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Scottish Highlands Hillwalking GUIDE

60 day-walks – includes 90 detailed trail maps
PLANNING – PLACES TO STAY – PLACES TO EAT

JIM MANTHORPE


3rd
edition



JIM MANTHORPE (seen here bivvying on the summit of Sgurr Fhuaran) is a wildlife cameraman and writer. He has written and updated dozens of Trailblazer guidebooks over the years, from Ladakh to Canada. But it is the Highlands, where he is based, that he spends most of his time in. He has a particular love for wild places and wildlife and has filmed eagles, otters and orcas for various BBC shows including *Springwatch*.

He is also the author of the *Great Glen Way*, from Trailblazer.

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For Claire, Oren & Zara

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A request

The author and publisher have tried to ensure that this guide is as accurate and up to date as possible. Nevertheless things change. If you notice any changes or omissions that should be included in the next edition of this book, please write to Jim Manthorpe at Trailblazer (address above) or email him at jim.manthorpe@trailblazer-guides.com. A free copy of the next edition will be sent to persons making a significant contribution.

Warning: mountain walking can be dangerous

Please read the notes on when to go (pp10-15), winter hillwalking (p12) and mountain safety (pp317-22). Every effort has been made by the author and publisher to ensure that the information contained herein is as accurate and up to date as possible. However, they are unable to accept responsibility for any inconvenience, loss or injury sustained by anyone as a result of the advice and information given in this guide.

PHOTOS – Front cover: On the summit of Sgurr na Ciste Duibhe, Five Sisters of Kintail

This page: Nearing the summit of Sgurr Fhuaran, Five Sisters of Kintail

Overleaf: End of the day on the Rum Cuillin, looking west from Hallival

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Scottish Highlands Hillwalking GUIDE

JIM MANTHORPE



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INTRODUCTION

'Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountain is going home; that wildness is a necessity'

John Muir, *Wild Wool*, 1875

The Highland region of Scotland is rightly considered to contain some of the most breathtaking landscapes in Europe. It is the largest upland area in the British Isles and, despite the modest height of the hills when compared to other European ranges, is home to some incredibly diverse mountain architecture from the high sub-Arctic plateau and deep corries of the Cairngorms to the knife-edged ridges of the Skye Cuillin. Add to this the tumbling burns and rivers, ancient Caledonian pine forests and the magnificent islands and sea lochs along the west coast and you have a picture of what the Highlands have to offer.

The Highland region of Scotland is rightly considered to contain some of the most breathtaking landscapes in Europe

It is perfectly possible to spend a lifetime walking these hills and many people do. Recreation in the mountains has become increasingly popular since the turn of the century leading to the formation of a number of official long-distance paths, notably the West Highland Way and Great Glen Way. But to appreciate fully this diverse mountain region, the history, the wildlife and the ever-changing light there can be no better way than to don a pair of walking boots and climb to the tops.

To appreciate fully this diverse mountain region ... there can be no better way than to don a pair of walking boots and climb to the tops

A hugely popular activity among British hillwalkers is to 'bag' the munros (see box p66), the 282 Scottish summits of 3000ft or more. To limit oneself to these mountains alone, however, is to miss out on some of the most beautiful peaks that Scotland has to offer.

Despite the popularity of the Highlands, it is still possible to walk for days in the mountains without seeing another soul, making this the premier mountain region in the UK when compared to the English Lake District or Welsh Snowdonia, which are altogether busier and much smaller in area.

The Scottish hills are certainly wild in character but they are far from untouched. Man has, over the centuries, upset the balance of nature in this fragile environment. The most notable change to the landscape has come through the loss of the ancient Caledonian pine

forest that once occupied many of the glens. Today around 1% of this woodland remains, in vulnerable fragments. Efforts are being made to encourage natural regeneration but this is hampered by the grazing activities of the red deer that roam the hillsides. Their population has exploded following the eradication of the wolf by man around 300 years ago. The high peaks and ridges above the tree-line, however, have changed little or not at all since the last Ice Age, some 10,000 years ago. A walk up there is the closest you can get in the British Isles to finding what some might call true wilderness.

The great wonder of the Highlands is how the mountains change in character over such a short distance. The tamest hills are in the south around beautiful Loch Lomond which spills out into the Lowlands. In the east, the massive high-altitude Cairngorm plateau cut with deep corries is home to arctic wildlife and semi-permanent snowfields, a marked contrast to the west coast which is a land of narrow ridges, pyramidal peaks and fjords. Even further west, the Isle of Skye offers the most challenging walking in Britain in the shape of the Cuillin Hills, while the Outer Hebrides contain much smaller, rounded hills that look down on deserted white-sand beaches. Finally, in the far north, there is some of the



remotest and wildest country, inselberg peaks rising as lonely sentinels from a vast lochan-studded floor.

The tops of many of these hills are relatively easy to attain while others require a certain level of ability, expertise and in some cases climbing experience. This book offers a selection of some of the best hill walks from each region of the Highlands. Some are straightforward walks of just a few hours while others are much longer and may involve a spot of scrambling or extra reserves of energy and fitness. The hills chosen for this book have been selected not just for their aesthetic quality but also to cover different levels of difficulty so that anyone with at least a little hillwalking experience will find some walks within these pages to suit their ability. Additionally, as anyone who enjoys the mountains should have an innate regard for the natural environment, most of the hills in this book are easily accessible by public transport, so you can leave your four wheels at home!

The tops of many of these hills are relatively easy to attain while others require a certain level of ability, expertise and in some cases climbing experience

Below: On the ascent of Ladhur Bheinn, Knoydart with the Isles of Eigg and Rum beyond.



