


The Three Glens

(Glen Ogle, Glen Kendrum, Gleann Dubh)



At a glance

Grading:	 Difficult
Description:	Clockwise
Distance:	21 km / 13 miles
Ascent:	500m
Type:	Mountain bike circuit
Signage:	Partial signed with National Cycle Network 7 (NCN7)

Route Description

An outstanding circuit that includes an adventurous mountain crossing. The route features three beautiful glens and a big climb into the upper reaches of Glen Kendrum followed by a sweeping descent of Gleann Dubh into Glen Dochart. This is wild mountain biking at its best.

From the car park at the top of Glen Ogle (Grid Ref. NN558 284), follow route NCN7 south for an easy downhill cruise through the stunning Glen Ogle with its spectacular viaduct, crags and forests. After 6.2km the track splits at Craggan – follow the Right branch, pass 3 metal gates until a small rail bridge. Take the Right turn immediately after the bridge, and head into Glen Kendrum. The next 5km involves a big climb into the atmospheric upper sanctum and although never steep or technical it's pretty constant - so keep spinning and enjoy the stunning scenery.

After passing under the dark and brooding crags of Creag Mac Rànaich (809m), the track enters a high summit col - a great place to refuel and psych-up for the descent.

Buckle up as the track now takes a fast and sinuous route for 4.6km down the valley, pick your line and watch out for the occasional stray boulder or rough section.

After a picturesque river crossing, continue downhill to the derelict train bridge. Turn Right on the restored track and after 1km a Right fork – follow this track for 4km back to Lochan Lairig Cheilè and the car park.



Points of Interest

Glen Ogle viaduct

Loch Earn

Glen Ogle, Glen Kendrum, Glen Dochart and Gleann Dubh

Cycle Hire

Killin Outdoor Centre & Mountain Shop
Main Street, Killin, Perthshire, FK21 8UJ
T: 01567 820652.
E: info@killinoutdoor.co.uk
W: www.killinoutdoor.co.uk

Facilities

Refreshments and accommodation are available in Crianlarich, Killin and Lochearnhead.