

GREAT SCOTTISH WALKS

THE WALKHIGHLANDS GUIDE TO SCOTLAND'S
BEST LONG-DISTANCE TRAILS



HELEN & PAUL WEBSTER

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Front cover: **On the Trotternish Ridge** (20 Skye Trail).

Back cover: *L–R*: **Loch Affric** (01 Affric Kintail Way); **View to Rùm** (20 Skye Trail); **Luinne Bheinn** (06 Cape Wrath Trail); **View over Luskentyre from the trail above Seilebost, South Harris** (13 Hebridean Way); **Cove** (04 Berwickshire Coastal Path and 21 Southern Upland Way); **Loch Tarff** (17 Loch Ness 360); **The Clyde Arc (Squinty Bridge)** (08 Clyde Walkway); **Ruthven Barracks** (09 East Highland Way, 22 Speyside Way and 26 Scottish National Trail).

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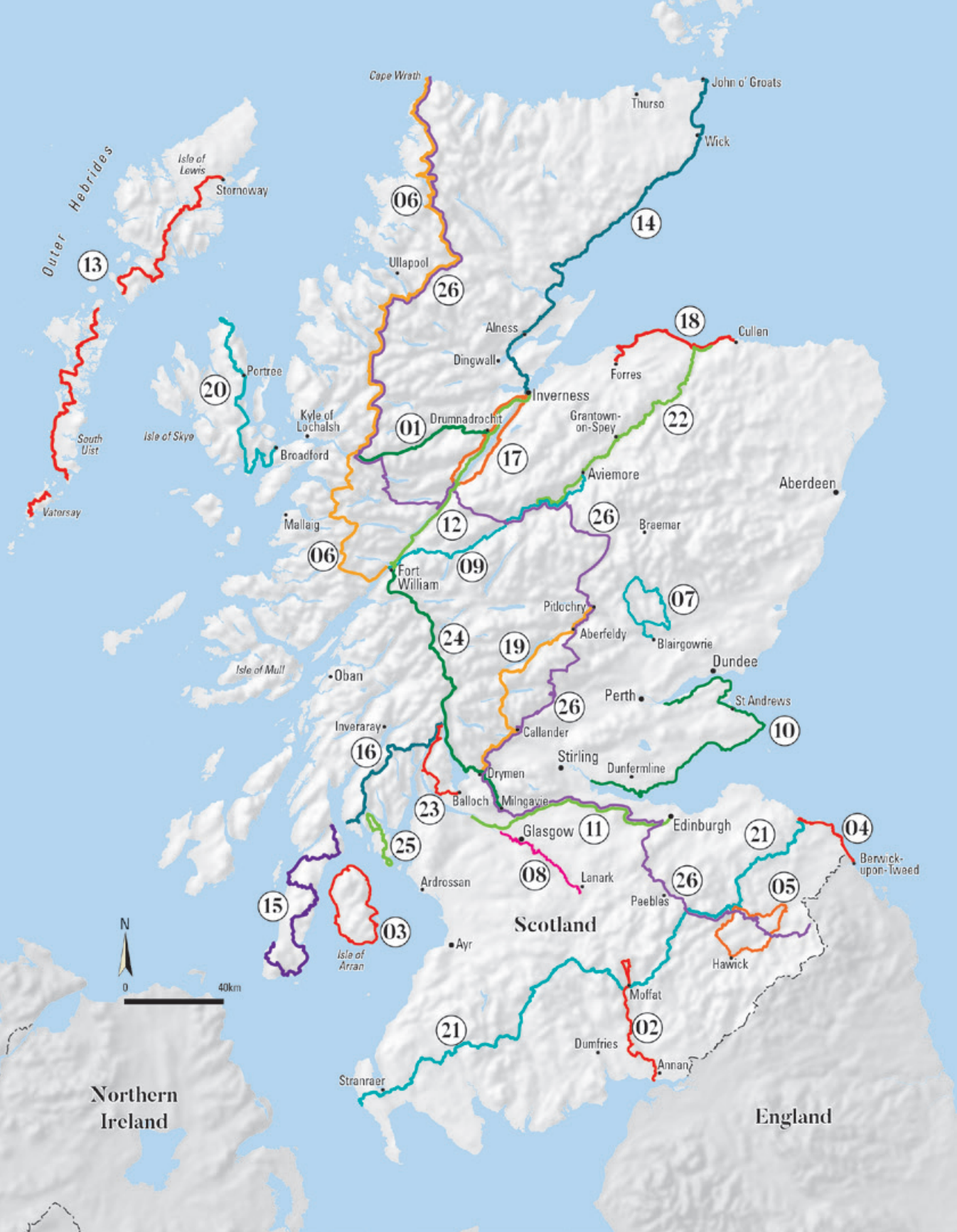
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Opposite Camban Bothy on the Affric Kintail Way (01)





