**Cyclemore – Route Description**

The main points ….

* Distance – 25 km
* Largely off-road and on recognised cycle paths
* Short road sections Inverdruie to Blackpark (minor road), and through Glenmore village
* Some rough/uneven/muddy sections
* Marshals at key points, signage at minor junctions
* 1st aid at key points
* Refreshments at Hayfield
* Toilets at Loch Morlich Beach, Glenmore Visitor Centre, and at finish

Our route starts from the Old Bridge Inn, on the banks of the river Spey. You will cross the river by the old bridge, and follow the old Logging Way cycle route (beside the road) up to Inverdruie. There are 2 road crossings on this section, care is required. You will then turn right, following the minor road gently uphill to Blackpark. The route then forks right on a well-used landrover track, descending slightly to the entrance to Loch an Eilein car park. The clear and wide track continues beside the Loch for 1.5 km before turning left uphill on another clear track. This ascends steadily with a couple of steeper and slightly rougher sections for a further 2.5km to reach the historic Cairngorm Club footbridge.

Once you have negotiated the steps up to the bridge (assistance will be available), you will continue through the pinewoods on a good track. There may be one or two muddy sections here, before the track climbs more steadily to meet the private access road for Rothiemurchus Lodge. Turning left here, there is a level section for 1.5 km towards Loch Morlich. This is the half-way point, but you will have done most of the hard work! Turning right, you will head anti-clockwise around the Loch on forest tracks, emerging onto the Glenmore road at the Hayfield. Refreshments and 1st Aid will be available here, and there are toilets nearby at Glenmore Visitor centre and at Loch Morlich beach.

From the Hayfield, there is a short on road section passing through Glenmore Village, before turning right off the road to join the Old Logging Way. This is an established cycle route, which leads back to Rothiemurchus, and is mostly downhill. The route crosses the road above Coylumbridge, and there is a short pavement section at Rothiemurchus campsite. A further 1.5 km brings you to the finish area at Inverdruie, where you can enjoy a well earned rest, and of course collect your medal!