When to go

SEASONS

Scotland lies in a temperate zone which means summers are not particularly hot and winters not particularly cold. But it's not as simple as that. The British Isles sit with a continental landmass on one side and a big ocean on the other. Weather systems roll in from every direction, though most commonly from the south-west, and bring with them very varied weather. See also pp317-22.

In summer a westerly wind usually brings damp air from the sea resulting in rain and wind while an easterly drags in warm, dry continental air. Less frequently, weather fronts come down from the north drawing in cooler air which in winter results in snow showers down to sea level, particularly in the north and east, and even in summer can bring snow to the highest peaks. Generally speaking the west coast, in the firing line of the prevailing westerlies, is far wetter than the eastern Highlands.

It is not just weather, however, that dictates the best time for walking. Other big deciding factors are the midges and ticks (see p62), and the fact that July and August are also the most popular months, so for solitude, and a better chance of booking a room, try to avoid the high season. Taking all these factors into account, the best months for hillwalking are May, June and September (winter is also very special but not the subject of this book, see box p12).

Spring (March to May)

Spring is a great time to be in the Highlands when the hills are decorated with patches of lingering snow. The midges are yet to appear and the temperature is perfect for walking. The days are getting longer after the gloom of winter and the weather is at its most stable, as the sea temperature comes to an equilibrium with the air temperature. It is not uncommon for the Highlands to be bathed in sunshine for weeks on end but don't rely on it. March and April, in particular, are notorious for blustery showers, and even a late burst of snow.

☐ Online weather forecasts

There are some excellent websites that give regularly updated forecasts. For a general picture the two best sites are the **BBC Weather** site (☐ www.bbc.co.uk/weather) and the **Met Office** site (☐ www.metoffice.gov.uk). Both give five-day forecasts for towns and villages across the UK and detailed surface pressure charts so that you can see what might be on the way. The Met Office site also gives a specific mountain forecast, including for specific mountain summits, and also has webcams for Ben Nevis, Glen Coe and Ben More.

A more specific mountain forecast is given by the **Mountain Weather Information Service** (☐ www.mwis.org.uk). The three-day forecast is updated daily and gives useful information such as temperatures at 900m, wind speed and its potential to disrupt walking, windchill, cloud base and the chance of cloud-free summits.

Summer (June to August)

The months of July and August are peak season in the Highlands but this is not necessarily the best time of year to visit. The midges are rampant, the roads are full of cars and the ridges alive with busy boots. The crowds make the hills feel somewhat less wild and untamed and the weather is mixed at best, with rainfall increasing as the season progresses. Nevertheless, the hills are at their greenest and in August the wild flowers and heather are in full bloom, so when the sun does shine, there can be no better place to be than basking on a warm, rocky summit or jumping in a cool Highland burn.

Autumn (September to November)

After the chaos of summer, the hills are silent again. September brings the first night frosts and a subtle change of hue in the hills, green giving way to dusky brown with a low sun casting deep shadows across the mountainsides. In the glens birch trees turn golden and stags start to roar as the rut begins. Autumn often starts with more settled weather before the storms start in October and November. This is a magical time of year. Be prepared to encounter some snow and ice on the high ground towards the end of October.

Winter (December to February)

Winter in the Highlands brings rain, snow and ice and some severe storms. These can come one after another and then be followed by a period of settled weather as high pressure builds. This is when the snow-covered mountains look their best. Periods of snow in the Highlands are commonly followed by milder interludes; this is known as a freeze-thaw cycle. During the thaw, snowfall is confined to the highest ground but a cold northerly or easterly blast can bring snow down to sea level for a time. The east, particularly the Cairngorms, is the

Below: Wild camping on the summit of Hallival, Isle of Rum.



❑ Winter hillwalking

The weather in Scotland is changeable and often surprising. I have sat at 1000 metres on Geal Charn in the Ben Alder Forest on mid-summer's day, sheltering behind an inadequate pile of rocks, as snow shower after snow shower slipped through from the north. This is not as unusual as it sounds but it is between November and April when true winter conditions descend upon the Highlands.

However, this guidebook should not be used for planning winter trips. Hillwalking in winter brings with it colder temperatures, fiercer winds, a greater wind-chill effect and fewer daylight hours. Most significantly of all, the conditions underfoot pose much greater risks with snow, ice and neve obliterating paths, making progress slow and certainly more challenging. There is also the avalanche risk to consider: every winter there is a handful of fatalities when walkers and climbers trigger an avalanche. The Scottish Avalanche Information Service (☎ www.sais.gov.uk) assesses the risk daily and posts the risk level, based on a scale of one to five, on their website. It's well worth checking before you set off.

Anyone wishing to go winter hillwalking should always have an ice axe and crampons and, most importantly, know how to use them. Beginners should start off with an experienced friend or consider going on a winter skills course: Glenmore Lodge (see p184) near Aviemore is a good place for such courses.

There is no doubt that a day on the hills in winter is hard to beat. The mountains take on an almost alpine beauty and offer a real sense of isolation. The challenge is greater but so are the rewards. For inspiration, education and excellent advice try getting hold of Martin Moran's book, *Scotland's Winter Mountains* (see p33).



