

Walking the West Highland Way

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Best Viewpoints

- ➔ Conic Hill (p102)
- ➔ Inversnaid (p103)
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- ➔ Mam Carraigh (p105)

Best Wild Camping

- ➔ Inversnaid Boathouse (p101)
- ➔ Garadhbhan (p102)
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- ➔ Inveroran (p105)

Why Go?

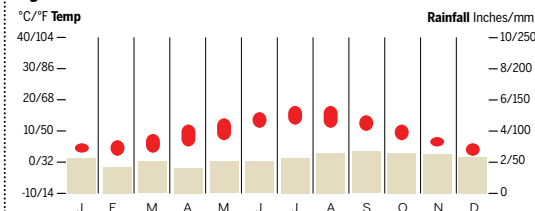
From the outskirts of Glasgow, Scotland's biggest city, the West Highland Way leads through fertile, populous lowland countryside to the shores of Loch Lomond, on the threshold of the Highlands. From there it carries you north, through rugged glens, beside fast-flowing streams and past wild moorland where magnificent mountains are never out of sight. The very names have an alluring ring: Rannoch Moor, Glen Coe, Devil's Staircase.

Not only is the West Highland Way a rich sensory experience, it's also steeped in history. The route follows long stretches of drove roads, along which cattle were once taken to market; the flat beds of old railway lines; roads along which coaches and horses once jolted; and the 18th-century military road built to subdue rebellious Highlanders.

This is the most popular long-distance path in Scotland (and Britain for that matter); something like 15,000 walkers go the full distance each year, so you'll rarely be short of like-minded company from around the world.

When to Go

Tyndrum



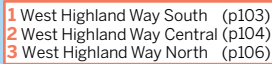
Feb Experienced walkers can have spectacular snow-covered scenery almost to themselves.

May The woods along Loch Lomond's shores are a purple blaze of Scottish bluebells.

Oct Not as busy as summer, the midges are gone and autumn colours start to appear.

The walk begins at Milngavie, easing you into things with the two least strenuous days before you hit the harder going north of Rowardennan. Spreading it over seven days means only one long day (between Tyndrum and Kings House) and a majority of comfortable days; don't overlook the fact that it's not only horizontal distance that matters – the Way involves a total of 3500m (11,500ft) of ascent.

Navigation is generally straightforward: the route is clearly waymarked with the official thistle-and-hexagon logo, and there's a shelf-full of guidebooks and maps



- 1 Soaking up the gorgeous scenery along the bonnie banks of lovely **Loch Lomond** (p102)
- 2 Enjoying a well-earned pint of ale in the

views from the **Devil's Staircase** (p106), the highest point of the walk

5 Rounding off your achievement with an ascent of **Ben Nevis** (p153), Britain's highest summit