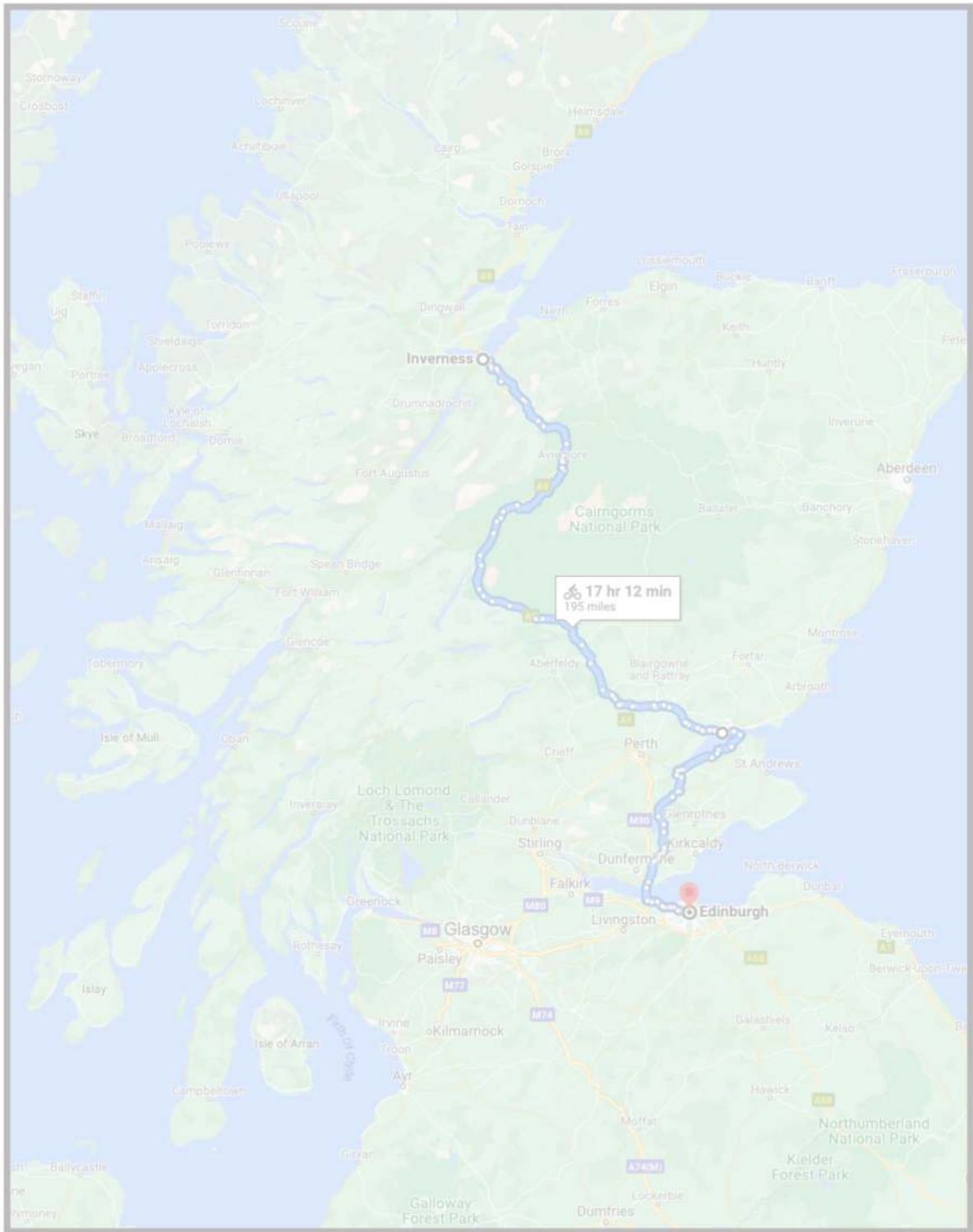


Your Cycling Adventure Guide: SCOTLAND



Cycle Scots 

Cycle Scots 



Your Cycling Adventure: Scotland

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Contents

Introduction- Your adventure starts here.	4
Map of Route- Your journey begins...	5
Preparation	6
eBike Information	8
Itinerary	10
Tour Accommodation	12
Tour Restaurants	13
Attractions along your journey	14
Dundee	16
Dundee Local and near-by attractions	17
Need to know. Currency and weather	18
Need to pack	19
Contact us	19
“On yer bike!”	19



Your adventure starts here.

