



## TRIP HIGHLIGHTS

- Views from Conic Hill, especially of the islands lying along the West Highland Fault
- Glengoyne Distillery Tour
- Loch Lomond and Ben Lomond views
- Superb views of Loch Tulla and the wooded islands (crannogs) near Inveroran
- Desolate walking across Rannoch Moor
- Setting of the King's House Hotel
- Devil's Staircase and the 360 degree views from the top
- Sheep herding in action
- Ben Nevis (the highest mountain in Great Britain) in all its glory
- Trail camaraderie especially since you run into the same people day after day for a week
- Cows that look like Oreo cookies

# The West Highland Way — Scotland

The West Highland Way is Scotland's first official and now famous long distance walk. It stretches 95 miles (152 kms) from Milngavie in the south to Fort William in the north. You can enjoy some of Scotland's most spectacular scenery on this walk.

You will encounter a wide range of terrain types from lowland moors to woodlands to rolling hills to the mountainous regions that make up Scotland's Highlands. The walk can range from the straightforward to serious exposure on Rannoch Moor where being unprepared can lead to serious consequences.

The walk is a 5 to 8 day affair depending on your fitness level and schedule. The best months to consider walking are May, June, September and early October. The summer is fine but can present accommodation issues and bugs; specifically midges which can drive you mad. May is the busiest month especially around Bank Holidays. Walking the Way in winter is not recommended because of the short days and the possibility of ice and snow at higher elevations; especially at the top of Devil's Staircase. The path across Rannoch Moor can also be ob-

scured by snow and blowing snow so excellent navigation skills are required. The route is waymarked but scantily in places.

A great option on this walk is to get a luggage service to transport your bags for a fee so you only need to carry your day pack. The luggage service will move your bags to your next B&B, hotel or campground.

The Highland Way begins in Milngavie on the outskirts of Glasgow and a brief overview follows: On the first day, the route takes you through woodland and rolling farm country with an option of a distillery tour. On the second day after your climb up Conic Hill, you will be treated to amazing views of the islands in Loch Lomond along the West Highland Fault. The route continues along the eastern shores of Loch Lomond, through to Inverarnan. The next section passes a series of waterfalls and along old military roads to the Bridge of Orchy. North of here are pleasing views of Loch Tulla and the wooded islands before you cross the desolate expanse of Rannoch Moor. Your reward will be the King's House Hotel which is a stop for everyone



www.hikebiketavel.com

on the Way – either for a meal or the night. Back on route you will climb the Devil’s Staircase and enjoy 360 degree views from the top before descending to Kinlochleven. On the final day, you climb out of Kinlochleven and cross Lairigmor pass. You continue through Nevis Forest and will marvel at the vastness of Ben Nevis. Then it’s a short walk on pavement into Fort William.

The West Highland Way is reasonably well signed though a few sections could be troublesome in bad weather. Go prepared with the right gear and be in good physical shape. Many days are long and hard with some long gradual climbs. The Way is great highland walking through a lush landscape of green.

### **Recommended Itinerary - Overview**

The West Highland Way can be walked in 5 to 8 days. Five days is really pushing it and is only advisable if you’re in particularly good shape. I’ve presented a 7 day itinerary below. Most days are quite manageable; the suggested Day 6 might be a bit long for some so consider nighting over at the Kingshouse Hotel and walking to Kinlochleven the next day.

#### **Day 0**

Get to Glasgow or Milngavie and prepare for the start of the hike. Check out the sights of Glasgow if time permits.

#### **Day 1**

Milngavie to Drymen - 19 kms (12 miles)

#### **Day 2**

Drymen to Rowardennan – 24 kms (15 miles)

#### **Day 3**

Rowardennan to Inverarnan – 21.5 kms (13.5 miles)

#### **Day 4**

Inverarnan to Tyndrum – 21 kms (13 miles)

#### **Day 5**

Tyndrum to Bridge of Orchy or Inveroran 10.5 kms (6.5 miles) or 13.7 kms (8.5 miles)

#### **Day 6**

Bridge of Orchy or Inveroran to Kinlochleven – 34 kms (21 miles) from Bridge of Orchy or 30 kms (19 miles) from Inveroran

#### **Day 7**

Kinlochleven to Fort William – 23 kms (14.5 miles)



*Framed window*

### **Getting to Glasgow and Milngavie**

Glasgow is easily accessible via plane, train, bus or car.

#### **AIR**

Glasgow International Airport is 8 miles (13 kms) west of the city center. The Edinburgh Airport is less than an hour away. Glasgow International Airport welcomes flights from Europe including Iceland, in addition to Pakistan, the Emirates and North America.

#### **TRAIN**

Train service is frequent and an excellent option. Visit one of the following websites for more information.

#### **BRITRAIL**

[www.britrail.com/](http://www.britrail.com/)

Find out about passes available only to international travelers.

### NATIONAL EXPRESS EAST COAST

[www.eastcoast.co.uk](http://www.eastcoast.co.uk)

Direct trains from London's King Cross Station to Scotland.

### VIRGIN TRAIN

[www.virgintrains.co.uk/](http://www.virgintrains.co.uk/)

Direct trains from London's Euston Station to Scotland.

### MANCHESTER AIRPORT EXPRESS TO GLASGOW

[www.tpexpress.co.uk](http://www.tpexpress.co.uk)

### NETWORK RAIL

[www.networkrail.co.uk/](http://www.networkrail.co.uk/)

Look for a searchable timetable and trip planner features.

### FIRST SCOTRAIL

[www.scotrail.co.uk/](http://www.scotrail.co.uk/)

Get information on overnight trains between Scotland and London.

### THE TRAINLINE

[www.thetrainline.com](http://www.thetrainline.com)

Buy train tickets from all train companies. Save up to 43% if you book ahead.

### BUS

There are three companies to choose from.

### SCOTTISH CITY LINK

[www.citylink.co.uk](http://www.citylink.co.uk)

Bus service throughout Scotland to rural centers and large cities in conjunction with Eurolines and National Express to service most of Europe.

### EUROLINES

[www.eurolines.com/](http://www.eurolines.com/)

Long distance bus service from 25 European countries.

### NATIONAL EXPRESS

[www.nationalexpress.com/](http://www.nationalexpress.com/)

Long distance bus service throughout the UK.

## Accommodation Options in Glasgow and Milngavie

### WESTVIEW GUEST HOUSE

[www.bestfootforward.eu.com/](http://www.bestfootforward.eu.com/)

1 Douglaston Gardens South Milngavie

Ph: +44 (0)141 956 3046

Rated as a two star property and located only six minutes from the start of the Way. They offer 5 rooms for £30 per person (pp) sharing.

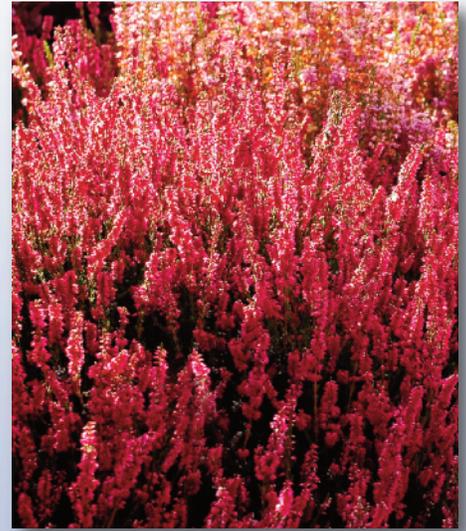
### LAUREL BANK B&B

[www.laurelbankmilngavie.com/](http://www.laurelbankmilngavie.com/)

96 Strathblane Road, Milngavie

Ph: +44 (0) 141 584 9400

They are a 10 minute walk away from the beginning of the West Highland Way. Room rates are £50-60 per night.