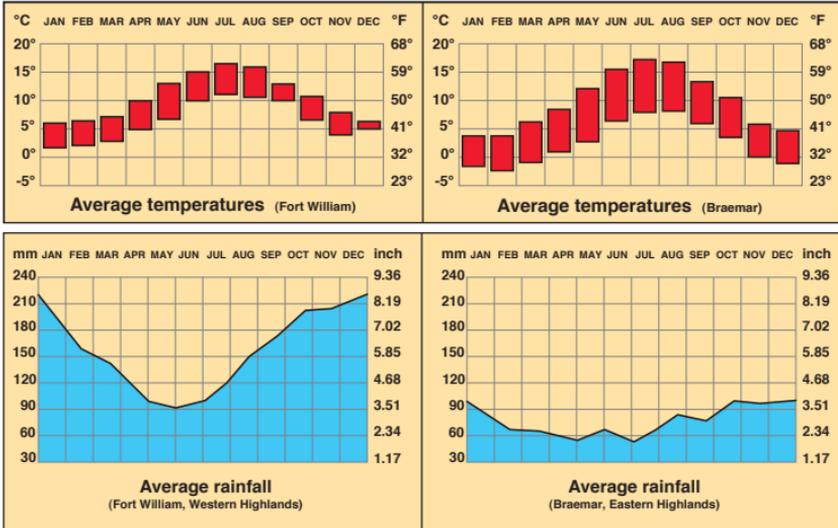
Above: Winter hillwalking on Carn Mor Dearg and Ben Nevis.

snowiest and coldest part of the Highlands while the west coast remains relatively mild thanks to the Gulf Stream ocean current.

Walking in the mountains in winter is an altogether different proposition from walking at other times of year and is beyond the scope of this book (see above).

TEMPERATURE

The bar charts (opposite) indicate temperatures at sea level. In the hills the air temperature drops by roughly 1°C with every 100m to 150m of ascent so when



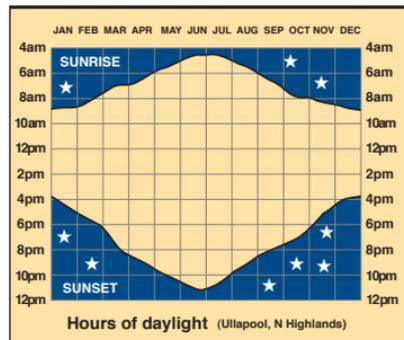
the temperature in Fort William is 6°C, expect the summit of Ben Nevis, over 1300m higher, to be around -3°C or colder. Temperatures are generally a little higher on the west coast than the east.

RAINFALL

The west and north are much wetter than the eastern Highlands. Fort William enjoys 2m of rain each year compared with 90cm in Braemar in the Cairngorms.

DAYLIGHT HOURS

During the summer it never gets properly dark, especially further north where the sun skims below the northern horizon for just a few hours. It's important to take into account the shorter days during the early spring and autumn when a headtorch is useful in case a walk takes longer than expected. This is even more important in winter when the sun only appears for around seven hours a day and stays low on the southern horizon.



ANNUAL EVENTS, FESTIVALS AND HIGHLAND GAMES

Throughout the year, but particularly in the summer, there is always something going on in some corner of the Highlands, from huge events such as the Braemar

□ Walk grades

To help you decide which walks are within your capabilities each hillwalk has been graded for difficulty in four ways (where '▲' poses few difficulties and '▲▲▲▲▲' is for experienced hillwalkers only). The four grade categories are as follows:

- **Technical grade** indicates how much scrambling or climbing may be encountered.
- **Navigation grade** highlights how difficult it is to follow the route described. Where there is a clear path or obvious ridge(s) to follow the grading is low but a high grading suggests a walk with little or no path to follow and featureless terrain, maybe a plateau, where getting lost is very possible in low cloud.
- **Terrain grade** relates to the conditions underfoot. A high grade indicates awkward walking conditions such as bogs, river crossings, scree, boulder fields and cliffs.
- **Strenuousness** takes into account the amount of overall ascent and distance involved in the walk and also the nature of the terrain. Awkward walking can drain energy reserves much more quickly.

bars between significant points along the walk (indicated by black triangles). Arrows show the recommended direction of the walk. Everyone walks at a different speed and even individuals vary their pace from one day to another. It depends on all sorts of factors such as the current conditions, how fit you are and even whether you are alone or with friends/a group. Use the time bars to see how your speed relates to the guide and from that you should be able to judge how long each section will take. Do not think of the timings in the book as a judgment upon walking ability or an ideal speed to aim at.

Note: All times in this book refer only to the time spent walking. You will need to add 20-30% to allow for rests, photography, checking the map, drinking water etc.

Up or down?

The dashed line on the maps indicates the recommended route. At intervals along this line there are arrows indicating a steep slope. A double arrow highlights a very steep slope. The arrows point towards the higher ground so a walk between A at 50m and B at 100m would be shown as follows: A—>—B. Since walking in the mountains, by its very nature, involves going up and down a lot, only significant slopes are marked with these arrows.

Accommodation

All accommodation in the text also appears on the town or village plans, except for isolated places to stay. Where isolated B&Bs, hostels, hotels and campsites lie close to the walk, look on the route maps to find their location.

Accommodation prices vary greatly through the year but for the purposes of this guide the summer high-season price per person (pp) is given, based on two people sharing a room in a B&B, guesthouse or hotel. Be aware that single occupancy of double rooms often involves a supplementary charge of between £5 and £10. There is contact information for each place to stay along with information on the number and type of rooms: S = single room, D = double room, T = twin room, F = family room (sleeps three or more).

Isles, Loch Lomond. Stretching from its narrow glaciated trough in the north, Loch Lomond spills into the lowlands in the south where forested islands decorate its waters. Despite the region's popularity there are still some surprisingly quiet, undiscovered glens and peaks for those wishing to escape the crowds that are drawn to the popular tourist hotspots along Loch Lomondside and Strath Fillan to the north.

