

The Iron Horse 200
Start 08:00 : Garve Village Hall
Sunday 21 April 2024

KEY:	TFL = traffic lights	T = T junction
	RAB = roundabout	stg X = staggered crossroads
	MRAB = mini roundabout	SOX = straight on at crossroads
	LHS = left hand side	SO = straight on
	RHS = right hand side	X = crossroads
	R = right hand turn	xing = crossing
	L = left hand turn	sp = sign post
	CP = cycle path	imm = immediately
	CR = Cycle Route	eff = effectively
	FP = Foot Path	R/H or L/H = right hand or left hand

Stage 1 Garve to Lochcarron 60kms

R from VH control onto main road (A835)	0.0
1.0 L sp gairloch	1.0
24.9 1st exit RAB sp kyle of lochalsh	25.9
33.7 Lochcarron Free control.	59.6
Café or shop get receipt	

Stage 2 Lochcarron to Applecross 36kms

continue through Lochcarron

10.2 L sp APPLECROSS	69.8
18.5 R @ T sp APPLECROSS WALLED GARDEN CAFÉ	88.3
0.6 R on LH bend no sp	88.9
0.7 Control in Walled Garden Café	89.6

Stage 3 Applecross to Torridon 52kms

Retrace to

0.7 R @ T no sp	90.3
12.8 Spindrift Info Control LHS see brevet card	103.1
25.3 L @ T sp shieldaig	128.4
0.9 L sp shieldaig	129.3
1.4 L @ T	130.7
11.1 L sp TORRIDON	141.8
1.2 R into control at Torridon Stores & Café	143.0

Stage 4 Torridon to Garve 63kms

1.2 Retrace to L @ T sp KINLOCHEWE	144.2
15.9 R @ T sp ACHNASHEEN	160.1
14.9 1st exit RAB sp inverness	175.0
24.9 R @ T sp inverness	199.9
1.0 L into Garve Village Hall Control	200.9