*Heather*

### THE FLOWER HOUSE

[www.scotland2000.com/flowerhouse/](http://www.scotland2000.com/flowerhouse/)

33 St. Vincent Crescent, Glasgow

Ph: +44 (0) 141 204 2846

This restored Victorian House sits across from the Scottish Exhibition & Conference Center and is within walking distance of restaurants. The rooms are on a lower level and so are dark. Breakfast is presented in your room. The B&B is located less than 5 minutes away from the commuter train to Milngavie. Rooms are £60-100 per night.

## Day 1: Milngavie to Drymen

### OVERVIEW OF THE DAY

The first day is one of the easier days on the Way. Well marked trails and roads take you through rolling countryside, within striking distance of a visit to the Glengoyne Distillery, and on into the attractive town of Drymen.

### MILEAGE

12 miles (19 kms)

### HIKING TIME

4-6 hours

### TERRAIN

Tarmac, wide tracks and lanes

### HIGHLIGHTS

Glengoyne Distillery, views of Dumgoyne, pretty, pastoral countryside

### RESTAURANT AND FOOD POSSIBILITIES

It's easy to pick up food supplies in Milngavie. Look for a coffee shop just 25 feet from the beginning of the Way. Carbeth Inn is off the Way and only 4 miles from Milngavie. The Beech Tree Inn is a convenient spot for lunch and about halfway into the day.

### Route Notes

The start of the West Highland Way (WHW) is at the obelisk in the Milngavie town square on Douglas Street. Look north, walk down a set of stairs and look for WHW markers pointing across a road and along a path following the Allander Water northerly. It is a very pleasant way to start the walk. The path diverges from the river on occasion.

At 0.6 miles stay right and walk uphill through woods with birch trees. Continue through Murdock County Park to arrive at a set of gates at the 2

mile point. Cross the road, veer left and then immediately past large boulders turn right.

At 2.5 miles, views of Dumgoyne, the unmistakable mountain with a distinctive shape appears. Continue past Craigallian Loch on the right and through fields of wildflowers. Pass Carbeth Loch on your left.

Pass log cabins on the left just before you reach the B821 at the 3.7 mile mark. Turn left and follow the road for 0.3 miles, turn right and continue north at a marked gate. (If you need food stay on the B821 to reach the Carbeth Inn in a short distance.)

Pass the tree covered hill of Dumgoyach, a basalt remnant. Stay right around Dumgoyach; pass a farm on the right and cross Blane Water over a footbridge at the 5.5 mile mark.

Turn left (north) on the retired railway bed and enjoy some easy walking on level ground for the next few miles. In about a mile, on your right on the main highway sits the Glengoyne Distillery. Tours are scheduled on the hour all day long and they take about 50 minutes. Prices for a single scotch tasting are £ 6.50.

If you opt to forgo the distillery tour continue on the old railroad bed to reach the Beech Tree Inn – a perfect spot for a lunch time break. After your break, continue behind the inn, cross the A81 and head through gates onto another



*Flower box near Balmaha*

level path. It parallels the A81 for close to three miles so traffic noise is a constant. Halfway along, cross below the B834 and at the 9.3 mile mark cross the A81.

The path ends on a tarmac road. Go left and cross the Gartness Bridge. For the next 1.5 miles follow an undulating road and then climb to the top of a hill, just above a quarry. Views are terrific here.

Pass the quarry and turn left. You pass the way marker you need to return to tomorrow if you plan to stay in Drymen tonight. Continue a half mile into Drymen by crossing a busy road and veering left up shallow steps to another road. Follow that road down into the center of Drymen where there are lots of B&B's, pubs, a grocery store and an outdoor store where you can buy maps and books.

## Accommodation

### THE HAWTHORNS

[www.thehawthorns-drymen.com/](http://www.thehawthorns-drymen.com/)

The Square Ph: +44 (0) 1360 660 916

Rooms aren't fancy but they're clean. You'll come to the Hawthorns while walking into town. It's right beside The Pottery Restaurant and the pub. Rooms are £70 per night.

### BRAMBLEWOOD B&B

[www.bramblewood.uk.com/](http://www.bramblewood.uk.com/)

Balmaha Road Ph: +44(0)1360 660 450

Three rooms are available from £60 per night

### ELMBANK

[www.elmbank-drymen.co.uk/](http://www.elmbank-drymen.co.uk/)

10 Stirling Road Ph: +44(0) 1360 661 016

Rooms are £ 58-70 per night.

### GLENELVA

[www.glenelva-drymen.co.uk/](http://www.glenelva-drymen.co.uk/)

Stirling Road Ph: +44 (0) 1360 660 491

Reports from fellow walkers are that this was a friendly place to stay. It is about a 10 -15 minute walk outside of Drymen but directly on the Way for Day 2. Room rates are £60 per night.

### THE CLACHAN INN

[www.clachaninndrymen.co.uk/](http://www.clachaninndrymen.co.uk/)

Drymen Square Ph: +44 (0) 1360 660 824

Comfortable B&B accommodation is available in Scotland's oldest licensed pub. It's been around since 1734. Rates are £28 pp per night. Onsite dining is available too.

### THE WINNOCK HOTEL

[www.winnockhotel.com](http://www.winnockhotel.com)

The Square Ph: +44 (0) 1360 660 245

The hotel dates back to the 1700's. It's been restored to offer 73 rooms plus lounges, restaurants and open fires. Rates start at £69 per night.



## GLENGOYNE DISTILLERY TOUR

On the first day of the West Highland Way it's well worth walking an extra half mile to take advantage of the distillery tour offered at Glengoyne Distillery [www.glengoyne.com/](http://www.glengoyne.com/). Even if you don't like scotch (and I don't) it's fun and educational. The Scottish lasses will have you smiling and chuckling in no time.

The basic £6.50 tour takes you through the process of making whiskey and includes one tasting. After watching a film and knocking back a wee dram your well spoken guide will take you through the various buildings and explain the purpose of each. Finish in the shop where there's an excellent selection of backpacker sized bottles to choose from.

Glengoyne Distillery has been making whiskey for around 200 years with the three basic ingredients that go into making every bottle of scotch - water, yeast and barley.

Barley is first soaked in water. This step releases enzymes which convert the stored

starch in the barley into sugar. The damp barley is then spread out on the floor of the malthouse to dry. At the Glengoyne Distillery the barley is air dried. Many Scottish distilleries use the smoke from peat fires to dry the barley with the obvious smoky flavour a result. After the malted barley is dried, it's ground to form grist and then mixed with water ("crystal clear soft water off Dumgoyne Hill") in a mash tun, a large vat with rotating paddles. The resulting liquid is called wort.

The wort is then put into large fermenting vats called wash-backs. At Glengoyne the wash-back is made with Oregon pine. At this stage the yeast is added and the malt sugars are converted into alcohol during the 40-50 hour fermentation process. The resulting product, called wash is ready for the next step - distillation using a pot still. Two distillations take place (versus three for Irish whiskey because "they can't get it right after two times" - though spoken in jest!) The distillation process at Glengoyne is slower than at other distilleries - supposedly for producing a smoother taste though I'm certainly not qualified to judge.

The last step is maturation in oak casks. Glengoyne uses American and Spanish oak casks, some of which are seasoned with sherry first. Ten years is the minimum amount of time that the whiskey is aged. The final product at the Glengoyne Distillery is a fresher, lighter product compared to the smoky, peaty whiskies of Islay.

## Drymen Restaurants

You'll find fellow hikers in one of the local pubs - The Clachan Inn or upstairs in the bar at the Pottery. The conservatory section of the Pottery restaurant serves a nice meal too.

## Day 2: Drymen to Rowardenna

### OVERVIEW OF THE DAY

A great day with easy walking through woods, a lovely climb of Conic Hill with stunning views and then a walk along tarmac roads and through woods paralleling Loch Lomond.