Thank you for choosing CycleScotsCompany Tours (CycleScotsCo.)! Because your interests lie in fitness, sustainability and international travel, you have chosen the perfect experience. This guide functions to help you get all the information you need about your upcoming trip from North America to Scotland.

Your Route:

You will be e-cycling with our two CycleScotsCo. guides and seven other travelers on an epic tour from the picturesque Scottish Highlands to the city-based Lowlands. We will lead you from historic Inverness, through Cairngorms National Park, along the coastline to Dundee, finishing up in Scotland's capital, Edinburgh.

Initial Information:

- We will be covering 322 km (200 miles) of distance and 760 meters (2500 feet) elevation over five days, with one rest day in Dundee. You will need to come prepared to spend 3-6 hours per day in the saddle.
- We will be providing breakfast and dinner to you each travel day in the form of a prix-fixe meal previously organized with our wonderful accommodation partners. This means you will have to take care of your own lunches daily.
- A company electric van (eVan) will be there alongside you the whole way to ensure safety, provide direction and carry extra water.
- Keep in mind that you must fund your own travel to and accommodation into Inverness and out of Edinburgh.

You can refer to our table of contents on *page iii* to find more specific and detailed information about each part of your journey.

We are so excited to have you traveling with us, testing your fitness and experiencing the Scottish countryside like you never have before!

Your journey begins...



CycleScots Touring: Your preparation.

You and CycleScotsCo. Tours.

As partners on this epic ride adventure through the Scottish Highlands and to ensure a safe and enjoyable journey, we are very pleased to present to you the tour of a lifetime.

In the interests of manageability and flexibility we will be limiting each tour group to eight guests.

We've thought of everything.

We, at CycleScotsCo. Tours, want our guests to be happy, safe and confident during their journey.

We will provide:

- A pre-trip orientation video to be sent to you closer to your arrival date.
- A brief "hands-on" session to help you become acquainted with the operation of the eBike.

Our premier tour package includes inn to inn, fully supported excursions which will include a support eVan featuring:

- Baggage transit throughout your journey
- Spares and supplies
- On-ride snacks (guests will be responsible for lunch expenses but we'll be stopping at some beautiful villages for lunch and teas)
- Plenty of water for hydration
- Light first aid kit
- Emergency rain shelter
- A couple of spare seats for those guests who need a brief rest during the trip
- Tour leader
- Rider accompaniment; the "Sweeper" who will ride with you on your journey
- Mobile and satellite phone (for use in emergencies).

What to Expect:

- Changeable weather- prepared for cycling in occasional inclement conditions (*page 18*)
- Friendly, helpful and encouraging staff and support crew
- Hospitable accommodations
- Delicious food
- Gracious hosts in the people of Scotland
- Awe-inspiring views of nature and history such as; wildlife parks, remarkable castles and ships.

What we expect from you, our guest:

- A moderate level of fitness (able to ride a bicycle continuously for 45km or 28 miles)
- Confident with cycling rules of the road
- Flexible and open to change and new experiences (after all you'll be riding on the other side of the road occasionally and sleeping in a different place each night)
- Comfortable managing group dynamics
- Signed waiver and travel insurance
- Familiar with electronics and mobile "apps".

CycleScots Touring: On the road.

The journey of a lifetime.

The eBikes selected for you are powerful and capable units, enabling the rider to effortlessly cover distances and conquer hills. It's all about the journey: experiencing the Scottish countryside, forests parks and villages along the way. The freedom that our eBike offers allows the globetrotter unique views of gorgeous valleys, rivers and lochs- this is surely the road less traveled!

What to bring on the journey:

Our eBikes are fitted with small panniers or saddle bags but only designed to carry small essential items. and some light souvenirs. We would, however, strongly encourage that you consider packing the following:

Clothing:

- CycleScotsCo. will provide certified-legal helmet (it's the law in the UK)
- We recommend waterproof gloves, cycling jacket and pants.

