

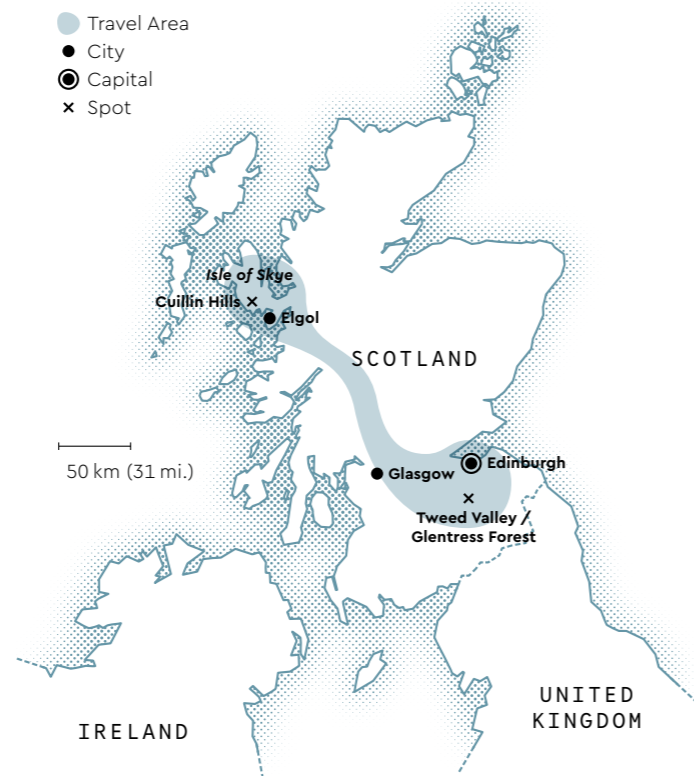
Prepared for unpredictable weather changes, Scotland's breathtaking coasts, mountains, and forests are best explored.

Scotland covers almost a third of Great Britain and includes several island groups in the North Sea and the North Atlantic. Scotland is officially part of the United Kingdom of Great Britain and Northern Ireland, but efforts to achieve independence have increased in recent years. After the referendum on Britain's exit from the European Union (EU) in 2016, in which the majority of Scottish citizens voted to remain in the EU, calls for independence in Scotland have become louder again.

There is a clear south-north divide in the country of 5.5 million. In the south, there are metropolitan areas including Edinburgh and Glasgow, while there is a low population density in the north. Very few people live on the west coast, where the famous Scottish Highlands are located.

Around three-quarters of Scotland's total land area is used for agriculture. Barley, wheat, and oats are mainly grown here, particularly for the production of one of the country's main exports, Scottish whisky. All over Scotland, distilleries produce whisky under strict conditions. A tour through one of the facilities should not be missed.

When it comes to biking in Scotland, you are in good hands. With the 7stanes project, so-called trail centers were set up at seven locations in the south, which invite you to hike and bike in the woods. The award-winning trails are now among the best in Europe and are viewed as models for



developing centers all over the world. Next to this, there are of course countless opportunities for cycling in the great outdoors, and due to progressive access rights you really can get into the wild.



FACTS

DESTINATION:
Isle of Skye

TRAVEL TIME:
June–July

Ø Temperature (Trip):
15°C (59°F)

Trail Distance:
13 km (8 mi.)

Trail Duration:
½ day

Elevation (Trip):
780 m (2,559 ft.)

Passability:
difficult, unpaved
parts and a very
steep uphill segment

National Cuisine:
fish and chips,
haggis, mussels

Don't forget:
waterproof pants

Before riding through the rough Scottish landscape, make yourself familiar with the customs on the paths, ride and act responsibly, and expect unexpected weather.

The most famous trail center of 7stanes is Glentress in Peebles, located about 30 minutes from Edinburgh. There are not only five trails ranging in level of difficulty, which can be combined

in different ways, but also Freeride Park, a bike school for children, campsites, and restaurants. A huge bike community has been established around the trail center, and local cyclists have created and maintain hundreds of paths away from the official routes. This makes the area one of the largest contiguous trail areas outside of the Alps. ♦