### MILEAGE

15 miles (24 kms)

### HIKING TIME

6 - 7.5 hours

### TERRAIN

Tarmac roads, wide tracks through fields, woodland paths – most in great shape

### HIGHLIGHTS

Views of the islands along the West Highland Fault and Loch Lomond from Conic Hill are stunning. Very pleasant walking along Loch Lomond.

### SIDE TRIPS

Boat ride out of Balmaha to visit the village of Luss and Inchcailloch

### RESTAURANT & FOOD POSSIBILITIES

Balmaha has a tea room and restaurant in The Oak Tree Inn. There is also a small shop. The Rowardennan Hotel at the end of the day is the only place for dinner. It's a friendly place with decent food.

## Route Notes

Return to the way marker passed yesterday on the way into Drymen. Follow the path across a field to a gate. Head through the gate and cross the highway. Turn right up a signed path that takes you between beech hedges and parallels the B858. After about 100 yards along the road turn left, go through a gate and down a grassy lane between fields.

Follow the lane for roughly half a mile and bear left onto a signed gravel track. Follow it around to the left and enjoy occasional sightings of Loch Lomond. In 0.3 miles you reach Garadhban Forest - not one of the prettier spots on the Way though there is lots of birdsong to enjoy. When you come to a road turn left and then immediately right. Continue in a westerly direction. Fortunately all major intersections have way markers.

Leave the woods at the 3.6 mile mark and keep right on a wide path. *(If it is lambing season and you have a dog then you must take another route that does not climb Conic Hill. Bear left before the climb and descend on a track that meets the BA837 within a mile. Turn right and follow the road to Balmaha, where you rejoin the Way.)*

Assuming you are not diverted by your dog you will carry on to Conic Hill on the path which you can see ahead. To get there, cross through moorland and over a few bridges. Parts of the climb are steep but the trail is always obvious. The path climbs to a height of 1000 feet on a wide track but does not go to the summit. (It's possible to climb Conic Hill. As you continue around the hill look for a clear path that cuts sharply left from the main path. The climb won't take more than 10 minutes and the views are outstanding.)

Continue on the track and admire the Highland Boundary Fault, an unmistakable line that runs southwest through islands, as far as 50 miles away. The track drops steeply down off Conic Hill so pay attention to your footing. Turn left at the saddle and continue downhill through a gate and into the woods. The path emerges at a parking lot in front of the Ben Lomond Visitor Centre in Balmaha.

Walk through the parking lot to the main road. Across the street you can purchase food at a store or enjoy a delicious lunch at the Oak Tree Inn.

To continue your walk, turn left out of the restaurant and take a roadside path around the



Stream crossing

bay. Keep left at Passfoot B&B along the minor road. In 100 yards, turn right onto a path that heads steeply up to Craigie Fort. It's a short climb. At the top of the outcrop, enjoy views of Ben Lomond and the islands.

Descend steeply into oak woods. And then stay close to the loch. The Way keeps to the shore around Arrochymore Point and passes a popular boat launch and picnic spot - Milarrochy. Enjoy the beaches through this section - perfect places for a picnic lunch.

Again stay close to the Loch and continue on the beach to the end. Then, walk along the road for about 100 yards to Milarrochy Cottage B&B and pick up a way marker directing you onto a roadside path. Follow the roadside path for ¼ mile, walk the road for 50 yards, cross the street and turn left. At Critreoch it leaves the road and heads into the woods.

Cross the road again at Cashel. Follow the track paralleling the road. It crosses the road on several occasions but generally follows the direction of the shoreline.

Continue past Anchorage Cottage at the 11 mile point to Salloch, a building just up the road. Turn onto a path taking you into the hills and away from the cliffs by the Loch. You will pass a camping area and a beach and on to the buildings of the University of Glasgow Research Station. Make a right turn and head up a steep path into Ross Wood at the 12.5 mile mark.

From the top of the Ross Woods, the path descends to a beach. Cross through woodland and go over a low hill. Continue on an undulating path (you may begin to hate the word undulating) through woodlands to the road and turn left into Rowardennan. The Rowardennan Hotel is 400 yards down the road. It is *the* spot to get a meal. Nearby is a campsite and youth hostel.

### Accommodation

#### ANCHORAGE COTTAGE

[www.anchoragecottage.co.uk/](http://www.anchoragecottage.co.uk/)  
East Loch Lomondside  
Ph: +44 (0) 1360 870394

This B&B is right on the Way but most walkers continue past to Rowardennan, eat a meal at the hotel and then phone for a pickup back to the B&B. Pickups are available until 9pm but they need to be arranged between 4:30 and 6pm. Anchorage Cottage enjoys a 4 star rating but it's only

open from April to September. Packed lunches are an option. It's a very hospitable place right on Loch Lomond. Look for free WiFi, well appointed rooms and friendly hosts. Rooms are £90 per night.

#### ROWARDENNAN HOTEL

[www.rowardennanhotel.co.uk/](http://www.rowardennanhotel.co.uk/)  
Ph: +44 (0) 1360 870273

This three star hotel is located right on Loch Lomond and enjoys views of Ben Lomond. Thirteen rooms are offered at £95 per night. On site are two pubs and one restaurant to make dining easy.

### Day 3: Rowardennan to Inverarnan

Lots of people prefer to hike to Crianlarich instead of stopping in Inverarnan but that's a long 32 km (20 mile) day. By choosing to hike to Inverarnan and then to Tyndrum the days become a tad more manageable and hopefully more enjoyable. There is no right or wrong way – do what best suits you. That includes picking the right type of accommodation as well as deciding on how many miles you can comfortably walk.

#### OVERVIEW OF THE DAY

This is often considered the hardest section, mostly because its slow going and rugged over rocks and roots for seemingly hours at a time. The forest is pretty with lots of streams and waterfalls and the last few miles take you through fields with views of the hills to the north.

#### MILEAGE

13 miles (21 kms) to Beinglas Farm, 13.6 miles (22 kms) to Inverarnan

### HIKING TIME

6-8 hours depending on how sure footed and fit you are

### HIGHLIGHTS

Waterfalls, loch side views, pretty woodland

### RESTAURANT AND FOOD POSSIBILITIES

Lousy food at the Inversnaid Hotel (summer 2010). Bring picnic supplies for the day if you can.

### ROUTE NOTES

Continue past the Rowardennan Hotel on the path by the road. Veer right at the end of the path and take the minor road past the Visitor Center towards the youth hostel (not so good according to several people I spoke with on the trail). You also pass the start of the main route up Ben Lomond.

About ½ mile past the hotel, pass the youth hostel entrance on your left. At the fork in the path, bear left up the road as indicated by a way marker. At 1 ¼ miles you will pass the turnoff to Ptarmigan Lodge on your left.

Stay on the forest road for the next 3 miles - much of which is a gentle climb. Don't expect loch views in this section.

The road becomes a path after 3 miles and this is where the 'fun' for the day begins. The path undu-

lates for miles, climbs over rocks and roots and crosses streams. Pay close attention to your footing especially in wet weather.

At the 5.5 mile mark pass an information board about the protection of Craigrostan Woods; woods filled with ancient oaks but threatened now by non native species. Continue for another 1.5 miles on a path that twists, turns, ascends and descends to reach Inversnaid. Just before arriving at the hotel cross a footbridge where you can admire the Inversnaid Falls.

If you want a so-so lunch then enter the Inversnaid Hotel via the walker's entrance at the back. If the weather is fine then a picnic lunch overlooking the loch would be more appealing. There is also the possibility of taking a ferry from the hotel docks to Inveruglas across the Loch.

To continue on the Way, walk in front of the hotel and through the parking lot. In no time, you will see where the RSPB nature trail heads off to your right. A loop on this trail is possible as it rejoins the Way further north. It may be something to consider on a nice day when the views from the top are good or if you're a keen bird watcher.

