




Legend

 Suitable for All Bikes

 Cross Bar and Full Suspension only

 Full Suspension Only

1) Double back after bridge to fork in river, then north to falls and onward! No Step-Throughs! You can leave your e-bike here if you are hiking up to Ladhar Bheinn

2) Folach Waterfalls.

3) Loch an Dubh Lochain - No Step Throughs. Cross Bar bikes stop at top of loch. Beyond here it becomes VERY DANGEROUS and technical with exposure. Full suspension bikes only. If you are confident with red grade and trials experience you can go to Barrisdale

4) Gleann Meadail - off road to bothy and becoming increasingly demanding. Cross bar bikes must stop at bridge after bothy, and Full Suspension stop at top of Gleann Meadail (Requires 40min push to top!) VERY TECHNICAL AND DANGEROUS.

5) Stunning sandy beach - go to Roll (the old blue chapel) for refreshment. Self service and honesty box if not in. NO BIKES ON BEACH

6) All bikes to Airoir, beyond there no Step Throughs. If you go to the end of the route marked DO NOT CROSS THE RIVER. E-bike motors and batteries do not like being submerged! ALL DAMAGE CHARGEABLE.

7) Invergusaran - Follow track straight down towards beach then head right along coast. Flat grassy areas and otters!