BEN LEDI (879m/2885ft)

[MAP 1]

BEN LEDI (Hill of God)

Technical grade



Navigation grade



Terrain grade



Strenuousness



Return time

2½-3hrs

Return distance

5miles/8km

Total ascent

3248ft/990m

OS maps

Landranger 57,

Explorer 365

Gateways

Callander (see p87)

Overview

This distinctive and popular hill, on the edge of the Loch Lomond and Trossachs National Park, is visible from as far as the Forth Road Bridge near Edinburgh. It is an easy climb and a great introduction to the Highlands, sitting on the Highland fault line with expansive views towards the Central Belt of Scotland and the Campsie and Ochil Hills.

Route

The car park and start of the mountain path is a three-mile walk from Callander. Just follow the old railway path through the Pass of Leny. From the **car park**, a way-marked trail climbs through commercial forestry (recently clear-felled) to arrive at a **stile** on the open hill. From here the way-marking stops but the path is still a good one.

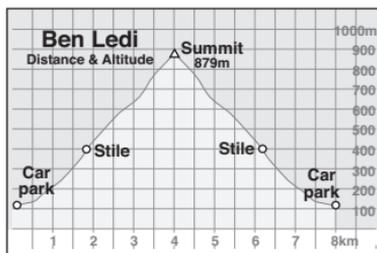
The views start as soon as you leave the forest. Directly to the east, about 15 miles away are the Ochil Hills above Stirling where you can just about see Stirling Castle and the Wallace Monument, a tower erected in honour of Scottish folk hero

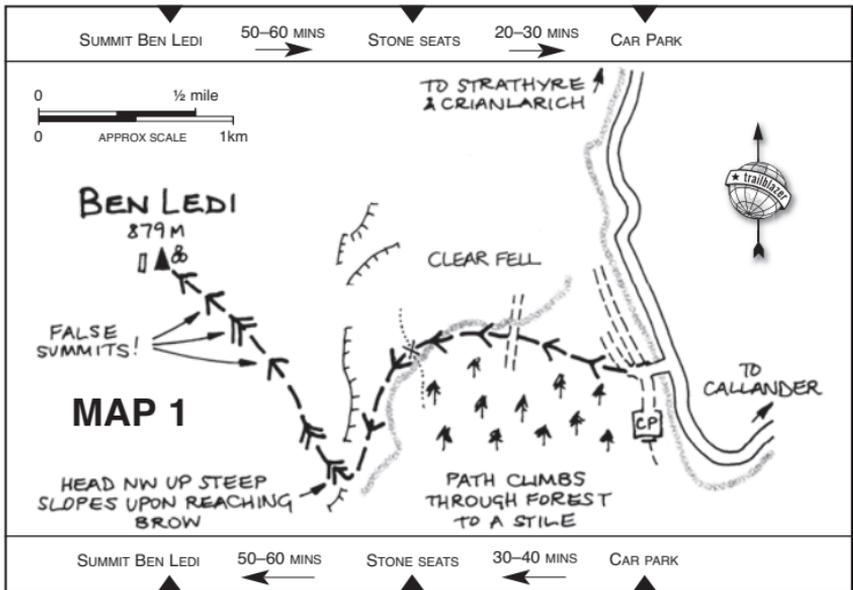
William Wallace, famous for his Australian accent in the Oscar-winning film, *Braveheart*. Further south, across Flanders Moss, are the Campsie Hills, protecting Glasgow to the south, and to the west are the Trossachs and Ben Lomond.

After the stile, follow the path below steep slopes to the right. The path soon reaches the foot of Ben Ledi's SE ridge. It is an easy climb, in good weather, but Ben Ledi has some of the most infuriating **false summits** of any hill so persevere and eventually the summit cairn comes into view with further views stretching north to Ben More, Stob Binnein and the Tarmachan ridge above Loch Tay. The best descent route is back down the same path.

Alternative routes

A less frequented route is via Stank Glen on the north side of the mountain. The start point is the same as above but rather





than climb the way-marked path, follow the track north for a mile and then take a trail through the forest up into Stank Glen. This leads to a broad saddle of knolls and rocky bluffs. Head south from here to gain the north ridge of Ben Ledi for an easy climb to the summit.

THE COBBLER (884m/2900ft) [MAP 2, p73]

Overview

This jagged little peak, with its fearsome-looking rocky towers dominating each end of the summit ridge, is rightly considered a classic Scottish mountain. Its modest height makes a mockery of the belief that bigger is better as it easily outclasses the neighbouring munros. Access to the summit ridge is straightforward enough but the actual summit is a five-metre rocky tower that involves a short but exposed scramble to an airy platform.

Route

A **car park** near the head of Loch Long (GR294049) marks the start of The Cobbler path. Cross the road and follow the sign-posted trail that winds gradually through commercial forestry to a forest track where a **radio mast** marks the continuation of the path as it climbs through the forest. At 300m above sea level the forest ends and the path passes a **small dam** on the

THE COBBLER (Ben Arthur)

Technical grade
▲ (▲▲▲▲ to the summit rock)

Navigation grade

▲

Terrain grade

▲▲

Strenuousness

▲▲

Return time

3-4½hrs

Return distance

5½miles/9km

Total ascent

2920ft/890m

OS maps

Landranger 56,

Explorer 364

Gateways

Arrochar (see p90)

BEN HOPE (927m/3040ft)**[MAP 47]****BEN HOPE
(Bay Mountain)****Technical grade****Navigation grade****Terrain grade****Strenuousness****Return time**

