

The Route

Where: Aberfoyle to Callander

National Route Number: 7

Distance: 13 miles each way

Terrain: Traffic-free forest tracks and some minor roads. Short section of main road at Aberfoyle. A climb through a mountain pass to about 225 metres in the early stages, then mostly downhill

Public transport:

Train to Stirling, then Trossachs Trundler bus (see below) - tel. 01786 442707 for up-to-date information

Bike hire: Wheels Cycling Centre in Callander - 01877 331100; Trossachs Holiday Park nr Aberfoyle - 01877 382614

Maps: Lochs & Glens North map; Lowland Highland Trail route leaflet available from local tourist information centres

OS maps: Explorer 365, Landranger 57

Tourist information:

Aberfoyle - 01877 382352;
Callander - 01877 330342

Towns to search for on Sustrans website mapping:

Aberfoyle, Callander

Aberfoyle and the Trossachs



Aberfoyle to Loch Venachar

National Route 7 between Aberfoyle and Callander takes you through a beautiful mountain forest and along the shore of Loch Venachar. It is more than worth the climb out of Aberfoyle to enjoy the exhilarating descent, the peace of the Queen Elizabeth forest and the tranquility of the lake. There are also other cycle paths within the forest which can take you to Loch Katrine and the village of Brig o' Turk. From Callander, Route 7 continues along a railway path beside Loch Lubnaig to Strathyre, then on a minor road to Balquhider.

In the summer, the Trossachs Trundler bus (no service on Wednesdays) can take you and your bike from Stirling to Aberfoyle, and then get you back to Stirling from Callander, carrying a maximum of two bikes. As there is no pre-booking, there could be a problem if the bike rack is full already, although this was unusual in 2004.

One alternative is to make it an all-day ride, riding to Aberfoyle from Stirling railway station, then back from Callander to the station at Dunblane or Bridge of Allan. This would entail some sections on busy A roads, suitable only for experienced cyclists. If this sounds unattractive, why not use the bus and then pick up a hire bike at the start of the ride?

The landscape and the towns of the Trossachs are worth exploring, so there is a strong case for spending a few days in the area and seeing it at a leisurely pace.