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Introduction

Travelling on foot and progressing from place to place on a multi-day hike has a special kind of magic. Out on the trail, the complexity of modern life falls away, leaving only the essentials – you focus on setting your own pace, finding your way and seeking shelter and food. Your goals are clear, and you steadily become attuned to the landscape, the wildlife, the changing weather and the daily rhythm; the feeling of freedom and release can be almost overwhelming.

Since the West Highland Way was established in 1980, snaking its way up from the edge of Glasgow and through the Highlands, the popularity of multi-day hiking in Scotland has exploded. Luckily so too has the number of trails. For a small country, Scotland certainly packs a punch in the variety of its landscape. Its long-distance trails take in the rolling hills, wide rivers and historic towns of the Borders; the tranquil canal towpaths and industrial heritage of the Central Belt; the celebrated landscapes of lochs and bens of the Highlands; and the stunning coastlines with their sandy beaches and rugged clifftops. Along the way you'll find friendly B & Bs and hostels, remote bothies or wild camps under the stars. Some routes offer the camaraderie of the trail, and a host of places to relax and refuel, while others offer solitude and the chance to be completely self-reliant. Whether you have a long weekend or a multi-week challenge in mind, there is a Great Scottish Walk for you.

About this book





This is a guide to Scotland's best long-distance trails, detailing 26 routes ranging from the 47-kilometre West Island Way which traverses the Isle of Bute, to the rugged off-grid challenge of the 375-kilometre Cape Wrath Trail. If that's not enough of a challenge we've also given an overview of the Scottish National Trail, an epic route which links many of the best trails to create an end-to-end traverse of the entire country!

This book aims to inspire you and to help you choose your next long-distance adventure. Each route description provides you with an overview of the route from start to finish complemented with stunning photography to give you a sense of what to expect.

At the end of each trail, the following essential information is presented:

- » An overview map of the trail, showing the route (and major variations) plus nearby towns and cities.
- » Trail length and cumulative ascent.
- » Details of the start and finish, and how to get there by public transport.
- » Day-by-day itineraries from the leisurely to the speedy.
- » Pros and Cons, allowing you to select the trail most suited to your aims.
- » Where to find further information – trail websites, guidebooks and relevant maps that will provide more details for your Great Scottish Walk.

MAP KEY

-  Start
-  Finish
-  Main route
-  Optional route

Planning your adventure

WEATHER

The weather is likely to have the biggest impact on your enjoyment of the trail and it's the thing you can do least about. In general, the best weather for hiking in Scotland falls between April and September; winter walking comes with its own challenges and dangers and is best only undertaken if you have the skills and training to do so safely. However, even in the summer months you need to be ready to face days of hot sun, strong winds or driving rain, sleet or even snow. The changeable Scottish weather adds to the fun and the challenge; the main takeaway is to plan ahead as much as possible and be equipped for all conditions. On some of the more remote routes you may need to be prepared to alter your plans as some river crossings can become impassable in spate conditions. The Met Office offers reliable forecasts across the country (www.metoffice.gov.uk); for mountain regions check out the Mountain Weather Information Service (www.mwis.org.uk).

WHERE TO STAY

Trail walkers use a variety of accommodation ranging from campsites, glamping and hostels to B & Bs and hotels. In some areas there is a growing range of self-catering accommodation (from basic pods to luxury cottages) that will take bookings for single nights. Some serviced accommodation providers will arrange pick-up and drop-off from the start and end of stages, especially if you stay for more than one night; this can be invaluable for sections where there is nowhere to stay nearby. It is best to plan online and to book accommodation well in advance.

For those willing to carry a tent and equipment, **wild camping** is a viable alternative and can be the best option, offering flexibility and an immersive experience; on some trails **bothies** provide basic shelter, often in spectacular settings. Bothies are a Scottish hillwalking institution and are maintained by volunteers from the Mountain Bothies Association. They have no amenities except four walls and a roof, and a shovel is the only toilet facility, but they are unlocked and anyone is welcome to stay



the night. You need to bring your own sleeping mat and bag as well as food and a stove for cooking, and to carry out all your own rubbish. Visit www.mountainbothies.org.uk for more information and please follow the Bothy Code.