Other:

- Sunglasses
- Your own favorite snack
- Water bottle
- Camera, phone or electronic tablet
- Journal or sketchbook.

Tips and tricks: Scotland

- It's hilly! We know. We've booked your road and distance capable eBikes. (*pages 8-9*)
- It's sometimes rainy! Preparation is recommended. (*Clothing page 19*)
- The Scottish Cycle Network! There are more than 2600km (1600mi) of traffic-free routes which offer a mix of country and forest roads, dedicated cycle throughways and railway paths for maximum cycling pleasure! <https://www.sustrans.org.uk/national-cycle-network/the-national-cycle-network-in-scotland>
- It's picturesque! This isn't a race so we've allowed plenty of time to relax, enjoy the scenery and take in all the amazing views.
- There are sheep! Luckily your tour guide and "Sweeper" are always on hand to offer their shepherding assistance and for anything else for that matter!
- Your electronics! You will need a power converter/ transformer to adapt plugs and current from the UK power grid 240V/50Hz to suit your electronics gear which is probably using 120V/60Hz.



Your journey. Our sustainable solution.

Your eBike is equipped with the latest modern-day, sustainable technology providing you with an enhanced cycling experience through the Scottish Highlands to the city-based Lowlands. Every moment of your journey is made special with the state-of-the-art Riese & Muller Superdelite eBike. To provide you with a safe and comfortable journey, the Smart System by Bosch is equipped to your Riese & Muller Superdelite e-Bike. The capabilities of this modern-day eBike will make touring in Scotland feel effortless.

The power of eBikes.

In order to maximize your eBike's efficiency, the Bosch Performance Line CX will automatically adjust the power of its electric pedals while riders cycle uphill and downhill. With the advanced PowerTube 750 battery, you now can fully recharge your eBike within 6 hours. The "eBike Flow" app is used to monitor eBike performance and will keep you updated while touring.



<https://www.r-m.de/en-ca/bikes/superdelite/>

Your eBike Specification:

CycleScotsCo. have chosen the Riese and Muller Superdelite GT Touring e-Bike to ensure you have a comfortable riding experience in the Scottish terrain. Your eBike is customizable based on your requirements with the following specifications:

Riese & Muller Superdelite GT Touring:

- Unisex with front and back carrier
- Shimano Deore XT, 11-speed derailleur
- Bosch Performance Line CX
- Bosch PowerTube 750 Battery
- Kiox 300 and LED Remote Displays
- Smartphone eBike Flow app.

eBike Sustainability.

Your eBike uses a combination of chemical and electrical energy to provide a green, eco-friendly ride. Every pedal provides a clean journey through the Scottish terrain by reducing the carbon footprints. It keeps you mobile by minimizing noise pollution and eliminating air pollution. This eBike is designed to blend in with your cycling passion and will be your sustainable mode of transport while touring in Scotland.

eBike Application.

The Bosch eBike Flow app will be compatible with your smartphone. This application will monitor the performance of your eBike while touring. It will display the battery level, indicate eBike speed, activate the alarm tracker in the event of theft, actively charge smartphones, and provide an adjustable pedal assist setting for an extra boost.

eBike Charging.

The Bosch PowerTube 750 lightweight battery can fully recharge your eBike within 6 hours. With an all-new lithium-ion battery, your eBike can deliver over 80 km (50 miles) of electrical pedal assist based on luggage weight and average speed. By using the Bosch A4 Charger, you can power up your eBike quickly when required and maintain the battery source while touring.



eVan Details.

Our CyclingScotsCo. eVan will be your support companion throughout the journey to make sure that you enjoy a safe and comfortable tour. We have stocked this vehicle with equipment readily available to you in case of an emergency. Your tour leader can access a first-aid kit, cycling tools, energy bars and hydration supply en route. The eVan compliments our goals of providing a sustainable, safe and fun tour spent pedaling across the historical Scottish valleys.

Itinerary: Your day to day.

