



BIKE COURSE DESCRIPTION

St. MARY'S LOCH TRIATHLON

Distance from TA (approx.)	Description
0.0 – 0.2	Narrow singletrack farm/pub access road. Loose gravel and potholes in places, care required.
0.2	LH Turn on to A708, care required. Cyclists do not have priority.
0.2 – 6.5	Good two lane (one each direction) tarmac road. Undulating, but tending upwards.
6.5 – 8.7	Descent on narrow (1.5 – 2 lanes) road, twisty, occasional unsighted corners.
8.7	Entrance to 'Grey Mares Tail' car park. Care required for cars turning in/out.
8.7 – 20.0	Good two lane (one each direction) tarmac road. Gently undulating, but generally flat.
20.0	Dead turn at Waterside car-park. Care required. Cyclists do not have priority and you may need to wait for a gap in the traffic. Return as above in reverse.
39.8	RH Turn off A708, care required. Cyclists do not have priority.