NAVIGATION, SKILLS & SAFETY

Preparation will make the trail much more enjoyable. Practise carrying your intended load before setting off, and make sure you've worn your boots and tried your clothes, camping set-up and navigation aids in advance. Read up on the route, choose a walk that is within your capabilities and experience, and try to be flexible if weather, health or fitness means a change of plan becomes necessary.

The routes in this book are extremely varied in difficulty; some are well waymarked and follow good paths throughout; others are completely unmarked and pathless, so you need to know how to interpret and read a map to navigate effectively, and to be prepared for the rigours of remote and exposed terrain. The relevant detailed maps are listed at the end of each route.

If using a mobile phone as a navigational aid, ensure that you have good-quality mapping downloaded for use when there's no signal, and

always carry a backup means of finding your way in case your technology or batteries fail.

Make sure that you let someone know your plans before setting out, and check out the advice on the Ramblers Scotland website. www.ramblers.org.uk/scotland

RESCUE

Mountain Rescue organisations are charities and rely entirely on volunteers. If you need to call for rescue, dial **999** or **112**, and ask for 'Police' then 'Mountain Rescue.' Where possible give a six-figure grid reference for your location or that of the casualty. If you don't have mobile reception, try to attract the attention of others nearby. The standard distress signal is six short blasts on a whistle every minute.

In the UK you can also contact the emergency services by SMS text, which is useful if you have low battery or intermittent signal, or if you have hearing or speech difficulties. You need to register your phone beforehand by texting the word 'register' to 999 and following the instructions in the reply. **EmergencySMS should only be used when voice call contact with the emergency services is not possible.** www.emergencysms.net



ACCESS, DOGS, WILD CAMPING

Scotland has progressive access rights, with a right to responsible access and wild camping on most open land. Such wide-ranging rights are balanced by responsibilities and restrictions, which are set out in the Scottish Outdoor Access Code. The code requires walkers to respect and not overly disturb farming, forestry, shooting and deer stalking activities. Where the Cape Wrath Trail and Three Lochs Way cross firing ranges, check for closures with the Ministry of Defence in advance.

- » www.gov.uk/government/publications/scotland-firing-times
- » Cape Wrath Range Control: 01971 511 242 (8 a.m. to 5 p.m.)
- » Garelochhead Range Control (for Three Lochs Way): 0141 225 8135, 0141 225 8125 (8 a.m. to 5 p.m.)
- » Scotland and Northern Ireland regional operations room: 0131 310 3426 (24 hours)

In summary, there is no automatic right of access near buildings or in gardens, and you should always consider the needs of others – local residents, farmers or estate workers.

Dogs need to be kept under strict control and not allowed to worry livestock or disturb ground-nesting birds. You should expect to cross land with grazing livestock on all the long-distance routes in this book with the exception of the Forth & Clyde/Union Canal Towpath.

Wild camping is a great way to experience many of the trails, but you should always camp well away from occupied buildings. Leave No Trace principles should be followed and stoves should be used rather than open fires, due to the extreme risk of wildfire which can devastate large areas. By-laws restrict camping in some areas; this is indicated where relevant.

www.outdooraccess-scotland.scot

HAZARDS

Midges are an occupational hazard of walking in Scotland in summer, particular on the west coast and in Glen Affric. They vanish in even the slightest breeze, but on still, warm and damp days these tiny biting insects can become unbearable if you are unprepared. Take repellent, cover up and consider taking a midge net to keep them off your face, especially if camping between June and September.

Ticks which can spread the serious infection causing Lyme disease are present across Scotland. Check yourself at least once a day for these tiny bloodsuckers, and carry a pair of tick removal tweezers. If you develop the tell-tale bull's-eye-shaped rash or cold symptoms after a bite, seek medical advice. Wearing long sleeves and trousers, and avoiding bashing through bracken will help minimise the chances of a bite. www.lymediseaseaction.org.uk



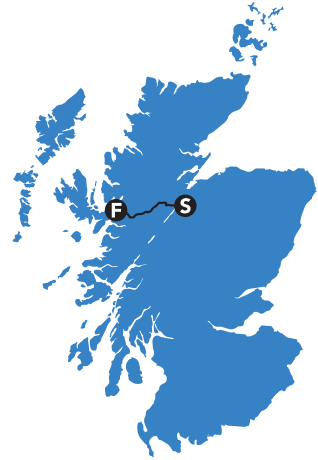






01 Affric Kintail Way

75.5km



Although it is one of Scotland's newest official long-distance trails, the Affric Kintail Way has already achieved classic status, taking in the full length of Glen Affric, which is perhaps the most beautiful of all the glens. After an initial section on forest paths and tracks, the route heads through truly wild and remote country at the heart of the Highlands.

