



# FIVE BRIDGES LOOP

A challenging daytrip loop plotted around five villages and their famous bridges  
[visitscotland.com/cyclingroutes](http://visitscotland.com/cyclingroutes)

(33 MILES, 53KM)



## ROUTE DESCRIPTION

Completing the '5 Bridges' route is a popular local cycling challenge, with the journey beginning and ending in the bustling hub of Aviemore.

The first four bridges are located in the nearby villages of Carrbridge, Dulnain Bridge, Nethy Bridge, and Coylumbridge. The final stop is the Old Bridge Inn, Aviemore, where you can celebrate completing the challenge in the traditional manner!

This route combines sections of the Speyside Way, Route 7 of the National Cycle Network and a mixture of local roads. With an abundance of refreshment stops and some of the finest local views along the route, there is plenty to see and do as you complete this legendary local challenge.



[VISITSCOTLAND.COM](http://VISITSCOTLAND.COM)



## 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

### MIKES BIKES

5A Myrtlefield Shopping Centre,  
Aviemore PH22 1SB  
01479 816212



### DELI MAIR

Myrtlefield House, Grampian Road,  
Aviemore, PH22 1RH  
01479 810 270



### SPEYSIDE HEATHER CENTRE

Skye of Curr Rd, Grantown-on-Spey PH26 3PA  
01479 851359



### THE BARN

Rothiemurchus Centre, Aviemore PH22 1QH  
01479 810005

