycle as such. If you fancy a break from riding then your More Adventure Tour Leader should be able to pick you up in the support vehicle to avoid some sections (subject to any other issues they may be dealing with at the time). We recommend you prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 6+ hour cycles so you will know what is required. You will need to get some hill practice in! A link to our trip grades that explains in depth our star rating is here: www.moreadventure.co.uk/cycling-grades

WEATHER

The weather in the Outer Hebrides is variable throughout the year and in a single day you can experience all four seasons. It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water. Whilst the region has its fair share of good weather, it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking.

HEALTH

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates, and have hands-on practical medical experience in a variety of environments. It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have. We will require a comprehensive medical declaration form that may need to be verified by your GP.

INSURANCE

We recommend that you obtain personal travel insurance before booking any trip. Personal travel insurance is compulsory on any More Adventure trip and as a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). We also recommend you obtain bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with Yellow Jersey Cycle Insurance. They offer specialist cover for bicycles including all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code MOREADV10 for 10% off. Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient. The insurance company's 24 hour emergency contact number will need to be seen by your leader.

MONEY

Evening meals are not included and cost between £15 and £20 each. You will need British pounds sterling to spend in Scotland.

ACCOMMODATION

Due to the potential for restrictions caused by the pandemic, you may be required to upgrade for a single room if you're travelling alone. For this reason we'd recommend selecting a single room when booking (payment is not required upon booking) then email us to let us know you're happy to share a room if restrictions and group demographics allow. We'll then do our best to find someone for you to share with a little closer to the time and avoid you having to pay the single room supplement. Accommodation for this trip is in good quality hotels and B&B's which have hot water showers, excellent amenities and secure bicycle storage. The price is based upon twin sharing and a single room supplement is required if you wish to have a room to yourself or if restrictions demand it.

FOOD

Breakfast will vary each morning but will generally consist of continental-style with some hot food items, hot drinks and juices. Lunches will be provided at suitable locations throughout the day's ride and will include meats, cheeses, breads, salads, pastas, snacks, fruit and hot drinks. We will also be stopping at shops and cafes along the way for you to buy snacks and drinks if you so wish. Evening meals and drinks are not included in the price. Depending on restrictions, we will eat out as a group at a local cafe/restaurant or you're free to do your own thing if you wish.

EQUIPMENT

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable. Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least two spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs. You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager AW2; Schwalbe Marathon Plus). We do not provide helmets but it is essential you bring your own to wear.

CLOTHING

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top for descents. Make sure you bring enough clothes for each day cycling and for evening meals. Better to "have and not need than to need and not have"!

LUGGAGE

All luggage will be transferred in the support vehicle from hotel to hotel as you cycle, but you will need to carry inner tubes, snacks and water. The support vehicle will also be on hand to carry further spares and layers whilst cycling if required. Bike boxes and bags can be transported in the support vehicle throughout the trip.

LEADERS

This trip is led by at least one experienced and qualified tour leader who will drive the support vehicle, encourage the group, and help deal with any bicycle mechanicals. They will be on hand to offer assistance where necessary and transfer luggage from one hotel to the next. This trip will run on a minimum number of 6 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.

HOW TO BOOK

1. Choose a date on our website and click 'Book now'
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You'll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We're happy to help.

Call 020 8720 6607

WhatsApp 07719 224663

Email info@moreadventure.co.uk

Web moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. Please don't book travel until we've confirmed by email that the trip will run.