The Way gets rougher and more rock hopping skills are required. You also enter Rob Roy country and can visit the cave where he reputedly held his kidnap victims.



### LOCH LOMOND AND BEN LOMOND FACTS

- Loch Lomond is the largest body of inland water in Scotland
- It is 18 miles long by 4 ½ miles wide and 630 feet at the deepest point.
- The foot of the loch is only 4 miles from tidal waters.
- Ben Lomond, one of 284 Munroes (a peak over 3000 feet) in Scotland, is the most southerly Munro. Ben Lomond can be climbed out of Rowardennan.
- Ben Lomond is one of Scotland's most popular hill walks with over 30,000 people attempting it every year.
- Look for adders (a poisonous snake), ptarmigan and feral goats on Ben Lomond.



*Drovers Inn*

For two miles the going continues to be slow and at times tedious. The path weaves past large rocks, around trees and roots and past hillsides of ferns. The forest is pretty but after awhile it feels like a bit of a slog. Pass by a few large waterfalls; one in particular provides close up views from the footbridge. Eventually you emerge on a small beach with a beautiful view to a single island. The loch has narrowed considerably at this point.

Head right at the beach on a well defined trail that allows quick and easy walking for a mile through an open grassy section. At the 10 ¼ mile mark, it descends to reach a beat up stone shelter in Doune. At least you can dry out for a few minutes here.

In another half mile cross a footbridge and stile. There is a sign at the stile providing instructions on calling the Ardlui ferry if you want to cross to the west side of the Loch.

Begin a gradual climb that rewards with excellent views of the loch to the south and the mountains to the north. Continue through fern covered hills and cross the saddle east of Cnap Mor. Then descend to a gate at the 12.3 mile mark and you're back into sheep territory. Unfortunately, hydro wires and a small plant mar the view near Beinglas Farm. Continue on to Beinglas Farm at the 13 mile mark, where you can camp, get a room, a meal and a drink.

Inverarnan is just half a mile away. Continue past the shop at the farm, turn left and take the long lane, cross the bridge and you'll come to the road. Turn left and continue on the roadside path to reach the Drover's Inn and a few B&B's. The Inn has character and decent food but if you're a clean and neat freak then you might want to stay elsewhere.

### Accommodation in Inverarnan

There isn't much choice in Inverarnan. If you want something quieter and nicer I recommend the Ewich Hotel near Tyndrum. Call and they will pick you up from the Drover's Inn and return you there the next day to continue walking. (Look for more information under Tyndrum area hotels.)

### DROVERS INN

[www.thedroversinn.co.uk/](http://www.thedroversinn.co.uk/)

Ph: +44 (0) 1301 704234

They suggest that "you expect the unexpected"; they also believe that a stay should be as much of an 'experience' as eating and drinking. Apparently ghosts and ghouls make occasional appearances. The inn is considered to be a travel institution and a must for anyone visiting. Lots of stuffed animals grace the building. It could be a noisy place on the weekends as music is played below the rooms. Double rooms are £78-89 per night. Across the street

sixteen traditional hotel rooms are available in the Drover Lodge Inn.

### CLISHAM COTTAGE

[www.clishamcottage.com/](http://www.clishamcottage.com/)

Located across from the Drover's Inn

Ph: +44(0) 1301 704339

A two star B&B for £62 per night.

## Day 4: Inverarnan to Tyndrum

### OVERVIEW OF THE DAY

Lots of gradual uphill through woods and along an old military road. Some views but electricity poles mar the view for the first half of the day.

### MILEAGE

14 miles (22.5 kms)

### HIKING TIME

5-7 hours

### TERRAIN

Well trodden paths, military roads

### HIGHLIGHTS

Falloch Falls, lots of excellent mountain views

### RESTAURANT AND FOOD POSSIBILITIES

Crianlarich (though restaurants are a mile off the Way), The Trading Post at Strathfillan Wigwams, Tyndrum. Bring a packed lunch if possible.

### ROUTE NOTES

Pick up the Way on the road behind Beinglas Farm. It's a gradual uphill for the better part of 3 miles on easy walking roads. Cross a pretty stream over two footbridges at the 1.2 mile mark and at the 2.0 mile mark enjoy the Falls of Falloch on your left.

Veer left at the top of a hill and then descend to pass the white washed Derrydaroch Cottage. Cross the bridge at the 3.2 mile mark and turn right onto a wide gravel path. Enjoy a waterfall at the 3.8 mile mark on your right. Ascend and then descend to a tunnel (tall people will be stooped over considerably) under the railway. Continue on a path up an old road to reach another tunnel under the A82.

Continue uphill on the track under the electric lines to reach a military road and turn right. The road gradually climbs to reach a tall wooden gate at the 6.0 mile mark. Here the path splits: Crianlarich on the right (about a mile away) or Tyndrum if you head left. Go left if you are headed to Tyndrum but don't stop here; climb a very short steep section to reach a picnic table with a beautiful view of the mountains and river. The bulk of the climbing is over at this point.

Continue through a conifer forest with the occasional excellent view. Watch out for the midges in this section. At the 7.1 mile mark cross Herive Burn on a footbridge. Continue on the undulating path though overall the path is on a downwards trend. At 7.8 miles bear right to reach a wider track.

At about the 8 mile mark, the Way goes left and descends under a beautiful old stone viaduct on the Oban Railway. Turn left along an old road. It becomes a path as it parallels the A82. Where it ends, cross the highway and pick up the Way

heading left on the other side of the road. Go over a stile to cross the field. Head across the River Fillan on a footbridge.

Continue walking in the direction of the farm straight ahead but turn left before you reach it at about the 9 mile mark. The ruins of St. Fillan's Chapel are on the left and an ancient cemetery on the right.

Follow the wide path across the fields, through a few gates to reach Strathfillan Wigwams. It has campsites and a food shop. Continue on across a bridge, turn left and follow the road back to the A82. Head under the highway and follow the trail alongside the River Cononish. It leads to a minor road. Cross the road (right by the sign for Strathfillan House) and pick up the track.

Pass a stone bench - a memorial to the battle of Dal Righ. Continue up to a minor road and turn right to follow a narrower path. You are in the Tyndrum Community Woodland which is signed as you enter and leave. At the 11 mile mark pass another stone bench - this time as a symbol of the Legend of the Lost Sword.

Tyndrum is still another 1.5 miles away. Continue on paths through open woodland. In the distance on your right you will see a cottage and the highway. Pass through the barren workings of an old lead crusher, through a gate to a path by the river. Follow it for about ¼ mile. Continue across the river to a sign with the town layout. Go left and then right to continue on the Way and

in about 0.5 miles reach the main road. Turn right for the shops and pubs.

### **Accommodation in Crianlarich**

Crianlarich is about a mile off the Way. It hosts a youth hostel, B&B's, a hotel, post office, grocery store and a pub.

#### **BEN MORE LODGE**

[www.ben-more.co.uk/](http://www.ben-more.co.uk/)

Ph: +44 (0) 1838 300210

Pick from a bunk house for £25 pp per night including breakfast or choose a room in the timber lodge for £70 per night. Take advantage of an on-site restaurant.

#### **RIVERSIDE GUEST HOUSE**

[www.riversideguesthouse.co.uk/](http://www.riversideguesthouse.co.uk/)

Tigh-Na-Struith

Ph: +44 (0) 1838 300235

Ensuite rooms are £30 pp per night. Rooms without an ensuite are also available.

#### **GLENARDRAN GUEST HOUSE**

[www.glenardran.co.uk/](http://www.glenardran.co.uk/)

Ph: +44 (0) 1838 300236

This is a three star B&B located right in town. Rates are £28 per person per night.

#### **CRIANLARICH HOTEL**

[www.crianlarich-hotel.co.uk](http://www.crianlarich-hotel.co.uk)

Ph: +44 (0) 1838 300272

This is a comfortable though larger three star hotel available right in town with high season rates of £85-115 per night. There is an onsite bar and restaurant.

