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. This 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 you 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.

**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.

**Map Symbols**

- Viewpoints
- Historical
- Leisure Facilities
- Canal Towpath
- Canal Berthing
- Cycle Hire
- 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