

Lochgilphead

Lochgilphead and Ardrishaig are ideal bases to enjoy walking and cycling in this beautiful region in the heart of Argyll and Bute. The Crinan Canal towpath is approximately 9 miles long and a popular route for cyclists of all ages. The towpath forms a section of National Cycle Network Route 78 and provides an excellent and picturesque off road link from Ardrishaig to Lochgilphead and beyond.

Cycling Tips

- Look behind you**
Always look behind you before making a manoeuvre, particularly when turning right.
- Do not use mobiles or music systems**
You need to be able to hear what is happening around your and be fully concentrated on your actions.

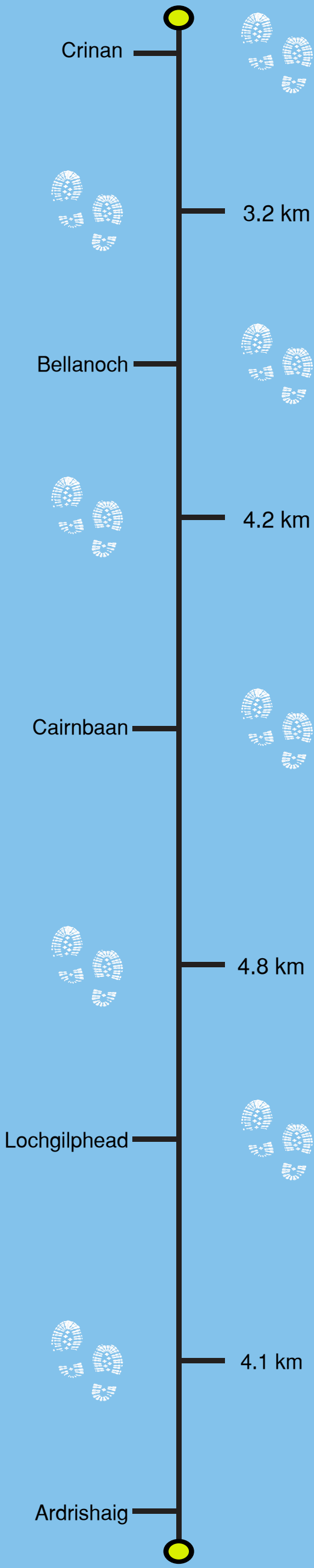
Cycling in numbers
It is recommended that you cycle in single file and never cycle more than two bikes side by side.

Never cycle on the pavement
Unless it is a designated cycle lane or shared route, it is against the law to cycle on the pavement. You should walk alongside your bike.

Map Symbols

- | | | | |
|--|----------------|---|--------------------|
|  | Viewpoints |  | School |
|  | Historical |  | Leisure Facilities |
|  | Canal Towpath |  | Swimming Pool |
|  | Canal Berthing |  | Bus Stop |
|  | Cycle Hire |  | Hospital |
|  | Health Walks |  | Village Hall |

Walking times calculated at an steady pace of 3 mph



Estimated leisurely cycle/walk times from Crinan to Ardrishaig: 1hr cycle/ 3hr walk



Why Active Travel?

With 33.9% of car journeys in Scotland being less than 2 miles in length, there are huge potential benefits in promoting walking and cycling as alternative means of transport.

- If more people walk or cycle, we can:
- ease congestion
 - reduce noise pollution
 - cut exhaust emissions
 - improve our health

Active Travel is also a great way to relax, giving us more time to enjoy our environment and improve our work-life balance.

Argyll and Bute Council, Sustrans, Cycling Scotland and Scottish Canals are investing in improving the walking and cycling network in the Lochgilphead and Ardrishaig area, with new routes planned or in place. We hope that this map will encourage visitors and residents to make the most of the cycling and walking routes in and around Lochgilphead and Ardrishaig.