## Accommodation in the Tyndrum Area

### EWICH HOTEL

[www.ewich.co.uk/](http://www.ewich.co.uk/)

Strathfillan Ph: +44 (0) 1838 300300

The B&B sits on 5 acres of gardens, just off the Way. The house was built in 1811 and offers well appointed rooms with Laura Ashley bedding. Walkers can get picked up in Inverarnan and returned there the next morning for £10. Free pickups and rides are available to Tyndrum. Dinners are not offered in July and August. Breakfasts are excellent. Single rooms are available too; Rates are £32 pp per night but will be going up to £45 in 2011. They are rated VERY highly on Trip Advisor and for good reason.

### TIGH NA FRAOCH

[www.tigh-na-fraoch.com/](http://www.tigh-na-fraoch.com/)

Lower Station Road

Ph: +44 (0)1838 400 354

This is a small family run B&B situated right on the Way and adjacent to a river. A double standard room is £25 per night.

### GLENGARRY HOUSE

[www.glengarryhouse.com/](http://www.glengarryhouse.com/)

Ph: +44(0) 1838 400224

Three rooms are available with WiFi at a rate of £29.50 per person per night.

### TYNDRUM LODGE HOTEL

[www.gjhotels.co.uk/tyndrumhotel.html](http://www.gjhotels.co.uk/tyndrumhotel.html)

Ph: +44 (0) 1838 200251

A basic room in this 2 star hotel is £60 per night. It is in the center of town and right on the Way. Paddy's Bar & Grill is in the same building and offers decent food in a friendly atmosphere.

## Day 5: Tyndrum to Bridge of Orchy or Inveroran

### OVERVIEW OF THE DAY

It's a short and easy day no matter if you go to the Bridge of Orchy or Inveroran. The walking is mostly on old military roads with lovely mountain views if the day is clear.

### MILEAGE

6.65 miles (10.5 kms) to the Bridge of Orchy + 2 miles (3.2 kms) more if you stay at the Inveroran Hotel.

### HIKING TIME

3-4 hours

### TERRAIN

Old military road for most of the day with a gradual climb out of Tyndrum and then easy walking to the Bridge of Orchy

### HIGHLIGHTS

Lots of lovely mountain views; especially pretty views of Loch Tulla and the wooded islands (called crannogs) as you descend to the Inveroran Hotel

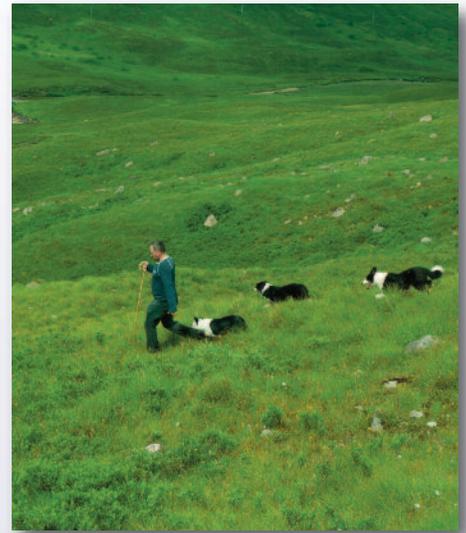
### RESTAURANT AND FOOD POSSIBILITIES

Bridge of Orchy Hotel has a pub and restaurant with very good food; Inveroran Hotel offers meals too.

### ROUTE NOTES

Leave Tyndrum on the path between Brodie's and the Green Welly. Gently climb to the north on the old military road. The walking is quick and easy. If you're lucky and the weather is good then two mountains - Beinn Odhar and Beinn Dorain, dominate the view.

Travel over several small bridges as you continue down the valley. Pass under the railroad track for



*Border Collies*

the West Highland Line at the 1.9 mile mark. Turn right and continue on the old military road. At 3.4 miles you cross a stile and then a stone bridge over the Allt Kinglass River.

Excellent mountain views continue to reward as you continue north. Arrive in Bridge of Orchy and pass the rail station. Walk under the railway line and down a minor road to the A82. The Bridge of Orchy Hotel is directly across the street.

If you are carrying on to Inveroran, cross the street and walk to the right of the hotel down a narrow lane. Cross the Caulfeild Bridge over the River Orchy.

After the bridge keep left on the pavement and then climb up a path through forests and moorland. At the top if you want even greater views climb the hillock. Otherwise continue on the winding path to the A8005. Turn left to arrive at the Inveroran Hotel.

## Accommodation Options

### BRIDGE OF ORCHY HOTEL

[www.bridgeoforchy.co.uk/](http://www.bridgeoforchy.co.uk/)

Ph: +44 (0) 1838 400208

They offer bunkhouse style accommodation and regular hotel rooms. Bunkhouse prices are £25 pp for linens and breakfast. Regular room rates are £90-120 per night. The hotel rooms are well appointed and baths are clean and modern.

### INVERORAN HOTEL

[www.inveroran.com/](http://www.inveroran.com/)

Ph: +44 (0)1838 400 220

This 19th Century inn has ensuite rooms for £43 per night. There has been a recent change in ownership.

## Day 6: Bridge of Orchy or Inveroran to Kinlochleven

### OVERVIEW OF THE DAY

This is a long, hard day especially the last few miles into Kinlochleven. It's also a fantastic day with incredible scenery.

### MILEAGE

19 miles (30 kms) from Inveroran or 21 miles (34 kms) from Bridge of Orchy

### HIKING TIME

9-12 hours depending on breaks, weather and fitness levels

### TERRAIN

Exposed on Rannoch Moor. Lots of old military road, well trodden paths, some dirt and tarmac roads near the end

### HIGHLIGHTS

Loch Tulla and the wooded islands, the desolate feel of Rannoch Moor, the view from the top of the Devil's Staircase, lovely walking after the Devil's Staircase towards Kinlochleven

### SIDE TRIPS

Ice Factor, Aluminum Story

### RESTAURANT AND FOOD POSSIBILITIES

Bring some food with you because after the Inveroran Hotel, the next chance is at the King's House, 10 miles later. Glen Coe Ski Area also offers food and drink.

### ROUTE NOTES:

Continue on the Way past the Inveroran Hotel. Cross a small bridge ¼ mile past the hotel and the Victoria Bridge ¾ mile past the hotel. Soon you will pass the Forest Lodge on your left and the last way marker sign until you are in the area of the Glencoe Ski Resort, about 8 miles away.

Go through a gate just past Forest Lodge and start walking up the old parliamentary road. It's wide and mostly easy to walk on. Climb past many reforested sections and over several small bridges. The area you are walking through is called Rannoch Moor. It doesn't offer any shelter so in windy, wet weather it can be a challenging walk to King's House. On a windless, sunny day the only issue is midges. Unfortunately down on the right you can see cars on the road taking away the isolated feel. The total climb on Rannoch Moor is 900 feet.



There is a bridge over the River Ba at the 7.5 mile mark. It's a pretty area with red granite slabs. You are about halfway to King's House here. Eventually you might notice a cairn up on your left. It marks the high point (1500 feet) of the Way on this section.

Descend 650 feet over 3 miles to reach King's House. The views are suddenly fabulous. Within half a mile of beginning the descent, King's House becomes visible on the far side of the road. The beautiful mountain Buachaille Etive Mor offers up photo opportunities for most of the descent. The mountain is popular with the mountain climbing crowd although there is a "walk up" route.

As you continue your descent, look for the chairlifts on the horizon up on the left. They are part of Glencoe Ski Resort. As you approach the road to the ski resort, you might find signs indicating food availability up at the resort. If not headed to the resort, turn right on the access road at the nine mile mark and take it down to the highway. Cross the highway and continue to the King's House Hotel, where you can find lodging and food. It is one of Scotland's oldest licensed inns. There is also a free campsite though bathroom facilities are few and far between.