3-3½hrs

Return distance

4miles/6km

Total ascent

3020ft/920m

OS maps

Landranger 9, Explorer

447

Gateways

Durness (see p261)

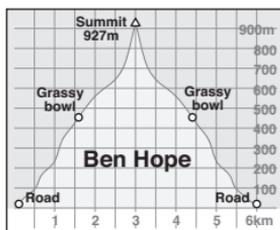
Tongue (see p262)

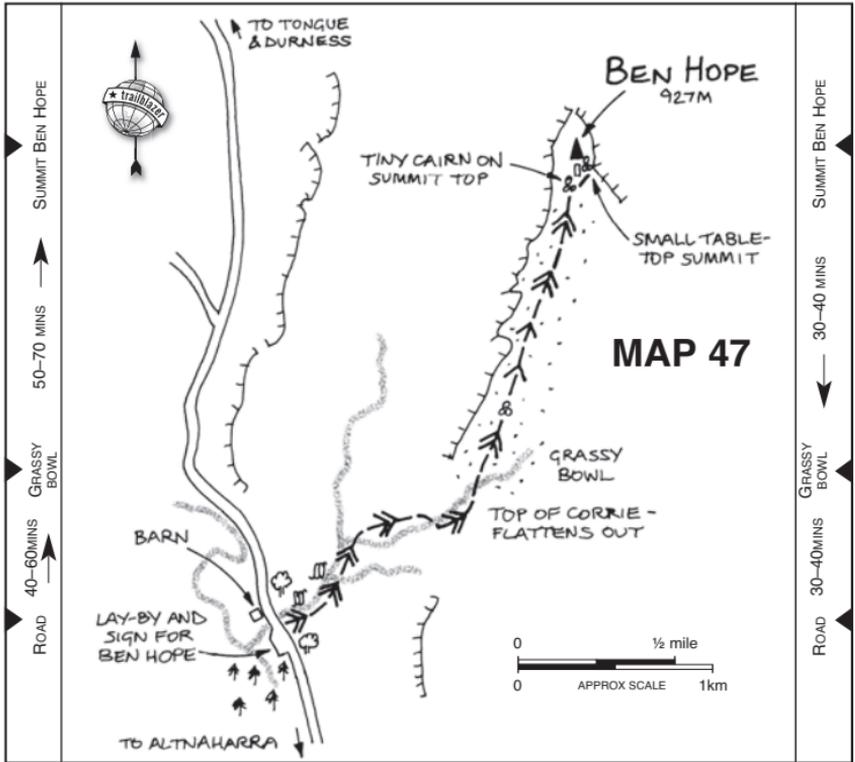
Overview

Ben Hope is the most northerly of all 282 munros in Scotland. It is a long way from any other munro and as such stands proudly alone. The long southerly slopes of the mountain provide the easiest access to a rugged summit overlooking the wild north coast. There is no public transport so anyone planning to walk here would definitely need a car.

Route

The start of the walk is a few metres south of a barn on the minor road running through Strath More (GR462477). Follow a rough old path up the south bank of the stream. The path is fairly steep at first as it climbs up and into a broad gully falling away from a wide shelf on the mountainside.





BEN LOYAL (764m/2505ft)

[MAP 48, p256]

Overview

Easily the most recognisable mountain in the far north, Ben Loyal is worth the long journey. Its steep sides sweep majestically from the heather moors to a ridge that dips and rolls in beautiful symmetry. The main summit is easy to reach despite the imposing look of the mountain from the nearby Kyle of Tongue. There should be a postbus (see p39) to Tongue but in general terms you would need a car to be able to reach the start of this walk.