The Way begins at Drumnadrochit on the shores of Loch Ness, though hikers wishing to make it a true coast-to-coast walk could do the final stage of the Great Glen Way (page 75) from the Highland capital of Inverness first. From Drumnadrochit, forestry tracks and paths link up with an ancient right of way through Glen Affric, crossing Scotland's watershed to reach Morvich by Loch Duich on the west coast.

The route is usually completed in four days, leaving enough time in a week's holiday to explore Inverness and Skye or the mountains of Kintail at either end. Few routes offer such spectacular and remote landscapes in such a relatively short hike.

The tourist hub of Drumnadrochit makes a pleasant starting point and is a good place to stock up and enjoy a last-minute haggis toasty. If time allows, it's worth visiting the dramatic ruins of Urquhart Castle on Strone Point, the great showpiece of Loch Ness. The name Drumnadrochit comes from the Gaelic *Druim na Drochaid* which means 'the Ridge of the Bridge', and refers to the narrows where the River Enrick is crossed by Thomas Telford's

bridge. Today the bridge is flanked by hotels and two exhibitions devoted to Nessie, Loch Ness's legendary monster.

Once you have laced up your boots and set off on your journey west, you quickly leave the tourists and Nessie hunters behind as the trail leads into native woodlands beneath the rocky crag of Craig Mony, the site of an ancient fort. According to tradition, 'Monie' was a Norse King who was besieged here. He escaped but fled only as far as the glen before he was slain; twelfth-century arrowheads have been discovered in the peaty soil, lending some substance to the tale. The route now follows recently improved paths along the flanks of Glen Urquhart, with views of the scattered settlements below. Red squirrels and great spotted woodpeckers are common in these woods; if you are very lucky, you might spot a pine marten – they are shy but present here. At a bench, take a final look back towards Loch Ness before the trail leads resolutely west.

The route continues through commercial forests, passing to the south of Loch Meiklie to reach the hamlet of Shenval, where there is

Opposite Loch Affric

B & B accommodation. It then takes a winding course through the trees and moorland to reach Cannich, the only real village on the whole route. There's an excellent campsite and cafe, and a shop which offers a last chance to stock up on supplies.

Cannich was built mainly to house the workers who constructed the great hydroelectric schemes which transformed the surrounding glens from the late 1940s, bringing electricity to many for the first time. Today it serves as the gateway to the stunning Glen Affric. The Way climbs out of the village and follows forestry tracks as it traverses the hillside, giving the first views of the ancient Caledonian forest and river below. The route soon leads into the Glen Affric National Nature Reserve. The trees here are part of Scotland's largest remaining ancient pinewood, and have survived on the thin soils for centuries, supporting wildlife species rarely seen elsewhere. Keep an eye out for black grouse and the Scottish crossbill, as well as blaeberry and heather carpeting the forest floor, which is home to numerous rare fungi and wood ants.

The path eventually descends to reach Dog Falls, a deservedly popular place for picnics and exploring the tumbling waters of the River Affric. There is stunning woodland on the lengthy traverse along the side of Loch Beinn a' Mheadhoin. On a still summer day the combination of shady trees and tranquil water can be irresistible to midges, but even if you have to resort to wearing a midge net it is a beautiful place to be. At the end of the loch a car park and toilets mark the end of the Affric road. From here the route becomes truly remote.

Follow tracks along the south side of Loch Affric, fringed by ancient, gnarled granny pines and their young offspring, and backed by the great mountain massif of Càrn Eighe and Màm Sodhail, the highest peaks of the Northwest Highlands. At the head of the loch are two

private bothies; the first is Athnamulloch, which is used by tree-planting parties from the charity Trees for Life who are advancing ambitious rewilding plans in this area, while across the river is Strawberry Cottage, a mountaineering club hut.

The Way continues along the old right of way through the now barer glen, hemmed in by towering mountains on either side, until the small wooden buildings at Alltbeithe come into view – these comprise Scotland's most remote youth hostel. Alltbeithe is a lengthy hike from any direction and has an otherworldly feel; this is a very special place to spend the night, whether in a tent by the river or in the rustic hostel itself. There is also the option to push on for another few kilometres to stay at Camban Bothy. Bothies are unmanned, basic shelters open to all walkers and maintained by volunteers from the Mountain Bothies Association.

