

Helensburgh – Glen Fruin Loop

ROUTE TYPE: Cycle

DISTANCE: 15 miles/24 km

AVERAGE TIME TO COMPLETE: 2.5 Hours

DIFFICULTY LEVEL: ■■■□□ Medium (moderate distance over hilly terrain)



THE ROUTE

Departing from the western end of the John Muir Way at Helensburgh's waterfront, this short but hilly road route rewards with views of Glen Fruin, Gare Loch and the Clyde coast.

Climb from the waterfront along quiet streets to Charles Rennie Mackintosh's famous Hill House. Leaving the town, after about 1km of cycle path, the route turns north towards Glen Fruin.

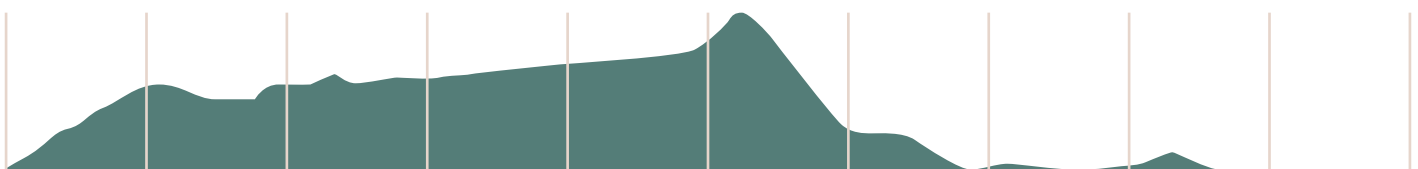
Enjoy the quiet single-track road along the glen before the steep climb and twisty descent towards the coast. Heading south along the A814 (there is a marked cycle lane) brings you back into Helensburgh with its choice of cafe stops.



Helensburgh & Gare Loch

ELEVATION PROFILE

Total ascent 260m / Highest point 193m



PLACES OF INTEREST

1

HELENSBURGH WATERFRONT

The circular sculpture and seat at the entrance to Helensburgh pier mark the western end of the John Muir Way and also the start/finish of this route.

2

SCOTTISH SUBMARINE CENTRE

The route passes close to Scotland's only submarine museum where you can view a Stickleback sub and learn about the exploits of those daring submariners.

3

THE HILL HOUSE

Explore Charles Rennie Mackintosh's finest domestic creation, currently housed inside a protective 'box'. Go on a tour inside and out (even over the roof) and relax in the café.



The Hill House



Glen Fruin

4

VIEW OF GARE LOCH & THE HIGHLANDS

Take a moment at the top of the steep Glen Fruin climb to admire the views of Gare Loch to the west and the mountains including the Cobbler to the north.

THE INSIDE TRACK

Helensburgh has some great eateries and a rich variety of shops, including Helensburgh Cycles by the route start. It's well worth building in time to look around the Hill House and take in the views from its protective 'box' as you leave town. You'll also find a few pit stop opportunities at the coast in Rhu.

TERRAIN

This route follows the start of the John Muir Way on quiet streets and cycle path as it climbs through Helensburgh before turning onto undulating single track road through Glen Fruin. There is a steep climb at the top of the glen before a steep hairpinned descent (take care). The return along the coast is entirely flat along marked cycleway.

GETTING THERE

BY RAIL: There are regular trains from Glasgow to Helensburgh Central and a less frequent service to Helensburgh Upper via the West Highland line, which runs trains with dedicated space for bikes.

BY BUS: First Greater Glasgow service 1B operates between Glasgow, Balloch and Helensburgh.

BY CAR: There is some free parking available in Helensburgh and at the Hill House.

Please enjoy Scotland's outdoors responsibly.
Visit: outdooraccess-scotland.com

Plan your trip and find more routes at:
johnmuirway.org/day-trips