

HELENSBURGH TO GLEN FRUIN LOOP

(15 MILES,
24.1KM)

A picturesque and hilly loop using roads overlooking the Firth of Clyde

visitscotland.com/cyclingroutes

ROUTE DETAILS



LEVEL

Challenging ▲▲▲

DESCRIPTION

Some steep hills.
Follows sealed roads
suitable for road
bikes

TIME

2 hours

VIEW POINTS / ATTRACTIONS

- A** JOHN MUIR WAY START
G84 8AR
- B** HELENSBURGH TOWN CENTRE
- C** SCOTTISH SUBMARINE CENTRE
G84 8UN
- D** THE HILL HOUSE
G84 8JR
- E** VIEWS OVER GARE LOCH

ROUTE PROFILE

Total Ascent 220m

Highest Point 191m



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ROUTE DESCRIPTION

Departing from the western end of the John Muir Way at Helensburgh's waterfront, this short but hilly 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 The Hill House – a masterpiece of the Modern Style.

Leaving the town, after about 1km of cycle path the route turns north towards Glen Fruin.

Enjoy the peaceful single-track road along the glen, before a steep climb and twisty descent towards the coast. Heading south along the A814 brings you back into Helensburgh with its choice of café stops.

ROUTE LEVEL CLASSIFICATIONS

Introductory ▲

DISTANCE <15 KM
TERRAIN FEW TO NO HILLS

Intermediate ▲▲

DISTANCE 15-35 KM
TERRAIN SOME HILLS

Challenging ▲▲▲

DISTANCE >35 KM
TERRAIN HILLY

THE DISTANCES MAY VARY SLIGHTLY FROM THE CLASSIFICATION DEPENDING ON THE AMOUNT OF HILLS AND THE NATURE OF THE ROUTE

FRIENDLY STOPS

HELENSBURGH CYCLES

5 West Clyde St, Helensburgh G84 8SQ
01436 675239



THE HILL HOUSE

Upper Colquhoun St, Helensburgh G84 9AJ



SUGAR BOAT (BISTRO)

30 Colquhoun Sq, Helensburgh G84 8AQ
01436 647522



DELI IN THE SQUARE

Colquhoun Sq, Helensburgh G84 8AD
01436 672564

