



Information Sheet - Real World Riding - Glen Kinglass

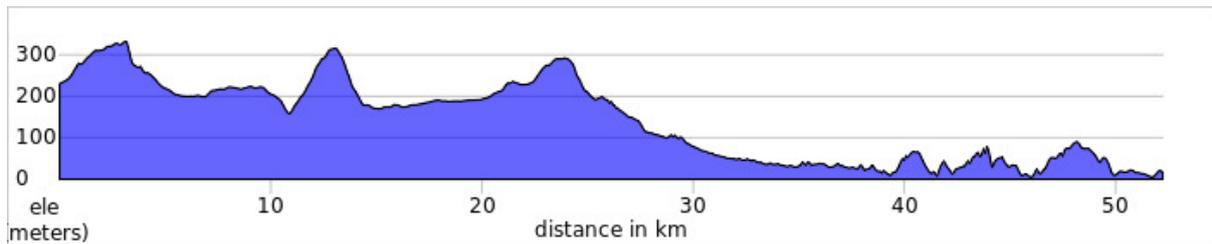
A fantastic remote XC route between Tyndrum and Tainault - from the Heart of Scotland to the Coast in one day.



Distance: 52km

Height Gain: 702m But 917 descent!!

Profile:



Description:

We'll meet at the car park North West of the Real Food Café (same car park entrance) at 08:30 by which time there will be bike transport set up at Tainault for the return journey.

We'll set out on the West Highland Way heading from here, up a 'nice warm up climb' around the railway toward Bridge of Orchy. This has a short section of single track as we descend to the railway and then we are blasting toward Bridge of Orchy on the double track.

Descending the steps under the railway station will spit us out in the car park and then after a careful crossing of the main road, we'll cross the Bridge of Orchy and hit the trail up and over Mam Carraigh. This has some steep drags in the woods before a priceless viewpoint over Loch Tulla.

We'll then head down for Victoria Bridge and the track and trail heading into Glen Shira and doubletrack getting steadily more and more remote until it peters out high in the glen and turns to single track (after at least two river crossings - your feet will get wet). We get more and more remote as we head to the watershed reached via some fantastic base-rock trail, which continues down into Glen Kinglass and the Lodge.

Here the trail conditions improve dramatically as we razz down the valley towards Loch Etive, which we will sight shortly before we arrive at the head of the track and turn toward Tainault. This trail sometimes tarmacked in places undulates on its way along the Loch for the last 10km into the Railway station at Tainault.

As the trains can only guarantee 3 spaces for bikes, we'll have a van for the bikes in Tainault, but riders will still need to take the train back to Tyndrum grinning wildly. For small groups we can take everyone back in the van.

You and your bike:

This is suitable for all riders happy on Blue trail and some red. You should have a good level of hill fitness capable of this long 6-8 hour day. A hard tail will be suitable, but a short travel full suspension bike will make the rougher sections slightly easier and more comfortable.

You should carry:

Spare tubes (1 even if you are tubeless)	1 spare mech hanger for your bike
A warm layer	Waterproof jacket
Plenty of food and drink	Helmet (<5 yrs old & in good condition)
A spare warm layer	

Also Ideally:

- Protective glasses

Variations:

Mam Caraigh can be missed and the road taken from Bridge of Orchy to Victoria Bridge.

Access allowing we will be able to miss out the main Oban road, but if the track is blocked we may have to ride approx. 2km along the main road from the trail end to Tainault.

www.realworldriding.co.uk