To get the most out of your journey, we will do our best to keep to a strict schedule for each stop along our tour. But don't worry- we've allowed enough time for you to explore and experience all the sights and sounds of the Scottish countryside, parks and quaint villages.

INVERNESS → AVIEMORE

June 13th, 2022

9am We will meet you to begin the journey from our CycleScotsCo. headquarters at 555 Old Edinburgh Road, just East of the River Ness.

We will be covering 60 km (37 miles) with 480 meters (1571 feet) elevation.

The journey will take around 4 hours, including a stop for lunch in Tomatin where you can purchase snacks and coffees, and three additional breaks to refill your water jugs.

2pm We will arrive in Aviemore and head to the Old Bridge Inn (*page 12*) to drop our luggage and get settled

We will take care of bike charging overnight at each stop - let us know if you would like to take your bike out again before sundown and we will arrange that for you. You will have the afternoon to rest or explore. Visit our Local Attractions page for Aviemore highlights. (*page 14*)

5pm Supper will be served at the Old Bridge Inn Pub. (*page 13*)

AVIEMORE → PITLOCHRY

June 14th, 2022

7am We will meet back at the Pub for breakfast.

Make sure to bring your luggage down to the Pub so our team can load it into the van before heading out.

9am Meet in front of the inn to retrieve our bikes a little earlier this morning since we will be covering 97 km (60 miles) and 390 meters (1276 feet) elevation today.

The journey will take around 5.5 hours including a stop for lunch in Dalwhinnie (which is known for its Scotch distillery so feel free to pick up a bottle!- we will carry it for you to enjoy later) <https://www.malts.com/en-gb/distilleries/dalwhinnie>

3pm We will arrive in Pitlochry and check in to The Pitlochry Hydro Hotel (*page 12*)

You will have the afternoon to rest or explore. Visit our Local Attractions (*page 14*) page for a few Pitlochry highlights.

6pm Supper will be provided by Victoria's Restaurant. (*page 13*)

PITLOCHRY → DUNDEE

June 15th, 2022

- 9am We will sleep in a little today as tomorrow will be a rest day and you will have 24 hours to explore Dundee.
Breakfast will be served to your room by the hotel. **Make sure to put in an order at the front desk the night before.** Dietary substitutions can be arranged on request.
Our team will collect your luggage from your rooms today as you enjoy breakfast.
- 10am We will sleep in a little today as tomorrow will be a rest day and you will have 24 hours to explore Dundee.
We will be covering 67 km (42 miles), 390 meters (1289 feet) elevation today.
The journey will take around 4.5 hours including a stop next to the River Tay in Kinclaven.
- 3pm We will arrive in Dundee and check in for our two-night stay at The Shaftesbury Hotel. *(page 12)*
- 6pm The Shaftesbury will provide dinner in their restaurant.
We will NOT be providing meals tomorrow so feel free to explore the city and follow your own Scottish food-tuition!

DUNDEE

June 16th-18th, 2022

Refer to our Dundee Information page *(pages 16-17)* for information about the city's many attractions.

DUNDEE → EDINBURGH

June 18th, 2022

- 9am Our final day! - We will meet for breakfast back at The Shaftesbury Restaurant.
Make sure to bring your luggage down to the Pub so our team can load it into the van before heading out.
- 10am Meet in front of the hotel and saddle up for a journey of 98 km (61 miles) and 765 meters (2,516 feet) elevation.
Our last leg will take around 6.5 hours with a stop for lunch by Lochore Castle.
- 5pm We will end our tour at the Edinburgh CycleScotsCo. receiving center where we will say cheers and "*tapadh leat!*" (thank you!) at our finale with complimentary champagne or whiskey and hugs goodbye.
Your luggage and other belongings will be returned to you promptly.

Accommodation



AVIEMORE:

Old Bridge Inn

Set on the banks of the River Spey in the heart of the Scottish Highlands, Old Bridge Inn offers modern, comfortable rooms in a fantastic location.

Rooms have en-suite bathrooms and secure entry, as well as their own fridge, kettle and space to dine, work or relax.

Featured in suite; super-fast fiber broadband internet.

The inn is attached to the pub.