After a further climb up from Camban the main watershed of Scotland is reached, marked by a tiny cairn between the headwaters of the Allt Grannda and the Allt Cam-bàn. The final section to Morvich is largely downhill, again enclosed by majestic mountains and often watched over by curious deer. The route follows a very dramatic old stone-built path, clinging to the steep slopes and giving amazing views of the great waterfalls of the Allt Grannda as it tumbles into a deep gorge. The path then descends into Gleann Lichd where it passes another mountaineering club hut and joins a track for the final six kilometres down the glen. On the south side looms the huge Five Sisters of Kintail mountain range, while Beinn Fhada is equally impressive to the north. Eventually you reach the National Trust for Scotland's Countryside Centre at Morvich, set on the River Croe just a kilometre or so from the sea at Loch Duich.

HOW TO GET THERE

- » **Drumnadrochit** is served by regular Stagecoach buses from Inverness (approx. 40 minutes) and Fort William (approx. 1.5 hours), and is on the A82.
- » **Morvich** is 2 kilometres from the A87 at Allt a' Chruinn near Kyle of Lochalsh. Citylink buses run between Skye, Fort William and Inverness from this stop on the A87.

PROS

- » **Glen Affric** – the route offers the chance to immerse yourself in what many regard as the most beautiful glen in the Highlands. Brimming with ancient granny pines, fast-flowing burns, waterfalls and the dark peaty waters of tranquil lochs, this is an unforgettable place.
- » **Alltbeithe Hostel** – a welcome oasis of warmth and shelter in the middle of the wildest and most remote part of the trail. Popular with Munro-baggers, thru-hikers, and estate workers alike, an evening spent sharing stories and drams while socks dry over the stove will live long in the memory.
- » **Deer** – their excessive numbers may be responsible for the deforestation of much of the Highlands, but this trail is nevertheless a great opportunity to get up close and personal with red deer. Stags can often be seen on the hillsides, and herds of hinds and their young may graze close to your tent at night. In autumn the bellowing of the annual rut provides a unique soundtrack to the trail.



TRAIL ESSENTIALS

START **Drumnadrochit (NH 508299)**
 END **Morvich (NG 961211)**
 DISTANCE **75.5km (47 miles)** ASCENT **1,780m**

CONS

- » **Remote** – the geography of the trail results in a lack of facilities and shelter, and a very long day if not camping. Carrying a tent provides the greatest flexibility and there are some superb opportunities for wild camping along the way as well as an excellent campsite at Cannich and a Caravan & Motorhome Club site at Morvich. Relying on serviced accommodation and the hostel (food would still need to be carried) would mean having to combine the second and third stages of the four-day itinerary to make a very long day (33.5 kilometres) from Cannich to Alltbeithe.
- » **Midges** – this trail can be very popular with *Culicoides impunctatus*, otherwise known as the Scottish midge. In high and late summer Glen Affric can be swarming with these tiny black insects. Although breezes on the more open later sections should send them packing, they return near the sea at Morvich. Carry a head net and insect repellent or find a hiking companion that midges find even more irresistible.
- » **Wet** – beyond Alltbeithe, conditions can be very boggy underfoot. In dry summer conditions this will not cause any problems but after heavy rain it can be hard to keep your footwear dry.

GOOD TO KNOW

Runners on the annual Highland Cross duathlon charity race (20 miles on foot, 30 miles by bike) tackle most of the route, but the entire Way has yet to be taken up by regular trail runners. It would, however, offer a great running

WALKING TIME

3-DAY ITINERARY

1	Drumnadrochit to Dog Falls	34km/ 910m ascent
2	Dog Falls to Alltbeithe	25.25km/600m ascent
3	Alltbeithe to Morvich	16.25km/ 270m ascent

4-DAY ITINERARY

1	Drumnadrochit to Cannich	25.75km/ 660m ascent
2	Cannich to Glen Affric road end	19.5km/600m ascent
3	Glen Affric road end to Alltbeithe	14km/250m ascent
4	Alltbeithe to Morvich	16.25km/ 270m ascent

