

### **VisitArran Info for Cycling Groups**

Welcome to Arran! Many cyclists visit Arran, and we offer a stunning island to cycle round, with narrow winding country roads, steep hills, changeable road surfaces and deep descents, not to mention a variety of possible vehicles, runners, walkers and animals to contend with!

Round-Arran groups may be cycling for charity or perhaps just for a club outing. However, remember that Arran is a working island; road traffic has increased considerably in recent years and the information below is designed to help make your Arran adventure more enjoyable!

Here's some tips and advice to share Arran's roads safely:

- Let CalMac know which ferry you aim to be catching to (and leaving from) the island. Space on car decks can be limited on specific sailings, so discussing this in advance might save you hanging around! Contact 01294 463470 (Ardrossan) or 01770 460361 (Brodick)
- It is always best to avoid congestion at the ferry terminal. Why not wait in a designated area, arranged by your group leader, and let the ferry traffic and buses clear before you start your journey? This will make your onward cycle much more pleasant and less congested. VisitArran are happy to offer suggestions...why not email us at [info@visitarran.com](mailto:info@visitarran.com)
- For reasons of safety, please keep bus stances clear at all times.
- Wear bright coloured clothing so that you can easily be seen and make sure your bike is in good working order with lights and reflectors
- Arran's roads are narrow and often have changing surfaces, so travel round the island in groups of four or less if possible, and pull in when safe and convenient to allow passing and avoid tailbacks – remember buses have timetables to stick to, and passing a group of six or more can be difficult! By spreading yourselves out into smaller groups you'll see more of our beautiful island too!
- Take care when descending hills, particularly when roads are wet and check your brakes before descent.
- Look well ahead to identify changes in surfaces, drains, and wildlife, such as sheep, deer etc, who also like to wander onto our roads!
- Indicate clearly if changing direction
- Avoid ferry traffic if possible
- Please respect other road users by acknowledging courtesies

We hope you enjoy your visit to Arran and be sure and check out our website for lots of Food & Drink suggestions to enhance your stay!