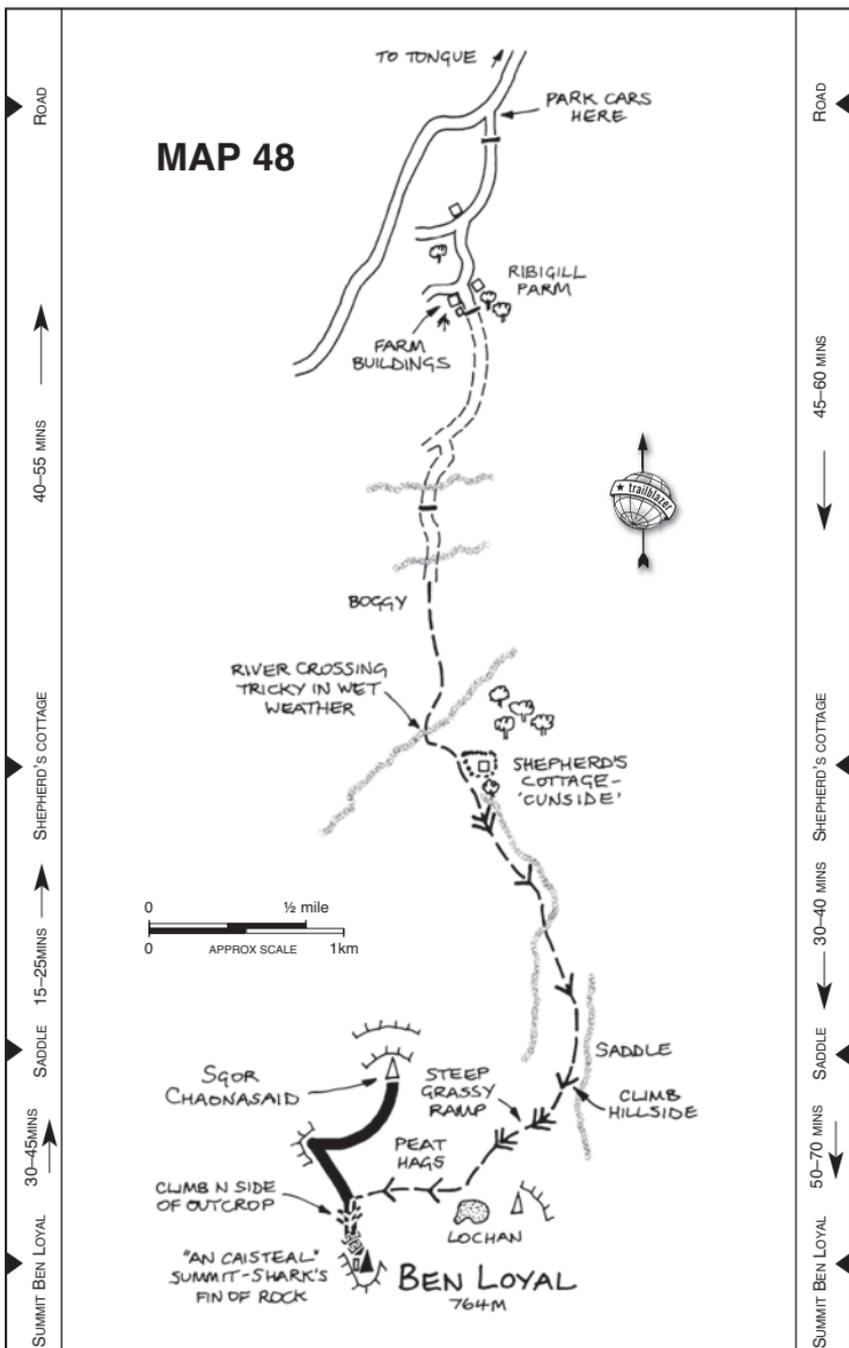
Route

From Tongue follow the minor road as far as the turn-off for Ribigill Farm. Cars can be parked in the space provided just before the gate and cattle grid. Now on foot, follow the lane south turning left at the first junction and left again at the **farm buildings** of Ribigill. The road becomes a track after passing through a gate at the farmyard. Ignore the path that breaks away to the right and continue across the rough grazing land, through another gate and across a couple of rivers.

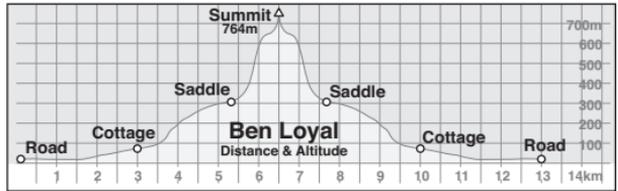
The climb proper begins just after the second crossing and the old **shepherds' cottage** at Cunside. A clear path negotiates the peaty slopes ahead and leads to a

MAP 48

THE FAR NORTH



very wide **saddle**. To the right is the outlying top of Ben Loyal: Sgor Chaonasaid. It is possible to climb the very steep



slopes to the summit of this peak but an easier approach is to continue past and climb onto the saddle ahead. Before the cliffs on the right head straight up the steep slopes of grass and deep heather where a small stream runs out of a shallow bowl.

It is only a short climb and very soon the slopes give way to an expanse of upland peat moor. Weave your way around the **peat hags** and aim for the ridge ahead. It is a short pull up steep slopes of tussocky grass to the broad back of the mountain and it is then just a short step onto the shark's fin summit of Ben Loyal: **An Caisteal**. Another short pull up steep slopes of tussocky grass leads to the broad back of the mountain and it is then not far to the real summit. The south side of the huge wedge of exposed rock that is the summit is one big cliff. Access to the trig point, which is perched precariously on the edge of this drop, is from the north side where a little light scrambling is all that is needed. The quickest return is via the ascent route.

Alternative routes

For a longer day continue south from the summit of the mountain and descend west via the southernmost peak, Carn an Tionail. Continue west past the lower top of Sgor Fhionnaich, taking care to avoid the cliffs on this peak's east face. Then head north, again avoiding the cliffs at the lower margins of the mountain, for the return NE through woodland to Cunsid and the path back to Ribigill Farm.

BEN LOYAL (Elm Tree Mountain)

Technical grade ▲

Navigation grade ▲▲

Terrain grade ▲▲

Strenuousness ▲

Return time
3½-5hrs

Return distance
8miles/13km

Total ascent
2460ft/750m

OS maps
Landranger 10,
Explorer 447

Gateways
Tongue (see p262)

THE FAR NORTH – TOWNS & VILLAGES

ULLAPOOL [see map p258]

Occupying an alluvial fan on the shore of Loch Broom, Ullapool has developed into the largest town on the north-west coast.

It is a quiet, friendly place and acts as an excellent base for exploring the area, positioned as it is halfway between Torridon and Fisherfield to the south, and Assynt to the north.

