



Inverness & the Central Highlands

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Best Places to Eat

- ➔ Lime Tree (p337)
- ➔ Café 1 (p299)
- ➔ Cross (p315)
- ➔ Lochleven Seafood Cafe (p335)
- ➔ Old Forge (p345)

Best Places to Sleep

- ➔ Rocpool Reserve (p299)
- ➔ Grange (p337)
- ➔ Lovat (p308)
- ➔ Milton Eonan (p331)
- ➔ Trafford Bank (p298)

Why Go?

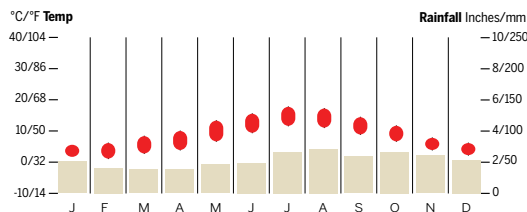
From the subarctic plateau of the Cairngorms to the rolling hills of Highland Perthshire and the rugged, rocky peaks of Glen Coe, the central mountain ranges of the Scottish Highlands are testimony to the sculpting power of ice and weather. Here the landscape is at its grandest, with soaring hills of rock and heather bounded by wooded glens and rushing waterfalls.

Not surprisingly, this part of the country is an adventure playground for outdoor-sports enthusiasts. Aviemore, Glen Coe and Fort William draw hill walkers and climbers in summer, and skiers, snowboarders and ice climbers in winter. Inverness, the Highland capital, provides urban rest and relaxation, while nearby Loch Ness and its elusive monster add a hint of mystery.

From Fort William, base camp for climbing Ben Nevis, the Road to the Isles leads past the beaches of Arisaig and Morar to Mallaig, jumping-off point for the isles of Eigg, Rum, Muck and Canna.

When to Go

Inverness



Apr–May Mountain scenery is at its most spectacular, with snow lingering on the higher peaks.

Jun Fort William hosts the UCI Mountain Bike World Cup, pulling huge crowds.

Sep Ideal for hiking and hill walking: midges are dying off, but weather is still reasonably good.



Inverness & the Central Highlands Highlights

- 1** **Glen Affric** (p304)
Hiking among the hills, lochs and forests of Scotland's most beautiful glen.
- 2** **Rothiemurchus Estate** (p309) Wandering through
- ancient Caledonian forest in the heart of the Cairngorms.
- 3** **Ben Nevis** (p339)
Making it to the summit of the UK's highest mountain – and being able to see the view.
- 4** **Glen Lyon** (p331)
Exploring the woods and mountains around this gorgeous and romantic glen.
- 5** **Rannoch Moor** (p328)
Keeping right on to the end