



The Insch Cycle Routes

Insch was founded on a meadow in the valley of the Valentine Burn. It has long been a centre for the surrounding countryside, which has been farmed for over 5000 years. It lies between the A96 and A97, thirty miles by road from Aberdeen, with convenient parking at the Bennachie Leisure Centre. Insch train station is on the Aberdeen - Inverness rail line. Bike reservations are free (make sure there are enough spaces for your group and that you also have reservations for your journey home).

Three circular routes, waymarked with coloured arrows, provide leisurely opportunities to explore the rolling hill country between Insch and the Hill of Foudland, with sweeping views over the Pictish province of The Garioch to Bennachie. All the routes are on public roads with a tarred surface, winding through beech avenues, open farmland and forests. For those seeking challenging off-road cycling, the Forest Enterprise Cycle Trails at Gartly Moor Forest can be reached from Insch via the 'Gartly Moor Link' (waymarked in white).

The routes in this leaflet are waymarked in the colours shown, but for your further interest and enjoyment, the 1:50,000 Ordnance Survey Landranger Map Sheets 29 and 37 are recommended.

CYCLE WITH CARE

- Make sure your cycle is roadworthy
- Wear an approved cycling helmet
- Be visible, be seen, be safe!
- Carry a map, suitable clothing and refreshments

This is a beautiful, well-tended landscape. Please do not drop litter. Respect the privacy of farms and residences and help care for the countryside. Walkers and horse-riders enjoy these roads too. Use your bell or voice to warn them of your approach and avoid alarm.

Information

Train Service to Insch Station

National Rail Enquiries: tel.08457 48 49 50; www.scotrail.co.uk
Tickets and bike reservations - Scotrail Telesales: tel. 08457 55 00 33

Refreshments

Insch has a selection of shops, pubs, hotels and a fish & chip shop/cafe

Bennachie Leisure Centre, Insch: tel. 01464 821248

Parking, toilets, showers (small charge), tearoom, community shop
Centre open Mon - Fri 0930 - 1130; 1400 - 2200 Sat 0900 - 1300
Tearoom Mon - Fri 1000 - 1500; Sat 1000 - 1300

Tourist Information and Accommodation

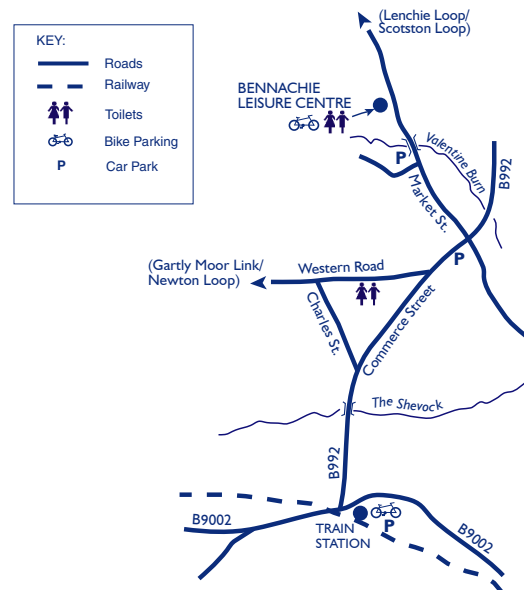
tel. 01224 288828; www.castlesandwhisky.com

Other Cycle Leaflets

'Cycling in Aberdeenshire' - series of six leaflets from cycle shops and Tourist Information Centres

'Formartine and Buchan Way' from Tourist Information Centres and Aberdeenshire Council: tel. 01224 664342

'Cycling in the Forest: North-East Scotland' includes Gartly Moor Cycle Trails; from Forest Enterprise: tel. 01466 794161



Local Routes: **INSCH**

Insch Cycle Routes



Four routes exploring
the local countryside

