



## The West Highland Way 3<sup>rd</sup> to 10<sup>th</sup> June 2018



### Highlights of The West Highland Way

- Loch Lomond, the biggest loch in Scotland.
- Crossing the impressive Rannoch Moor.
- Walking over Conic Hill.
- Finishing in the shadow of Scotland's largest mountain, Ben Nevis.

### At a Glance

Start: Milngavie, Scotland  
Total Length: 96 miles  
Number of Days: 8 day trip, 6 days walking  
Number of Nights: 7  
Difficulty Level: 4/5



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## The West Highland Way

### Introduction

The West Highland Way is the most famous long distance trail in Scotland. It is 96miles/154km in length and begins in Milngavie (on the edge of Glasgow) and ends in Fort William. This is an incredibly diverse trail which explores some of the best scenery Scotland has to offer. You will be walking along the side of Loch Lomond (the biggest loch in Scotland), crossing the impressive Rannoch Moor, being inspired by the intimidating views of the Glen Coe Mountains and finally reaching Fort William, which is in the shadow of Scotland's largest mountain, Ben Nevis.

### Difficulty

We have had a great variety of people successfully complete this trek and we get a massive mix of age ranges and abilities, which is what makes this trail so special. From long distance first timers to very experienced walkers both young and old, this trail has something to challenge everyone. While you don't need experience you will need a positive mental attitude to help you get to the finish.

### Accommodation

We offer our West Highland Way Charity Walk with 3 different accommodation options to suit your needs and budget.

**Camping** - Our camping option gives you the opportunity to get closer to nature. Each night you will be able to sleep in your own tent at a local camp site with toilet and shower facilities

**Bed and Breakfast** - This option is the most popular choice. You will be staying in good standard B&Bs, with breakfast included in the price. All the B&Bs are within a short walk to local pubs and shops so you will have plenty of opportunity to eat out. Whilst we do our very best to ensure rooms are en-suite or private facilities we cannot always guarantee this, so some nights you may have a shared bathroom.

**Hotel and Luxury Bed and Breakfast** - If you are looking for some of the highest standard accommodation available along the trail this is the option for you. Most of your accommodation will be in hotels, using luxury B&Bs only when they are a higher standard than the local hotels. All rooms will be en-suite.



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### Day 1 of your Charity Walk – Arrival: 3<sup>rd</sup> June

This is your chance to get to the start of the trek by making your way to Milngavie. We will have a hotel arranged for you for your arrival night, so you just need to check in and relax. In the evening you will get a chance to meet your guides in a local pub for an evening welcome meeting.

**Accommodation - Hotel in Milngavie**

### Day 2 – Walk to Drymen: 4<sup>th</sup> June

This is the first day of walking, where the trip really begins. In the morning you will be met by one of the guides, who will take you to the start.

Once everyone has made it to the start, the walk will begin. Today we will be walking to Drymen, it is 12 miles of walking, 420m of ascent and it will take us around 6 hours to get there. We will start by walking our way out of the urban area of Milngavie and leaving hectic civilization behind us for the coming journey. We will make our way through the tranquil Mugdock Woods before walking along the west side of Craigallan Loch, a popular spot for local fishermen. For much of the rest of the day we will gain views over the spectacular Campsie Fells before eventually reaching our destination of Drymen.

**Accommodation - Camping near Drymen**

### Day 3 – Walk to Rowardennan: 5<sup>th</sup> June

Today we will be walking to Rowardennan, which will take us 7 - 9 hours and is 14 miles long with 660m of height gain. Today the highlights include a possible walk up Conic Hill, from the top the islands on Loch Lomond can be seen in a straight line following a fault line. From here we will be walking through the village of Balmaha and will be spending much of the rest of the day following Loch Lomond until we reach Rowardennan. Once there one of your guides will pick you up and will take you back to the same campsite as last night.

**Accommodation - Camping near Drymen**



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## Day 4 – Walk to Crianlarich: 6<sup>th</sup> June

Today we will pick you up from Drymen and drive you back to Rowardennan, where you finished your walk the day before, once everyone is ready we will begin the day of walking. Today is 20.5 miles and will take us about 10-11 hours to get to Crianlarich and we will have 1305m of height gain throughout the day. This is a tough section of the walk which begins in the car park at the foot of the famous Ben Lomond. We will then be following an undulating forestry track through the beautiful woods giving views to both Loch Lomond and the nearby mountains of the Arrochar Alps, including the distinctive summit of The Cobbler. We will pass Rob Roy's cave, where the famous outlaw allegedly held his captives, before continuing on the forestry path. We will then pass the Falls of Falloch on a section of the Old Military Road, before making our way down into Crianlarich.

**Accommodation - Camping in Tyndrum**

## Day 5 – Walk to Inveroran: 7<sup>th</sup> June

Today is a 15 mile day, with 606m of ascent throughout the day and it should take us approximately 7 - 8 hours to complete. We will start by ascending out of Crianlarich and joining the Old Military Road once again, after following the River Falloch we will make our way past Strathfillan and Dal Righ, the site of the Battle of Dal Righ. Walking briefly through the village of Tyndrum you will have excellent wide paths underfoot to follow up to The Bridge of Orchy. One last small hill will see you into Inveroran itself.