<https://www.aviemore-bunkhouse.com/>

<https://www.oldbridgeinn.co.uk/>

PITLOCHRY:

The Pitlochry Hydro Hotel

Traditional Scottish architecture allows the stay at this hotel to be a true, authentic experience. Included perks are a superb restaurant, a fancy lounge, a garden, an indoor pool and a sauna.

This hotel has its own natural trail, so you can take a stroll around the area or visit Blair Castle (*page 15*) which is conveniently within walking distance!

<https://bespokehotels.com/pitlochry-hydro-hotel>



DUNDEE:

Shaftesbury Hotel

The lovely Shaftesbury Hotel is situated in the quiet west end of Dundee yet mere steps away from the vibrant city center.

This cozy home-away-from-home provides the perfect place to nest in Dundee or home base to explore this vibrant city.

<https://shaftesburyhotel.uk/>

Dining



AVIEMORE:

Old Bridge Inn Pub

Try some of Scotland's most traditional foods in this cozy pub, including:

Haggis- A black pudding made of lamb organs mixed with spices. This has a unique flavor that won't be found outside of Scotland!

Cullen skink- A Scottish stew made of potatoes, onions, and smoked fish. It tastes similar to American chowder, but it has a smokier tang.

PITLOCHRY:

Victoria's Restaurant

Within Pitlochry, Victoria's Restaurant is a fancy restaurant at an affordable price. The restaurant's main dish includes Scottish salmon which is sourced from the nearby Highland rivers. This dish is guaranteed to be fresh and unique to the Cairngorms region. Non-Scottish meals include ribeye steak and desserts such as apple pie and toffee pudding.

<https://www.victorias-pitlochry.co.uk/>



DUNDEE:

Milton Inn

Tuck into favorites, like Yorkshire pudding or enjoy a fine selection of traditional Scottish meat pies while seated in a quaint garden setting.

<http://www.themiltoninn.co.uk/>

DUNDEE:

The TinSmith

Not a typical "old man pub"- this is a gastro-pub which is sure to satisfy your appetite after a long day exploring Dundee's historical sights. Haggis fritters with a pint of Scotland's finest draught may be just the ticket!

<http://the-tinSmith.co.uk>





Attractions and sights: Aviemore



Aviemore Ring Cairn and Stone Circle

A historic ceremonial site featuring a circular formation of stones dating as far back as 2,400 BCE.

<https://www.scotlandguides.org/tour>



Cairngorm Brewery

A local brewery that provides a selection of craft beers in both keg and bottles from a light continental style beer to a traditional Scottish Milk Stout.

<https://www.cairngormbrewery.com>



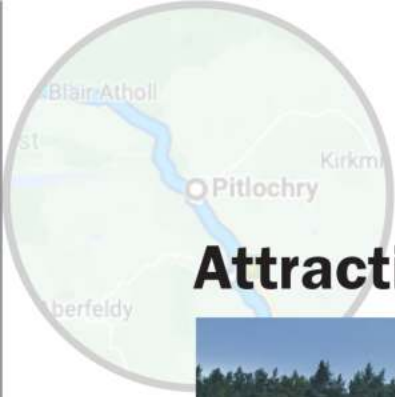
Highland Wildlife and Birdwatch Safaris

A wildlife park offering guided wildlife excursions through the beautiful Highlands.

From the website: We see marvelous creatures regularly, so whether you are a serious observer, or a complete novice, join our friendly wildlife outings with an experienced local nature watcher in some of the most beautiful scenery in the world.

<https://www.visitscotland.com/info/tours>





Attractions and sights: Pitlochry



Blair Castle

This castle has been the home of the Atholl family for 750 years, through a history of both turbulent and peaceful times. Explore the castle and the ground for a real Scottish historical experience.

<https://blair-castle.co.uk/scottish-highland-castle>

Dunfallandy Stone

Get a rare insight to Pictish life on this exceptionally well-preserved cross slab dating to about AD 600.

<https://www.undiscoveredscotland.co.uk/pitlochry>



Queen's View Visitor Center

See the spectacular scenic view named after Queen Victoria, located on the eastern edge of Loch Tummel. This picturesque woodland offers a café and a gift shop for their visitors.