After a refuelling stop at King's House Hotel, continue behind the hotel. Cross the River Etive where we saw deer and continue along the minor road to a junction in 0.3 miles. Turn left and follow the road for about ¾ mile. Then turn right through a gate and continue on the old military road.

The climb known as the Devil's Staircase begins three miles after leaving the hotel. The summit is a distance of about 1 ¼ miles up from the highway. It's actually not that bad as there are lots of switchbacks to ease the grade. The summit altitude is 1,800 feet, 1000 feet



*Fish & chips*

higher than King's House Hotel. Look for two cairns at the summit which mark the highest point on the Way.

Views are superb at the top on a fine day. Look for Ben Nevis. The descent off the summit is gradual initially. Continue down and off to your right look for Blackwater Reservoir, dating to the early 1900's. Eventually, way below, you can see the town of Kinlochleven - and the next day's route running along the Mamores.

Two miles down from the summit, you will pass buildings and the head of the water pipeline. Stay on the wide path until it hits the road. A way marker is finally visible just before the path and road intersection. Another 1000 feet of descent is in your future on a series of roads which feel like they're taking you away from Kinlochleven instead of towards the town. At the seven mile mark since leaving King's House Hotel, turn left onto the road.



Continue down the road, which can be steep at times. About a half mile down the road, way markers appear. Stay right and then immediately left after you've rounded a curve near the river. Shortly you will cross a bridge and see a waterfall on your right. Veer right and continue walking down the road for what feels like a long time. In the distance on your right, look for the 6 pipe water-line. It looks like a giant water slide from a distance. Eventually you meet up with the pipe line appearing on your right. Continue your descent to finally reach a bridge that takes you over the pipes. The old Alcan works are visible. Turn right and take a track to cross the bridge over the River Leven. Then go left and follow Wade's Road.

Continue about 200 yards and then turn left into the park/woods to reach a riverside path. It meets up with Lochaber Road. Turn left and go back across the river to reach the center of Kinlochleven. Turn right to continue on the Way.

### **Accommodation:**

Kings House Hotel is only seven miles past Inveroran and it's an option if you want to break up a long day.

#### **KINGS HOUSE HOTEL**

[www.kingy.com/](http://www.kingy.com/)

Ph: +44 (0)1855 851259

It's in a remote location with no competition. You can enjoy great views of the hills – like generations have as this is one of Scotland's oldest licensed inns. A double room is £65 per night.

#### **TIGH NA CHEO**

[www.tigh-na-cheo.co.uk/](http://www.tigh-na-cheo.co.uk/)

Ph: +44 (0) 1855 831434

The B&B sits high on the south side of town and at least a half mile off of the Way. Double or twin rooms are £20-30 per person sharing.

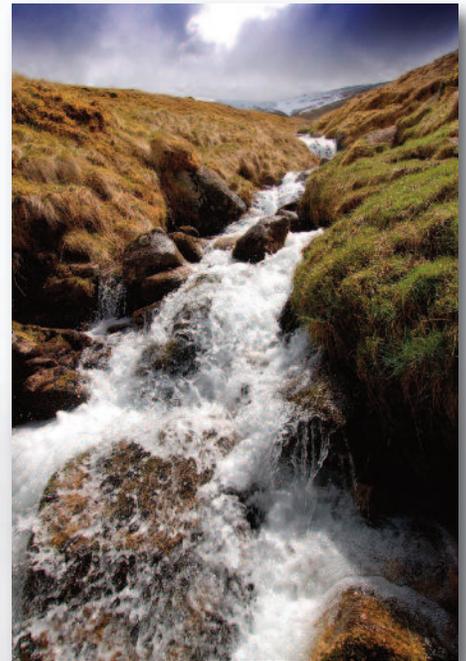
#### **TAILRACE INN**

[www.tailraceinn.com/](http://www.tailraceinn.com/)

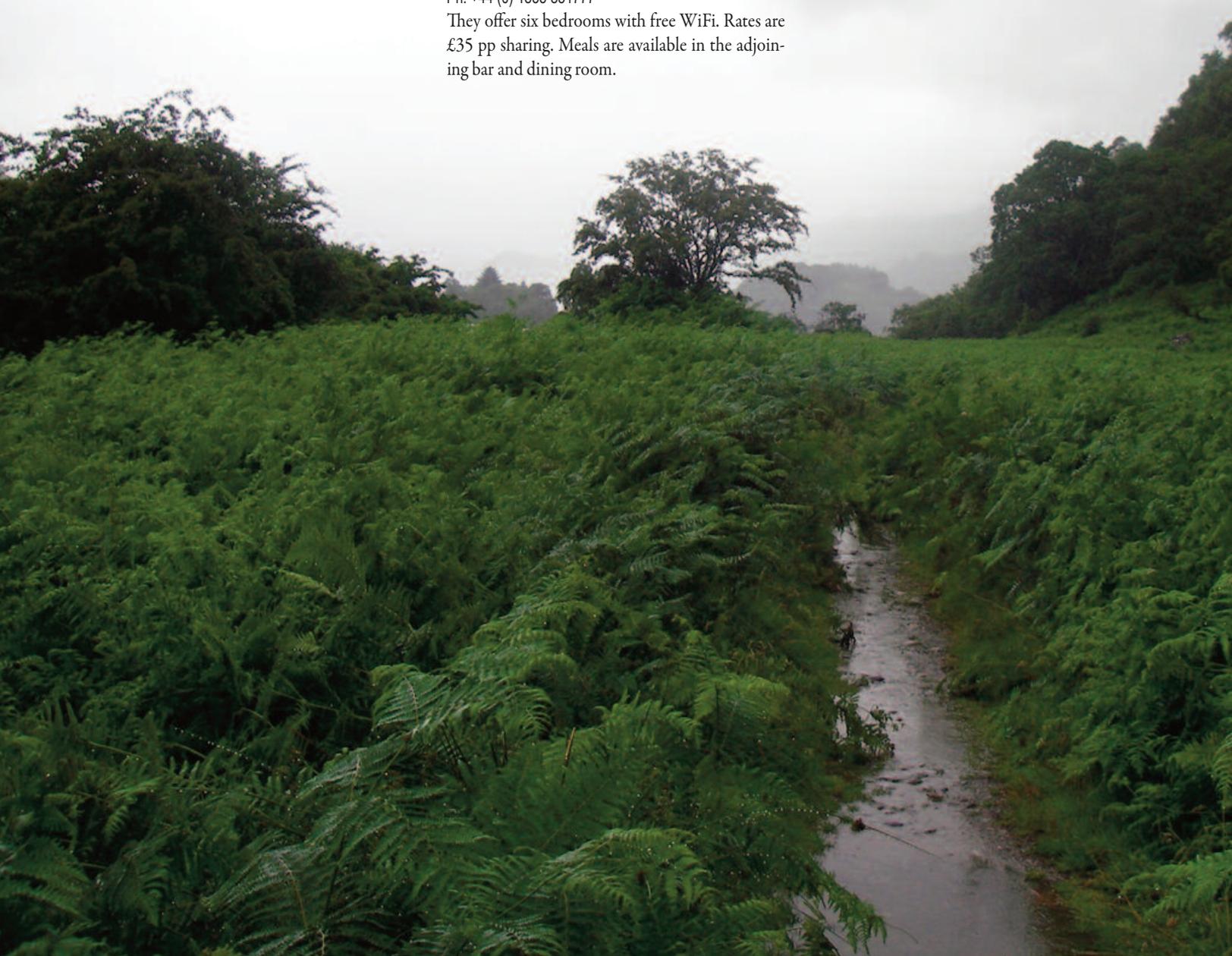
Riverside Road

Ph: +44 (0) 1855 831777

They offer six bedrooms with free WiFi. Rates are £35 pp sharing. Meals are available in the adjoining bar and dining room.