5-DAY ITINERARY

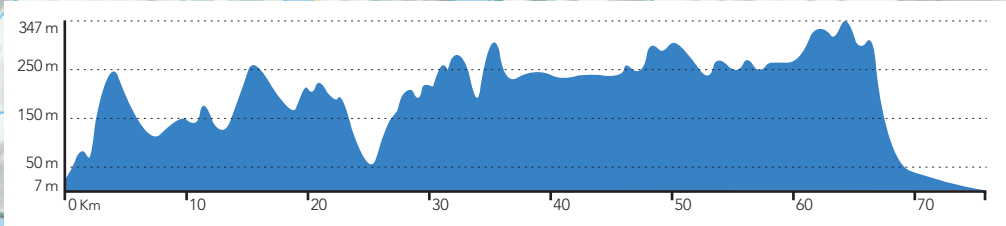
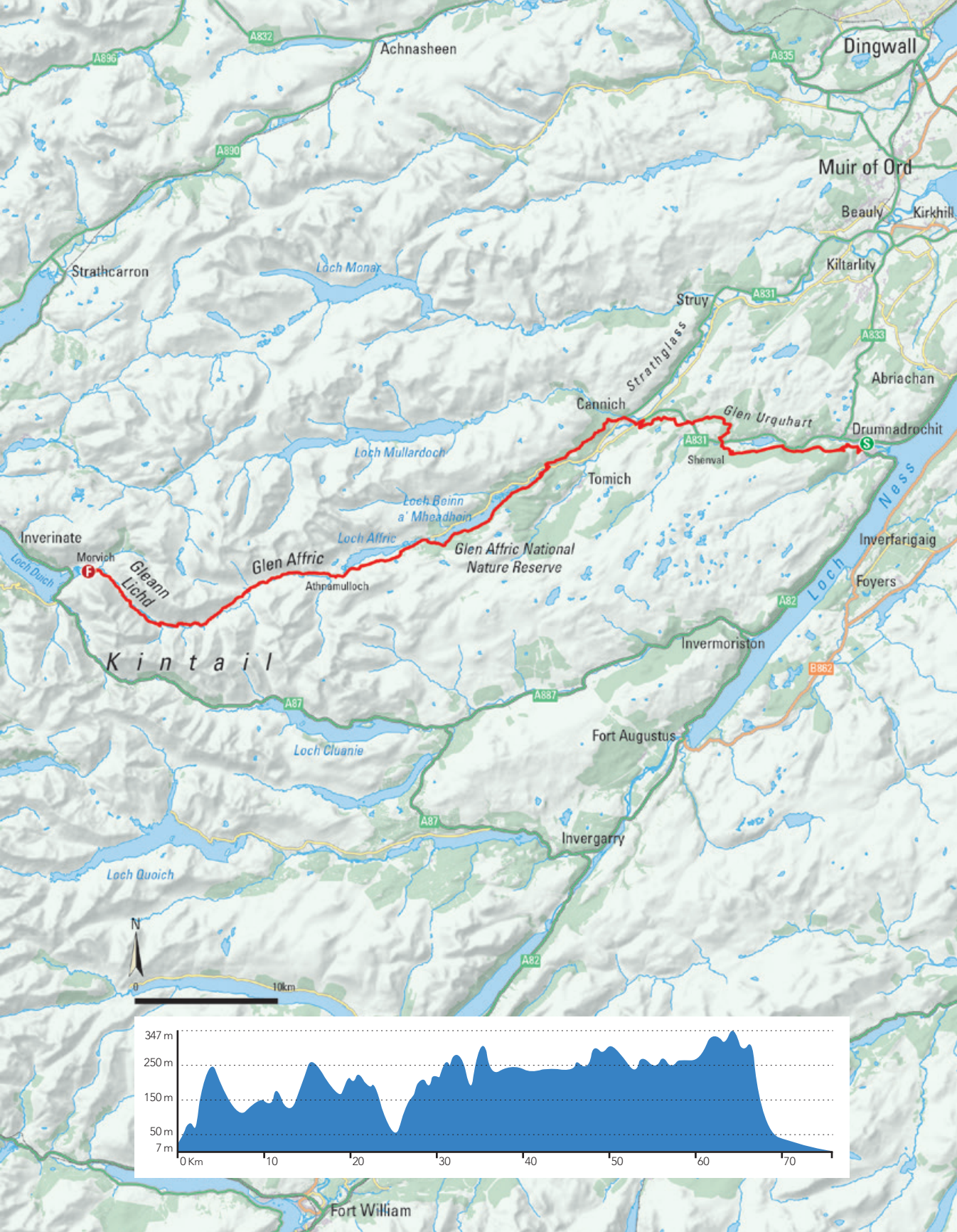
1	Drumnadrochit to Shenva	12.75km/ 410m ascent
2	Shenva to Cannich	13km/250m ascent
3	Cannich to Glen Affric road end	19.5km/600m ascent
4	Glen Affric road end to Alltbeithe	14km/250m ascent
5	Alltbeithe to Morvich	16.25km/ 270m ascent

Note there is no accommodation at either Dog Falls or at the end of the Glen Affric road, but both have road access so transport could be arranged.

adventure, although resupply and support would need to be arranged. The Way is also becoming increasingly popular as a challenging bikepacking route.