<https://www.britainexpress.com/scotland/Tay-side/countryside/queens-view.htm>





Dundee

Although less known than the larger cities of Scotland, Dundee (Dùn Dè or Dùn Dèagh) is the perfect city break destination from your trip through the highlands. With a diverse range of bars and restaurants, an eclectic choice of independent shopping, and a vibrant music and events scene, this city offers our guests a fascinating glimpse of Scottish industry and history.

Dundee's unofficial motto: "...jute, jam, journalism..." derives from the city's role in jute and textile manufacturing and trade, the famous marmalade (dating from the 1700's) and the presence of renowned publishing firm of DC Thomson respectively.

This east coast Scottish city is currently in the middle of it's ambitious 30 year plan to redevelop the waterfront and reconnect to it's city center. Improvements to the urban infrastructure will encourage travel by transit, by foot and of course by bicycle- making this stop an ideal place to unload the tour bags and explore!

A one day rest period in this city, by the Tay estuary, before our final 'port of call', allows our guests the opportunity to explore the streets of Dundee or venture just another hour to St. Andrews.

We like to call this our "Golf" or "Not Golf" stop along your journey!

Not Golf

For the "Not Golf" category we're featuring sights to help you understand Dundee's role in discovery, culture and industry. (*Adjacent page*)

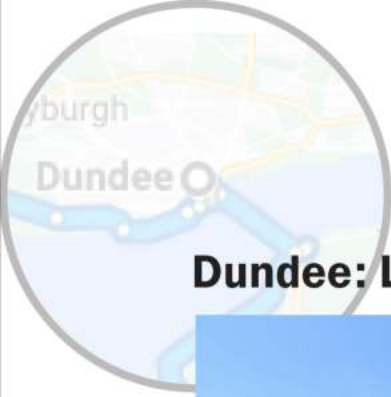
Golf

Every golfers dream. If you're passionate about the game there is really only one spot which must be on your 'bucket list' - St. Andrews links. And with that we mean "The Old Course"; the "Grand Old Lady". Widely considered the most famous, the finest, and, dare we say it, the most sacred of all. A 600 year old tradition.

The St. Andrews links are comprised of seven public courses spread over 300 hectares on common land. Advance bookings are highly recommended.

Whether it's a day of "Not Golf", aka sights and sounds of Dundee or "Golf" aka St. Andrews, you're sure to need some revitalization. We have selected a few restaurants and pubs to satisfy your hunger. Check out our selection on *page 13* of this guide.





Dundee: Local and near-by sights



Broughty Castle

This fortified defense castle built in 1490 houses a museum displaying the artifacts providing a glimpse of local history of Broughty Ferry. Fantastic views of the Tey River- the lifeblood of Dundee.

<http://www.leisureandculturedundee.com/culture/broughty-castle>

RRS Discovery

Explore and discover, aboard Captain Scott's research vessel RRS Discovery, the fascinating tales of his Antarctic expedition.

<https://www.rrsdiscovery.co.uk/>

A 10 minute walk brings the traveler to the unique naval vessel: **HMS Unicorn.**

<https://www.hmsunicorn.org.uk/>



Verdant Works

Verdant Works is a world class visitor attraction which tells the story of Dundee's industrial textile heritage in the atmospheric setting of a beautifully refurbished Mill building.

<https://www.verdantworks.co.uk/>

World Golf Museum

Adjacent to the famous golf courses of St. Andrews, the World Golf Museum, is all about the game. Immerse yourself in the sights and sounds of St Andrews, discovering the ancient and defining relationships between golf and the town that spread beyond the world-famous links.

<https://www.worldgolfmuseum.com>

<https://www.standrews.com/>



What you need to know.

CycleScotsCo. understands that traveling can be stressful and we want to provide you with as much up to date information as possible. Below we provide easy currency tips and weather patterns to help you feel comfortable as you prepare.

Pounds and dollars.

Currency information (as of February, 2022).

