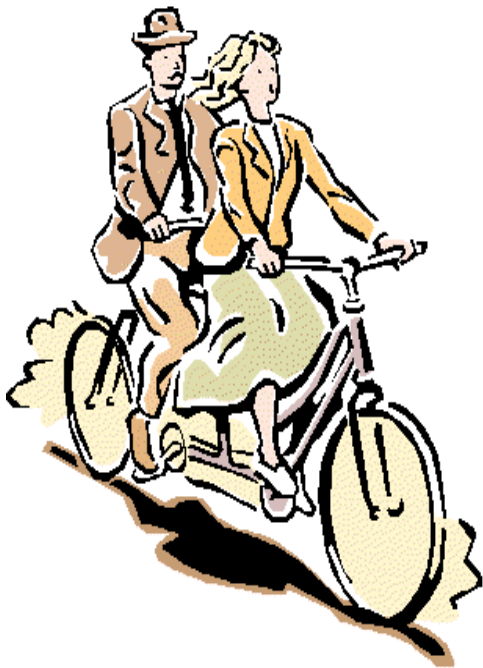




**Treat yourself to a day or weekend away cycling in our lovely countryside.**

**This year we offer you a chance to visit places from Perthshire to the Yorkshire Dales, from Speyside to the Western Isles, from Arran to the Trossachs, and from New Lanark to the Border lands.**



**Rides are usually on Sustrans and NCN routes and quiet roads.**

**We are based in Edinburgh. Rides vary from 30-50 miles but average 40 miles a day with café and sightseeing stops. Accommodation is in Hostels or B&B.**

**Mellow Velo is a group of cyclists who have come together to make it easier to organise day and weekend trips.**

**Please note that we are not a travel organisation and everyone is responsible for his or her own safety.**

For details please see [www.mellowvelo.org.uk](http://www.mellowvelo.org.uk)

Or e-mail [info@mellowvelo.org.uk](mailto:info@mellowvelo.org.uk)