**Accommodation - Camping in Tyndrum**

## Day 6 – Walk to Kinlochleven: 8<sup>th</sup> June

Today you will start by walking through Rannoch Moor. Rannoch Moor is 50 square miles of peat bog and lochans surrounded by magnificent mountains. You will be walking along the parliamentary road, which is excellent underfoot, as this section closes to an end you will be greeted by views of the iconic Buachaille Etive Mor. From here you will tackle the highest section of The West Highland Way, The Devil's Staircase. It is a 305m climb but once at the top you will get incredible views over the Glen Coe Mountains and the Blackwater Reservoir. You will then begin your descent down into the village of Kinlochleven. Today is a 18.5 mile day, with 759m of ascent throughout the day and it should take us approximately 10 - 11 hours to complete.

**Accommodation - Camping in Kinlochleven**



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### Day 7 – Walk to Fort William: 9<sup>th</sup> June

The last day of our journey! Today we will be walking to Fort William, where we will find the end marker for the route. We will be walking for 6 – 7 hours and cover a distance of 16 miles with 735m of ascent. We will start by ascending through the woods above Kinlochleven before following the old military road gaining stunning views of the nearby mountains. Today we will see the famous Ben Nevis, the biggest mountain in Scotland and get fantastic views of Glen Nevis too. Then you will finally walk into Fort William itself, tired and happy as you know you have completed your journey.

**Accommodation – B&B or Hotel in Fort William**

### Day 8 – Departure: 10<sup>th</sup> June

Today it is time to leave The West Highlands of Scotland and depart for you onward travel.



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## Questions and Answers

### **Where will I get dinners/lunches/breakfasts from?**

There are a number of shops you can stop in to get your lunch. There are also many local pubs within walking distances from most campsites. We will always make sure you get the chance to get food, we won't let you go hungry.

### **Do all members of the group stay in the same B&B/Hotel/campsite?**

All members of your group will be staying in the same campsites. However, for the hotels or B&Bs you may be split up as many of the B&Bs only have 2 or 3 rooms.

### **What happens if I cannot manage this walk?**

This is a difficult walk and there is no shame in not completing all of it. Your guide will encourage and motivate you to do all you can, however sometimes people just get too tired or get blisters and no longer want to go on. If this does happen then you have no need to worry. You might decide to skip one day of the trip and just get driven to your accommodation that day. We will work with you as much as possible to make sure you do as much of the trip as you can, there is no need to do every mile from start to finish.

### **What will happen if the weather is bad?**

We will do our best with the weather we get. Extremely high winds, lightning or flooding will cause us to make changes to your itinerary. However, do understand we will make changes only if we are worried about the safety of the group and we won't do it unless we feel it is necessary.

### **Do I need to get travel insurance?**

Yes. We highly recommend that all our customers get appropriate travel insurance for their trek. As a minimum we recommend your policy includes personal injury, curtailment, personal effects and cancellation protection as all deposits paid are non-refundable. You will also need to ensure your policy covers you for trekking in the UK. All customers from outside the UK must also make sure they are covered for medical expenses and emergency repatriation in the event of illness or injury.



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## Confirmation of What is Included

- A qualified Mountain Leader guiding each day of the trek.
- 7 Nights accommodation ranging from camping to hotels.
  - Breakfasts in the B&B and hotel only
- You will be walking in your own private group + the guide
  - Baggage Transfer
  - Support Vehicle

## Kit List

For your trek you will only need to take a small rucksack (around 25 litres) with you when you are walking. Below is a list of items you will need to take in that rucksack.

### Essential Items

Small rucksack (around 25 litres)  
Waterproof liner (or bin liner) for you bag  
Waterproof jacket  
Waterproof trousers  
Spare warm clothing e.g. fleece jacket  
Warm hat  
Gloves  
Water - at least 1 – 2 litres  
Packed lunch (can be purchased at shops on the way)  
Personal medication e.g. inhalers, pain killers  
Torch

### Highly Recommended

Sun hat  
Sun glasses  
Sun cream  
Insect repellent  
Midge net  
Camera  
Gaiters  
Trekking poles

You must also be wearing outdoor clothes, for example a top you are comfortable walking in and comfortable trousers (not jeans), as well as walking boots. **Ideally your walking boots should be well worn in to prevent blisters.**

In addition to the items above you will also need all the items you are going to want when you are not walking (for in the evenings). Remember we do not supply tents or camping equipment so you will need your own. Do remember you will be camping in Scotland, the weather can be unpredictable! Therefore, make sure you have a good quality tent and sleeping bag as well as a rollmat or thermarest. Having a terrible night sleep due to being cold or damp will not help you to enjoy your trek, so please bring good camping equipment **While we don't have a set limit for how much luggage to bring we ask that you try not to pack too much, please just bring what you need and please bring it in one medium bag or suitcase per person plus your tent.** This is because we have limited room when it comes to the transporting luggage and we want to make sure we can fit everything in!



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## Looking Forward to your Charity Walk

We will always confirm for you when your place on a trek is securely booked. This will usually be done at the same time we email you this itinerary. If, between now and the start of your Charity Walk, you have any questions at all please don't hesitate to contact us. Do remember our office staff are also our guides and so if they cannot get back to your email straight away please do not worry, we will get back to you as soon as we possibly can.

About two months before your trek is due to start we will send you an Information Pack, this pack will contain details about your guide, group and accommodation. It will also contain all the details needed for paying the final balance.



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