*Waterfall, Ben Nevis*





*Lush growth*

### EDENCOILLE

[www.kinlochlevenbedandbreakfast.co.uk/](http://www.kinlochlevenbedandbreakfast.co.uk/)

Garbhein Road

Ph: +44 (0) 1855 831358

This is a four star B&B overlooking Loch Leven. Ensuite rooms are £32 pp per night. They also provide dinner for £15 per person.

### MACDONALD HOTEL

[www.macdonaldhotel.co.uk/](http://www.macdonaldhotel.co.uk/)

Fort William Road

Ph: +44 (0) 1855 831539

Located on the northwestern edge of the village, the hotel offers 10 bedrooms for £84 per room sharing in the summer. They also offer cabins which can sleep from one to four people. Rates are £10-18 pp per night. A bar and restaurant are on site. I heard very good reports about the hotel.

## SIDETRIPS

### ALUMINUM STORY

On Linnhe Road in Kinlochleven

Ph: 01855 831663

Open from 10am to 5pm from April until September and reduced hours the rest of the year. A visitor center attached to the library explains the history and role aluminum has played in Kinlochleven since the early 1900's. The Blackwater Reservoir on Rannoch Moor and the hydro electric projects are also covered. They stopped smelting aluminum in 2000.

### THE ICE FACTOR

[www.ice-factor.co.uk](http://www.ice-factor.co.uk)

Ph: 01855 831100

You can't miss the building that houses The Ice Factor in Kinlochleven. When the aluminum smelter closed this was one of the solutions the town came up with to draw people and add jobs. The Ice Factor is the largest indoor ice climbing facility in the world; also find a competition bouldering hall and an articulated rock wall. Courses are offered and a café, bar and shop can be found on the premises.

## Day7: Kinlochleven to Fort William

### OVERVIEW OF THE DAY

Climb out of Kinlochleven and then enjoy a more gradual climb with lovely valley and mountain views for another 4-5 miles. It's tedious through the clear-cut forest and even through the Nevis Forest. The last few miles on tarmac feel anticlimactic. A new finish is to be in place in late July 2010 in downtown Fort William.

### MILEAGE

14.5 miles (23 kms) \*\* add about another mile for the new finish in downtown Fort William\*\*

### HIKING TIME

6-8 hours

### TERRAIN

Military road for the first half (exposed in bad weather), then dirt paths through the forest and the last several miles are on tarmac into Fort William

### HIGHLIGHTS

Lovely highland walking for the first half of the day; sheep herding if you're lucky and terrific views of Ben Nevis as you head down through Nevis Forest

### RESTAURANT AND FOOD POSSIBILITIES

None until you reach the Visitor Center, just miles from the end of the day.

### ROUTE NOTES

Continue on the Way by heading northwest along Lochaber Road - the road you came in on yesterday. There are lots of way markers. You will come to the road on your right leading to Gray Mare's Tail waterfall (a 20 minute detour). Across from the schoolyard look for a track heading up through the woods on your right, about 0.25 miles along from the start of today's walk.

For about the next five miles, the Way continues along the old military road. Initially the track zig-zags until you get out of the trees. Then the grade eases and you are treated to views of the loch and surrounding mountains. Look back to see where you came from yesterday. You may catch sight of British military jets flying beneath you through the mountains - look ahead of where you hear the noise.



*Climbing Ben Nevis*

The Way reaches a height of 335 m (1000 feet) at the top of Larigmor. Just past the pass look for the ruined buildings of Tigh-na-Sleubhaich and then a mile later the ruins of Lairigmor. They were inhabited by hill farmers. The first set of ruins would provide shelter in bad weather though there is a sign advising caution because of the fragile state of the buildings.

Continue walking on the Way through this lovely valley and after about five miles head right (north). Unfortunately electric lines mar the valley though otherwise it's very pretty. Look for climber's trails to some of the surrounding mountains.

As you head north, the views disappear and you have several miles of walking on a track through clear cut forest. A highlight for us through here was the sheep roundup. Four farmers and twelve dogs were spread over a huge area. Much whistling, shouting & gesturing as well as a huge effort on the part of the dogs, had the sheep collecting on the path just in front of us.

Continue on a gradual descent down to an information board located at a road intersection. The

board states that the distance covered so far is 8 miles and it's another 7.5 miles to get to Fort William. There is an alternative to the left. The dirt road takes you to Fort William and saves about two miles though I don't know how well signed it is at junctions AND it isn't the Way.

Bear right and climb the path across moorland. You will encounter the biggest stile yet on the Way. Cross a few small rivers to reach Ben Nevis forest. After this the Way undulates, sometimes steeply, for almost three miles. Enjoy occasional views of Ben Nevis. At the 11 mile mark, look for the way marker and bear right onto a gravel road that descends steeply at times for almost two miles.

The junction of the path to the fort and the road is at approximately the 12.5 mile mark. An obvious path on your right takes you to Dun Deardail, a 2500 year old fort. Be prepared to climb 75 m (250') to visit it.

Meanwhile, back on the track continue descending on the gravel road, all the while enjoying Ben Nevis views. In another mile, you will encounter a signed track that bends right to the Glen Nevis Youth

Hostel. If you are not headed to the hostel continues left on the road to reach another signed junction in about half a mile. You have three options: 1) turn left to climb Cow Hill, 2) go straight to reach the Fort William town center via the Braveheart car park or 3) turn right to continue on the Way.

It's a short distance to Glen Nevis Road. Turn left and in less than 100 yards cross the street to visit the Ben Nevis Visitor Center. Then continue on the roadside path, past a huge boulder to reach the Nevis Bridge roundabout and the official end of the Way. By the time this guide is published in August 2010 a new finish will be in place – so about another mile of walking to the town center will be required. It will be on High Street, just a block from the water.

**CONGRATULATIONS!** You've done it! However if you're still keen to do some walking, the start of the Great Glen Way begins in Fort William, less than a mile from the West Highland Way finish.

## Accommodations in Fort William

### THE LIME TREE

[www.limetreefortwilliam.co.uk/](http://www.limetreefortwilliam.co.uk/)  
The Old Manse, Achintore Road  
Ph: +44 (0) 1397 701806

The Lime Tree is only a few blocks from the 'new' finish of the West Highland Way. Rooms are well appointed but when we were there the plumbing needed work. There is an excellent onsite one star Michelin restaurant. Interesting art available for purchase decorates the walls throughout the building. Rates are £50 per person per night.

### DISTILLERY HOUSE

[www.stayinfortwilliam.co.uk/](http://www.stayinfortwilliam.co.uk/)  
Nevis Bridge, North Road  
Ph: +44 (0) 1397 700103

The Distillery House is the result of three distillery workers cottages being turned into a guest house. Look for complementary scotch and shortbread in the Reading Lounge. Contact them for rates.

### BEN VIEW GUEST HOUSE

[www.benviewguesthouse.co.uk/](http://www.benviewguesthouse.co.uk/)  
Belford Road  
Ph: +44 (0) 1397 702 966  
Rates are £25-35 pp per night.

### GLENTOWER LOWER OBSERVATORY

[www.glentower.com/](http://www.glentower.com/)  
Ph: +44 (0) 1397 704007  
They are located 5 minutes from the town center. Rooms are £58 per night.

### RHU MHOR GUEST HOUSE

[www.rhumhor.co.uk/](http://www.rhumhor.co.uk/)  
Ph: +44 (0) 1397 702213  
Comfortable accommodation 10 minutes by foot from the town center. Nightly rates are £20-33 per person.

