



## Information Sheet - Real World Riding - West Highland Way

A Varied 3-day Journey from Glasgow to Fort William on this world-famous trail



**Distance:** 45 - 55km per day

**Height Gain:** On average over 500-600m per day (but you get to ride back down again!)

**Profile:** Varied

### **Description:**

Day 1 - Meet at Milngavie Railway station 200metres from the start of the West Highland Way at 09:30 am, and immediately start north on paths once we've left the hubbub of Milngavie High Street. We'll ride north initially fairly suburban, but quickly becoming more rural and eventually leave the crowds heading up the side of Loch Lomond. We'll make about half of the journey up this Longest of Scotland's Lochs before finishing for the day.

Day 2 - Riding back to Loch Lomond, we'll make our way steadily northward to the renowned hike-a-bike section. While the carry itself hardly warrants its reputation, the epic water bars north of this section are worthy of note, but after a relaxed lunch we are on trails leading north steadily with only a few gates to tussle with to Glen Coe after a superb remote bit of riding.

Day 3 - The Devil's Staircase! - A hike-a-bike for most after some techy trail following breakfast then one of Scotland's best known classic descents, now unfortunately suffering from some 'cleansing' it allows some fantastic riding and scenery as we cut the corner to Kinlochleven through the mountains. After a refreshing break, we then climb back onto the walkers last day of the west highland way and remotely make our way through to Glen Nevis and the slowly appearing spectre of Ben Nevis on the other side of the Glen. One last climb over to Fort William allows us to celebrate a fantastic ride at the official end of the Way at the far end of Town, before making our way back to Glasgow.

### **You and your bike:**

This is suitable for graduates of a Nail It! Course or Steeps Session who have confidence with long descents, and short technical sections with some consequence. You should have a good level of hill fitness capable of sustained hill-climbing sections carrying or pushing your bike and to maintain this effort over 6-8 hours on the trail. A burly hard tail with good stand-over height will be suitable, but a full suspension bike will make the technical sections significantly easier - you will need reasonably aggressive and larger tyres though 2.3mm Hans Dampfs being an example (especially on the rear) for the rocks and water bars and for the off-piste sections.

### **You should carry:**

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

Also Ideally:

- Protective glasses
- 1 set of spare brake pads (or fit new ones and bed them in before the day)

### **Variations:**

For group bookings, there is the option of staying overnight in Fort William and sampling some of the riding in the area (even the chairlift accessed 'Top Chief' is an option) before heading south on day 4.

We will of course adapt the above to your needs if you bring a group, so make sure you all get what you're looking for, just get in touch. There are 'off-piste' options for some of the West Highland Way which might spice it up a little if you wish.

Available as 'Guide Only' as well as a holiday package, please enquire for details

[www.realworldriding.co.uk](http://www.realworldriding.co.uk)