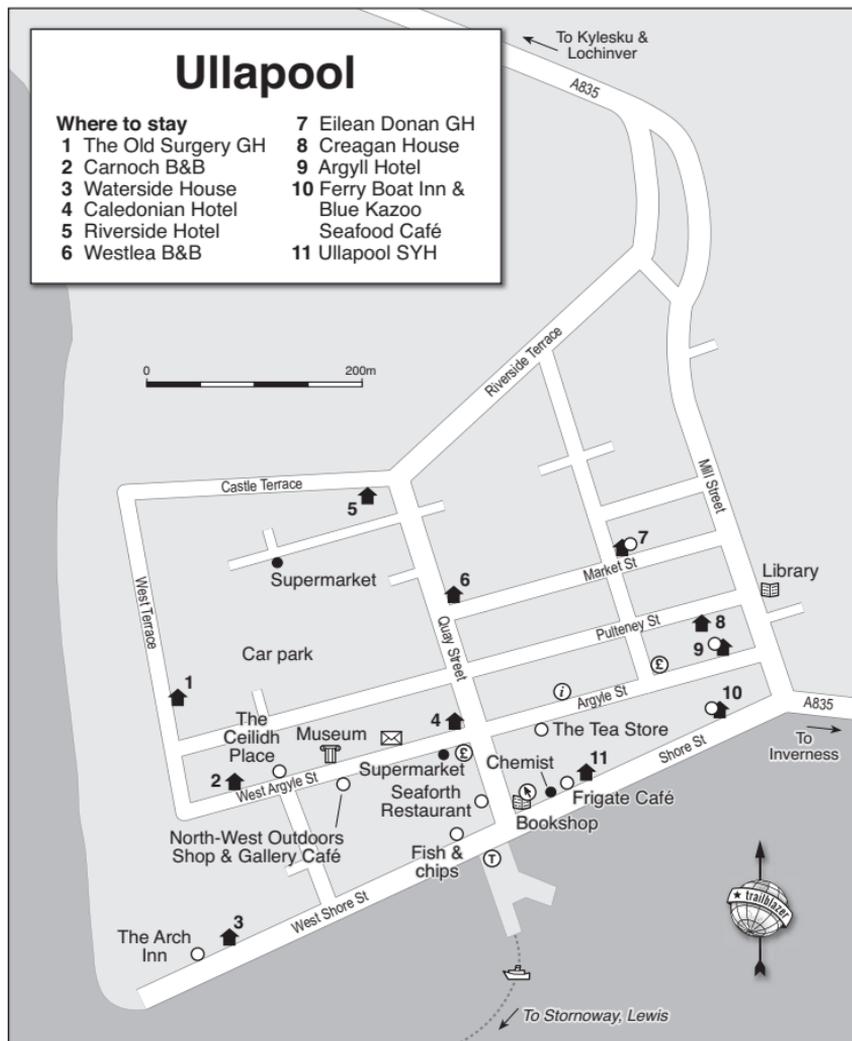
Services

The **TIC** (☎ 01845-612486; Mon-Sat 9/9.30am-5/6pm, Sun 9.30/10am-3/4.30pm) is a good starting point for anyone unfamiliar with the region. On West Argyle St and Argyle St there is a small **supermarket**, a **post office**, two **banks** with **cash machines** and, in the converted

Ullapool

Where to stay

- | | |
|----------------------|--------------------------------|
| 1 The Old Surgery GH | 7 Eilean Donan GH |
| 2 Carnoch B&B | 8 Creagan House |
| 3 Waterside House | 9 Argyll Hotel |
| 4 Caledonian Hotel | 10 Ferry Boat Inn & Blue Kazoo |
| 5 Riverside Hotel | Seafood Café |
| 6 Westlea B&B | 11 Ullapool SYH |



church, a small **museum** (☎ 01854-612987, www.ullapoolmuseum.co.uk; £3) highlighting local history. For mountain equipment look for **North-West Outdoors** (☎ 01854-613383) on the same street. There is **internet** access at the **bookshop** and also at the **library** where it is free. The **chemist** is on Shore St. There is a large **Tesco supermarket** on the outskirts of town to the north.

Ferries (operated by Caledonian MacBrayne) to Stornoway on the Isle of Lewis depart at least twice daily. **Citylink buses** from Inverness terminate at Ullapool and connect with the ferries. There is at least one bus a day, Monday to Saturday. See pp36-39 for more details.

Where to stay

For a budget bed head to **Ullapool Youth**

Hostel (☎ 01854-612254; 46 beds, Mar-Oct, dorm beds £20pp, rooms from £80), located on Shore Street.

For more privacy take a walk along West Terrace where **The Old Surgery Guest House** (☎ 01854-612520, ☑ www.oldsurgery.co.uk; 1D/1T/1F en suite) does B&B from £30pp. At the east end of Castle Terrace is **Riverside Hotel** (☎ 01854-612239, ☑ www.riversideullapool.com; 4S/4D/4T/2F) a friendly place with B&B from £30pp.

A convenient place to base oneself is along the seafront. Try **Waterside House** (☎ 01854-612140, ☑ www.waterside.uk.net; 3D en suite) which does B&B from £30pp. At the opposite end of this street is the **Ferry Boat Inn** (☎ 01854-612366, ☑ www.fbiullapool.com; 1S/2D/2T) whose beds are so comfortable you won't want to go up the hill the next morning. Prices start at £30pp.

In the centre of the village B&B costs around £30pp at the traditional **Carnoch B&B** (☎ 01854-612749, ☑ www.carnoch.com; 2D) and from £50pp at the extensive **Caledonian Hotel** (☎ 01854-612306, ☑ www.bespokehotels.com/caledonian_hotel; 19S/17D/44T/3F en suite). Both **Argyll Hotel** (☎ 01854-612422, ☑ www.theargyllullapool.com; 3D/4T/1F) and **Creagan House** (☎ 01854-612397, ☑ www.creaguesthouse.com; 3D/2T) charge around £30-55pp for B&B.

Finally, **Westlea B&B** (☎ 01854-612594, ☑ www.westlea-ullapool.co.uk; 1S/2D/1T/1F) and **Eilean Donan Guest House** (☎ 01854-612524, ☑ www.ullapoolholidays.com; 1S/2D/2T), are tucked away in a quiet part of the town on Market St; both charge around £30pp.