## DAY PACK ESSENTIALS

Remember to include, as a minimum, the following in your day pack:

- Wallet and identification
- Credit card and cash (ATM machines aren't always available and most B&B's take only cash – (ATM's in Milngavie, Drymen, Tyn-drum, Kinlochleven and Fort William)
- Rain gear – top and bottom plus a hat (no ponchos!)
- Camera and extra batteries, binoculars
- Extra clothing in case the weather changes
- Adequate water and food
- Sunscreen, lip balm and insect repellent (with at least 30% Deet)
- Map and route description
- Whistle and compass or GPS (with extra batteries)
- Cell phone or phone cards in case you run into problems
- Headlamp with extra batteries (not as important in the height of the summer)
- Small first aid kit and especially blister aids like Compeed
- Food for 6-8 hours of sustained hiking (bars, salty foods like pretzels, jerky, fruit, sandwiches) plus a bit of extra in case you get lost or have an accident)
- 2- one litre (32 ounce) water bottles; do not drink the water from streams and lakes, especially considering the high density of farm animals
- Small thermos for hot drinks in the off season (optional)



## ENTIRE WALK

(in addition to Day Pack Essentials)

- Large pack with enough room to hold what is listed below plus a rain cover
- Wicking clothes that can be layered ex. capilene t-shirt and turtle-necks
- Windproof fleece top
- Comfortable quick dry hiking pants and in milder weather consider bringing a pair that zip off into shorts
- Fleece hat and gloves
- Casual city clothes
- Underwear and socks
- Well broken in leather boots (blisters can ruin the trip!)
- Sandals or an extra pair of shoes in case your boots get wet
- Gaiters
- Personal toiletries
- Reading material and journal (optional)
- Plastic bags as a further measure of protection inside your pack
- Trekking poles (optional)

## West Highland Way Baggage Service

One of the great things about long distance walking and hiking in England is the fact that there are many luggage transfer services. On the West Highland Way, there are three companies who will transfer your luggage.

### SHERPA VAN

[www.sherpavan.com/](http://www.sherpavan.com/)

Ph: +44 (0) 1748 826917

or in Great Britain 0871 520 0124

They charge £7 per bag with a two bag minimum per daily walking stage.

### AMS SCOTLAND

[www.amsscotland.co.uk/](http://www.amsscotland.co.uk/)

Ph: +44 (0) 1360 312840

Part route and single stages are available as is the reverse route from Fort William to Milngavie. The full route to all accommodations and campsites is offered at £35 per bag.

### TRAVEL-LITE

[www.travel-lite-uk.com/](http://www.travel-lite-uk.com/)

This Milngavie based business was the first company to offer a baggage service on the West Highland Way. A fee of £35 is charged for each bag with up to 8 stops permitted over the course of the Way.

## Tour Companies

The philosophy of this guide is to help you figure out how to book the West Highland Way on your own. However, if you want alternatives to doing the arranging yourself you could consider calling one of the following tour operators.

### CONTOURS WALKING HOLIDAYS

[www.contours.co.uk/index.htm](http://www.contours.co.uk/index.htm)

Ph: +44 (0) 1768 480451

They offer 5 day/6 night trips through to 9 days/10 night trips. Prices range from £365 pp to £535 pp.

### FOOTFALLS WALKING HOLIDAYS

[www.walkinghikingireland.com](http://www.walkinghikingireland.com)

Ph: +353 (0) 404 45152

They offer guided and self guided options over 6, 7 or 10 days. Rates start at £495 per person sharing.

### ABSOLUTE ESCAPES

[www.absolutescapes.com/home.html](http://www.absolutescapes.com/home.html)

They offer five trip combinations at the budget, standard and premium level of accommodation. A 5 day/ 6 night budget trip starts at £280. Their most popular trip is 7 days and 8 nights long.

### MACS ADVENTURE

[www.macsadventure.com/](http://www.macsadventure.com/)

Ph: +44 (0) 141 530 8886

Guided and self guided trips are available starting at £250 for a 4 night/3 day escape to £480 for a 7 day/7 night trip.

### HOOKED ON WALKING

[www.hookedonwalking.co.uk](http://www.hookedonwalking.co.uk)

Ph: +44 (0) 1501 744727

They offer two partial tours and one full tour. The full 8 day/8 night tour is £555 per person based on double occupancy.

### DISTANT JOURNEYS

[www.distantjourneys.com/](http://www.distantjourneys.com/)

Ph: 888-845-5781

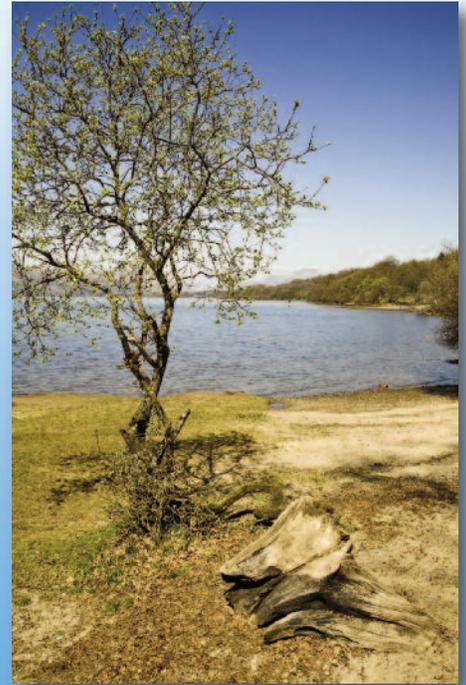
They offer a 12 day trip for \$US3350 once a year in May.

### BESPOKE HIGHLAND TOURS

<http://highland-tours.co.uk/bht-whw.htm>

Ph: +44 (0) 1854 612628

They offer 7 and 8 night self guided tours starting at £350 per person anytime between April and the end of September.



*Loch Lomond from the south*



*Supports for old jetty lead out into Loch Lomond*

## West Highland Way Travel Tips

### BY BIKE

Yes, people bike the West Highland Way but travel lightly because on some days it's more hikey- bikey than biking especially on Day 3 past Rowardennan.

### MOUNTAIN RESCUE

To call the police and report an accident call: 01786 456 000 south of Tyndrum, 01463 715 555 north of Tyndrum or dial 999.

### CALLING NORTH AMERICA FROM SCOTLAND

Dial 001 + area code (3 digits) + the phone number (7 digits)

### CELL PHONE RENTALS

There are times a cell phone would be handy and if you are travelling alone it might give you and your family some peace of mind. Visit [www.cellhire.com](http://www.cellhire.com) or [www.cellularabroad.com/](http://www.cellularabroad.com/) for more information.

### ELECTRIC PLUGS

Buy a universal plug or one specifically for Great Britain. They are found in travel stores and at airports.

### WEATHER FORECASTS

#### GLASGOW, SCOTLAND -

[www.news.bbc.co.uk/weather/forecast/6](http://www.news.bbc.co.uk/weather/forecast/6)

### CAMPING

There are lots of people that camp along the West Highland Way, and judging from where tents were situated you can in theory camp anywhere. If you plan to camp in July and August bring a head net – the midges can be brutal if the wind isn't blowing, especially when you're putting up and taking down your tent. The weather can be a problem. Be prepared for very heavy rain. On the brighter side there is baggage service available for a fee that can move your gear from campsite to campsite.

### MAPS

*The West Highland Way by Footprint.* This is a waterproof map with a scale of 1:47,500.

### DOGS

Dogs are allowed provided you keep them under control. During lambing season be prepared to take the alternative route on day 2 around Conic Hill. Booking dog friendly accommodation may be a challenge.

### SCOTTISH OUTDOOR CODE

The Scottish Outdoor Access Code details access rights established by laws enacted in 2005. It boils down to common sense and courtesy, especially when hiking through farmer's fields during lambing season. Do the following:

- Look after the environment (this is being abused particularly around Rowardennan where campers have left copious amounts of garbage)
- Take responsibility for your actions
- Respect the interests of other people

### PRICING

Prices in this guide are valid as of August 2010.