FURTHER INFORMATION

- » The official website www.affrickintailway.com has general information and route updates. GPX downloads, detailed mapping and stage descriptions can be found at www.walkhighlands.co.uk
- » *Affric Kintail Way*, 1:40,000 (Harvey Maps).





06 Cape Wrath Trail

375km



Stretching northwards from Fort William to the north-westernmost point of the UK mainland, the Cape Wrath Trail is a serious undertaking. Calling it a trail is really a misnomer; with no waymarkers, sometimes no path and lacking bridges at several potentially serious river crossings, this is very much a self-supported adventure for experienced hikers. However, the very things that may (and should) put some people off – the remote and rugged terrain, long stretches between resupply points, and little respite from the elements in the wettest part of Scotland – are also what attract so many hikers to accept its unique challenge. The landscape is – quite simply – unmatched.

Usually taking between 14 and 17 days to complete, most walkers begin at Fort William to make the most of any prevailing winds and the satisfying finish at the iconic Cape Wrath headland, the north-western corner of mainland Britain. This is primarily a backpacking route – most hikers will carry a tent and food for several days at a time. However mountain bothies are a big part of the trail, providing much-needed shelter in bad weather and offering friendly evenings swapping bog and midge horror stories. The route requires excellent navigation skills and a fair bit of previous hillwalking experience. While most hikers follow the route outlined in the main guides there is no single ‘official’ defined route – many choose to vary their line depending on weather conditions, places to stay or perhaps in order to bag a few of the mountains passed along the way.

Right at the start walkers need to choose between the easier but slightly longer variant that follows the line of the Great Glen for a

couple of days before heading cross-country to Cluanie in Glen Shiel, or the more direct and scenic – but tougher – route through the notorious Rough Bounds of Knoydart. The two options rejoin at Morvich and then follow the same line north to Cape Wrath.

If taking the more popular option through Knoydart, unusually the trail starts with a short passenger ferry ride across Loch Linnhe from Fort William. A long walk up the Cona Glen and over a low pass leads to Glenfinnan, the site of a wonderfully scenic monument to the Jacobite uprising and the impressive viaduct made famous by the *Harry Potter* films. From here the route heads onwards into the Rough Bounds of Knoydart – an area of Scotland renowned for the unforgiving nature of its terrain.

The A' Chuil, Sourlies and Barrisdale bothies provide respite from pouring rain, bogs, incessant midges or blazing sunshine (delete as appropriate); an evening spent staying in or camping by them offers a chance to meet the

varied folk of many nationalities that attempt the trail. Bothies are usually just four walls and a roof – only the privately run Barrisdale Bothy has a toilet and running water; the small fee is collected by the estate ghillie.

The undulating path beyond Barrisdale rises and falls constantly above the fjord-like Loch Hourn; this is one of the most stunning paths in Scotland. At its end, set amidst the rocky mountains, is the hamlet of Kinloch Hourn – a green oasis of fertile ground. The existence of a farmhouse offering tea and cake as well as B & B and dinner to booked guests can be the icing on the cake for weary walkers. There's no phone signal and the hamlet is 22 miles from the main road – a reminder that this is still one of the most isolated spots on the mainland. More hard going leads up and over the hills to the relative civilisation of Glen Shiel at the foot of the Five Sisters of Kintail. There's a cafe, campsite and hotel as the route continues to Morvich, where there is another campsite.

The alternative route to this point involves following the Great Glen Way for two days from Fort William to reach Mandally. Turning west, forest tracks and paths lead to Tomdoun, before you cross an old pass to the glorious beauty of little-visited Glen Loyne. Another ancient right of way takes you to Cluanie where the inn and cafe on the A87 may be a welcome stop before an extremely boggy section to the head of Glen Affric. There's the remote hostel at Alltbeithe or the bothy at Camban for an overnight stay. The trail now follows an ancient drove road down Glenn Lichd to Morvich to rejoin the main trail.

From Morvich the combined route ascends to reach the spectacular Falls of Glomach – the most impressive in Britain. The steep descent beside the falls is made somewhat tricky by a heavy pack as the route joins Glen Elchaig to head for the exceptionally remote Maolbhuidhe Bothy.