Where to eat and drink

The Ceilidh Place (☎ 01854-612103, ☑ www.ceilidhplace.com) is possibly the best

place for a meal in Ullapool with an imaginative and varied menu. Also here is an excellent **bookshop** selling tomes on all things Scottish.

The Gallery Café (☎ 01854-613769) above the North-West Outdoors shop is another good place to while away a rainy hour or two. You can also get breakfast at the tiny **Tea Store** (☎ 01854-612995).

The **Frigate Café** (☎ 01854-612969, ☑ www.ullapoolcatering.co.uk) on Shore St is a relaxing and spacious place with a wonderful array of dishes including steak and ale pie for £10.95. They also do takeaway food, including baked potatoes from £6.25.

There are several **fish and chips** places near the harbour.

Many of the pubs do good bar food; the best place to combine a meal with a pint is the **Blue Kazoo Seafood Café** at the Ferry Boat Inn (see Where to stay). They do haddock and chips for £10 and clam chowder soup for £4.95. The **Arch Inn** (☎ 01854-612454, ☑ www.thearchinn.co.uk) and **Argyll Hotel** (see Where to stay) also do pub grub with the latter offering scampi and chips for £9.50.

Some specialist restaurants to try include **Seaforth Restaurant** (☎ 01854-612122, ☑ www.theseaforth.com) which acts as a contemporary restaurant during the day, serving duck, langoustines and good old fish and chips, but at night it becomes a lively bar with a fairly young crowd. The Seaforth has forged a reputation for live music, having attracted some fairly big bands in the past such as Snow Patrol and The Supernaturals. Check their website for listings.

Over at the **Eilean Donan Guest House** (see Where to stay) things are less raucous. They specialise in sumptuous meals such as salmon and butterbean mash.

☑ Important note – walking times

All times in this book refer only to the time spent walking. You will need to add 20-30% to allow for rests, photography, checking the map, drinking water etc.





Loch Lomond & The Southern Highlands (see map p69)
 Ben Ledi 879m
 The Cobbler 884m
 Ben Lomond 974m
 Ben Vorlich 943m
 Ben More 1174m & Stob Binnein 1165m
 Beinn Dorain 1076m & Beinn an Dothaich 1004m
 Stob Ghnabhar 1090m & Stob a'Choire Odhair 945m

Glen Coe & Glen Nevis (see map p97)
 Buachaille Etive Mor 1021m
 Aonach Eagach 967m
 Stob Coire Sgreabhach 1072m, Bidean nam Bian 1150m &
 Stob Coire nan Lochan 1115m
 Ballachulish Horseshoe 1024m
 Stob Ban 999m & Mullach nan Coirean 939m
 Carn Mor Dearg 1220m & Ben Nevis 1344m

Central Highlands (see map p127)
 Beinn Ghlas 1103m & Ben Lawers 1214m
 Schiehallion 1083m
 Sgor Iutharn 1028m, Geal Charn 1132m & Carn Dearg 1034m
 Beinn Bheoil 1019m & Ben Alder 1148m
 Creag Dhubbh 757m
 Creag Meagaidh 1128m
 Stob Coire Easain 1115m & Stob a'Choire Mheadhoin 1105m

The Cairngorms & Eastern Highlands (see map p152)
 Ben Vrackie 841m
 Mayar 928m & Driesh 947m
 Carn a'Choire Bhoideach 1110m & Lochnagar 1155m
 Derry Cairngorm 1155m, Ben Macdui 1309m & Carn a'Mhaim 1037m
 Braeric 1296m, Sgor an Lochain Uaine 1258m,
 Cairn Toul 1291m & The Devil's Point 1004m
 Cairn Gorm 1244m
 Meall a'Bhuachaille 810m

Sunart to Knoydart (see map p185)
 Beinn Resipol 845m
 Sgurr Ghiubhsachain 849m &
 Sgurr Craobh a'Chairainn 775m
 Sgurr nan Coireachan 956m & Sgurr Thuilm 963m
 (The Corryhully Horseshoe)
 Beinn Bhuidhe (Knoydart) 855m
 Ladhar Bheinn 1020m
 Sgurr a'Mhaorach 1027m

Glen Shiel to Torrion & Fisherfield (see map p212)
 Beinn Sgritheall 974m
 The Saddle 1010m & Sgurr na Sgine 946m
 Sgurr na Lapaich 1036m, Mam Sodhail 1181m
 & Carn Eige 1183m
 Beinn Damh 902m
 Beinn Alligin 986m
 Beinn Eighe 1010m
 Beinn an Eoin 855m
 A'Mhaigean 967m & Ruadh Stac Mor 918m
 An Teallach 1062m

The Far North (see map p244)
 Stac Pollaidh 613m
 Sùilven 731m
 Quinaig 808m
 Ben Stack 721m
 Arkle 787m
 Ben Hope 927m
 Ben Loyal 764m

The Islands (see map p273 unless stated otherwise)
 Arran (see map p263) - Goatfell 874m
 Mull (see map p266) - Beinn Talaidh 762m
 Rum - Ainsihval 781m & Askival 812m
 Skye - Bla Bheinn 928m
 Skye - Sgurr nan Gilleann 964m
 Skye - Glamaig 775m
 Skye - The Storr 719m
 South Uist - Beinn Mhor 620m, Ben Corodale 527m
 & Hecla 606m
 Harris - Ceapabhal 365m
 Harris - Clisham 799m
 Lewis - Suaineabhal 429m