Scotland's official currency is the pound sterling, also used throughout the UK. It is important to note that dollars and euros may be accepted at some larger hotels and shops, but the exchange rate is not favorable. It is suggested that if you are planning to use cash, you should exchange some before your travels. **More information on using credit cards can be found in 'Travel Necessities'.**

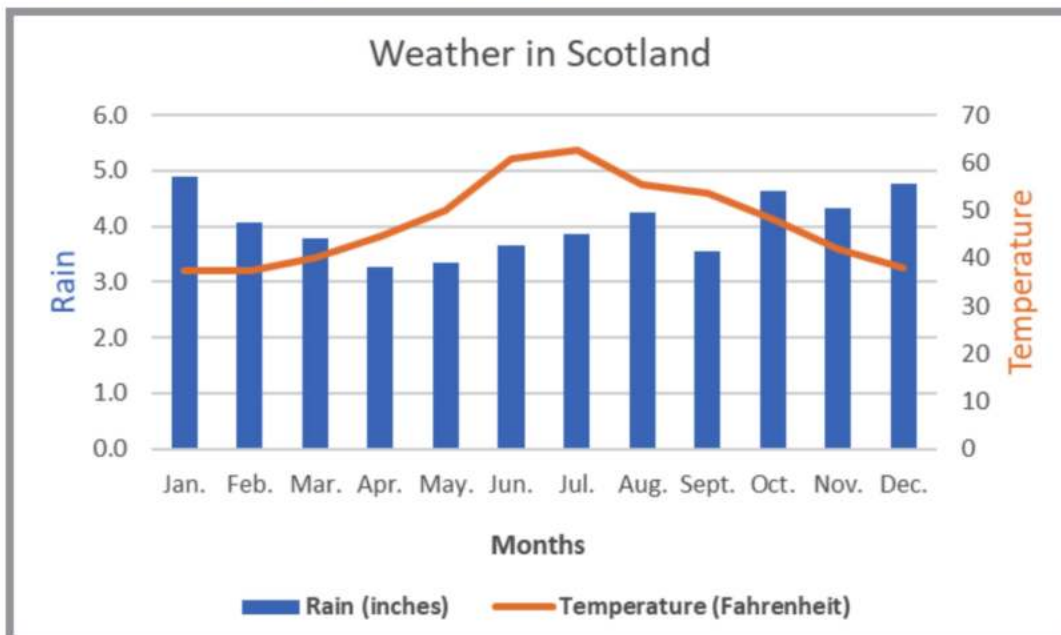
UK pound sterling	Canadian dollar	US dollar
£1.00 GBP	\$1.70 CAD	\$1.35 USD

Currency calculator link:

<https://www.xe.com/currencyconverter/convert/?Amount=1&From=GBP&To=CAD>

The weather out there.

<https://en.climate-data.org/europe/united-kingdom/scotland-257/>



What you need pack (wanted on the voyage).

Clothing:

As you can see from the preceding graph, Scotland's weather can tend toward rain and cold, even in June, so we recommend you keep this in mind while packing.

- 2 pairs of weather resistant pants
- 1 rainproof jacket
- Pair of shorts (suggested padding in the rear)
- 2 T-shirts/sports bras
- 1 sweater
- Ear warmers
- 5 pairs of socks and underwear
- Footwear appropriate for cycling and city walking.

Travel Necessities:

- Proof of vaccination
- Passport and regional ID card
- Medical alert information
- Travel insurance
- Form of payment that works Internationally
- **A check in with your credit card company before travel**
- **We recommend looking at this site: <https://wallethub.com/credit-cards/international/>.**

What if I forgot something?

Luckily, Scotland is an international country and even in remote places near Inverness you will be able to purchase what you need.

If you still have questions, feel free to contact CycleScotsCo. any time at the links below:

www.cyclescotscosco.com

cyclescotscosco@gmail.com

24 hr access phone: +44 416-990-5555

Follow us on social media @CycleScotsCo (Twitter, IG, FB, LinkedIn).

“On yer bike!”

We are thrilled that you have chosen CycleScotsCo. for your 2022 travels. As you have seen in this guide, there is a lot to look forward to and a lot to remember. Please keep a link to this guide on your phone, or in printout form if that is more accessible for you.

If you have any further questions or would like to kindly submit a review, please reach out to us at cyclescotscosco@gmail.com.