The next day starts by crossing the Bealach Bhearnais before descending to Craig and the legendary Gerry's Hostel in Strath Carron. The trail now weaves through the mountains, using an old drove road to cross the Coulin Pass with fabulous views of Liathach and Beinn Eighe, with its quartzite top layer glinting in the sun like a covering of snow. The village of Kinlochewe provides welcome services before the trail heads into the vast emptiness of Letterewe and Fisherfield, the most remote region on the Scottish mainland, where it passes Shenavall Bothy and skirts the flanks of An Teallach. After Dundonnell there's another pass and views down Loch Broom as you descend to the main road at Inverlael. The rushing traffic seems bizarre after such quiet, and the route presses on towards beautiful Glen Douchary, passing a couple of lovely bothies en route to Oykel Bridge.

Next the trail delves into the wild Benmore Forest and climbs to a narrow bealach to reach the start of the remarkable landscape of Assynt, below the rugged peaks of Conival and Ben More Assynt before descending to Inchnadamph. On the shore of Loch Assynt there's a choice of a hostel, B & B or hotel. More tough walking in this unique landscape follows, as the route passes Britain's highest waterfall to reach first the Glencoul and then the Glendhu bothies, before a long section of track along the edge of the sea loch leads to Kylestrom and the iconic Kylesku Bridge.

The Trail now heads over the summit of Ben Dreavie, then passes below Ben Stack and Arkle before tackling a sometimes-difficult river crossing to emerge at the road at the Rhiconich Hotel. Continuing north, the route skirts Kinlochbervie, passing the amusingly named London Stores, which most walkers stop at before heading along the popular path to Sandwood Bay. The first view of this



TRAIL ESSENTIALS

START **Fort William (NN 099737)** END **Cape Wrath (NC 259747)** DISTANCE **375km (233 miles); 369km (229 miles) via Great Glen Way variant** ASCENT **11,110m; 9,200m via Great Glen Way variant**

WALKING TIME

16-DAY ITINERARY VIA KNOYDART			16-DAY ITINERARY VIA GREAT GLEN WAY		
1	Fort William to Glenfinnan	35km/560m ascent	1	Fort William to Gairloch	17km/40m ascent
2	Glenfinnan to A' Chuil	19km/600m ascent	2	Gairloch to Mandally	25km/250m ascent
3	A' Chuil to Barrisdale Bay	25km/880m ascent	3	Mandally to Poulary	19.5km/350m ascent
4	Barrisdale Bay to Kinloch Hourn	11km/550m ascent	4	Poulary to Cluanie	17.5km/670m ascent
5	Kinloch Hourn to Morvich	21km/990m ascent	5	Cluanie to Morvich	26km/360m ascent
6	Morvich to Maol-buidhe	22.5km/1,100m ascent	6	Morvich to Maol-buidhe	22.5km/1,100m ascent
7	Maol-buidhe to Craig	24km/630m ascent	7	Maol-buidhe to Craig	24km/630m ascent
8	Craig to Kinlochewe	16.5km/460m ascent	8	Craig to Kinlochewe	16.5km/460m ascent
9	Kinlochewe to Shenavall	28km/660m ascent	9	Kinlochewe to Shenavall	28km/660m ascent
10	Shenavall to Inverlael	19km/770m ascent	10	Shenavall to Inverlael	19km/770m ascent
11	Inverlael to Oykel Bridge	34.5km/770m ascent	11	Inverlael to Oykel Bridge	34.5km/770m ascent
12	Oykel Bridge to Inchnadamph	31.5km/560m ascent	12	Oykel Bridge to Inchnadamph	31.5km/560m ascent
13	Inchnadamph to Kylestrome	27.5km/1,090m ascent	13	Inchnadamph to Kylestrome	27.5km/1,090m ascent
14	Kylestrome to Rhiconich	29km/750m ascent	14	Kylestrome to Rhiconich	29km/750m ascent
15	Rhiconich to Sandwood Bay	19km/320m ascent	15	Rhiconich to Sandwood Bay	19km/320m ascent
16	Sandwood Bay to Cape Wrath	12.5km/420m ascent	16	Sandwood Bay to Cape Wrath	12.5km/420m ascent

This is primarily a wild camping and bothying route. Some of these stages are very long, but they link places with either road access or reasonably nearby bothies. Those carrying camping equipment can ignore the suggested stages and break the journey when they find a suitable wild camping spot.

