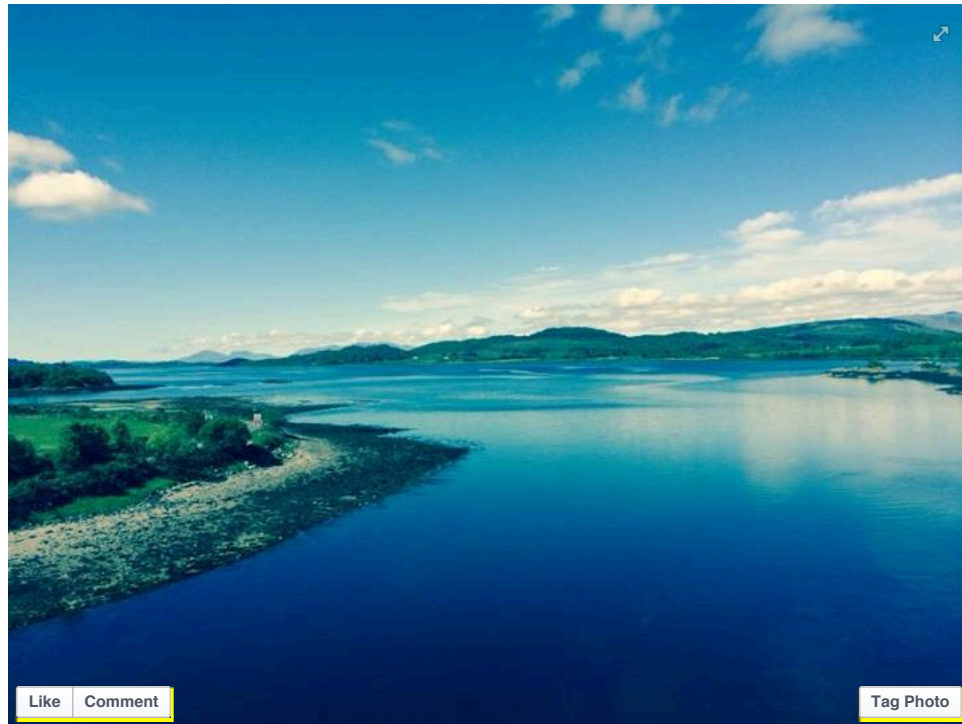


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**Eleanor Emberson**

Well, we made it to Oban and we are now having delicious coffee and chocolate. A very varied 35 miles or so this morning. Some really good cycle path (NCN Route 78) past lochs, bluebells and quite a lot of livestock, but some dodgy surfaces and some bits with no path so we were back on the main road with occasionally pushy traffic. Still, we had sunshine and a breeze at our backs, and the last bit of path before Oban was a real roller coaster ride, so can't complain. Not sure how my legs are going to hold up with 50 miles of hills tomorrow. — with Bruce Ryan at Oban Chocolate Company.

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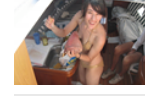
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