



## West Highland Way - self guided tour

Denne turbeskrivelse er på engelsk, da de endelige vandreinstruktioner også er på engelsk.

### Introduction

The West Highland Way is Scotland's first and most popular long distance route. The 153 km path passes through some of Scotland's most beautiful and dramatic scenery. Starting from the edge of Glasgow, Scotland's largest city, the Way soon reaches Loch Lomond's remote and wooden eastern shore before the landscape opens out to the broad glen of Strath Fillan. The Way climbs gently past Tyndrum and Bridge of Orchy to Kingshouse. Stunning mountain scenery surrounds the Way as it crosses the hills to Kinlochleven and Glen Nevis, where it ends on the outskirts of Fort William.

### Special highlights:

- Glasgow, Scotland's largest city;
- Some of Scotland's most beautiful landscapes;
- The capital of the West Highlands, Fort William;

### Itinerary:

**Day 1:** Travel to Glasgow on your own – Accommodation in Bearsden (at start of the walk). *Bearsden and Milngavie (pronounced as Mull-guy) are at the suburbs of Glasgow – about 10km from Glasgow city center.*  
/breakfast/

### Day 2: Milngavie to Drymen

The day provides a relatively simple start of the Way on footpaths, tracks, lanes and

an old railway with no major climbs. An easy day's walk. Supplies: Reasonable range of shops in Milngavie & Drymen. Food and drink: Milngavie, Dumgoyne, Drymen; *Distance: 19km; Height Range: 80-140 m.*  
/breakfast/

### Day 3: Drymen to Rowardennan

This section follows good paths or tracks most of the way. The first major climb is over Conic Hill (358 m) near Balmaha. The lochside route to Rowardennan is twisty and surprisingly undulating, with intermittent good views as you wind through the woods. Supplies: Reasonable range of shops in Drymen. Small shop in Balmaha; Food and drink: Drymen, Balmaha, Rowardennan Hotel; *Distance: 22.5 km; Height Range: 20-358 m.*  
/breakfast/

### Day 4: Rowardennan to Inverarnan

This is by far the roughest section of the Way, particularly north of Inversnaid where the path makes a tortuous route along the side of Loch Lomond with many ups and downs. A full, hard day's walk, but the scenery is superb. Supplies: There are no shops on this section; Food and drink: Rowardennan Hotel, Inversnaid Hotel, Inverarnan; *Distance: 22.5 km; Height Range: 20-100 m.*  
/breakfast/

### Day 5: Inverarnan to Tyndrum

Pleasant section through Glen Falloch on good paths. The Way passes Crianlarich to the west and then progresses up Strath Fillan with some moderate ascent and descent, but nothing unduly difficult. Outstanding mountain scenery. Supplies: Small Store at Auchtertyre. General Store in Tyndrum; Food and drink: Coffee shop at Auchtertyre, Tyndrum; *Distance: 21 km; Height Range: 40-300 m.*  
/breakfast/

### Day 6: Tyndrum to Kingshouse

Straightforward section to Bridge of Orchy of glen and low pass walking on good paths and tracks. From Bridge of Orchy to Victoria Bridge is also straightforward with one moderate climb. After Victoria Bridge the route follows the old road (good walking surface) across the western edge of Rannoch Moor, rising to 350m and very exposed in bad weather with no shelter of any kind until White Corries ski area is reached. Magnificent scenery but in poor conditions a tough stage. Supplies: General Store in Tyndrum; Food and drink: Tyndrum, Bridge of

Orchy, Inveroran Hotel, Kingshouse Hotel;  
*Distance: 30 km; Height Range: 120-350 m. /breakfast/*

### Day 7: Kingshouse to Kinlochleven

From Kingshouse the Way enters the sublime scenery of Glen Coe and at Altnafeadh climbs over the Devil's Staircase, and old military road, to its highest point at nearly 550m before a long descent into Kinlochleven. The route follows paths and good tracks but, although short, this is still a hard stage in bad weather. The compensation comes in glorious mountain views throughout.

Supplies: Range of shops in Kinlochleven;  
Food and drink: Kingshouse Hotel, Kinlochleven; *Distance: 14.5 km; Height Range: 250-500-50m. /breakfast/*

### Day 8: Kinlochleven to

The last stage of the Way involves a steady climb from Kinlochleven on a good track over the Lairigmor and another climb through forestry into Glen Nevis, both reaching a high of nearly 300m and the latter giving fine views of Ben Nevis and the surrounding hills. A final short road stretch leads into Fort William, the northern terminus of the route. Supplies: Reasonable range of shops in Kinlochleven, full range of shops in Fort William; Food and drink: Kinlochleven, Fort William; *Distance: 22.5 km; Height Range: 50-280 m. /breakfast/*

**Day 9: Transport from Fort William to Glasgow** – and from there on your own to the airport (Glasgow International / Prestwick). */breakfast/*

## DETAILED ROAD BOOK AND MAP WILL BE PROVIDED UPON ARRIVAL

### Terrain

The West Highland Way links Milngavie, just outside Glasgow, to Fort William in the Highlands. It passes from the lowlands, across the Highland Boundary Fault Zone and on into the Scottish Highlands. Much of the Way follows ancient and historic routes of communication.

### Practical information

Best arrival & departure airport:

\* *Reaching Bearsden:*

The airport nearest to the start of the Walk is Glasgow International Airport (20 minutes drive). Other Airports possible are Glasgow Prestwick Airport (45 – 60 min. drive) and Edinburgh Airport (60 – 70

minutes drive); Airport Transfer can be requested upon booking!

### Accommodation & boarding

Accommodation is a combination of small hotels 2\*-3\* and guest houses on Bed and Breakfast basis. You will be free to organise your dinner in restaurants in the area. No picnic lunches are included in the tour price, but these can be prepared for you or materials for picnics can be purchased in the villages where you stay.

### Luggage transportation

Luggage is transported between hotels every day during walking.

**Tour type:** IT

**Difficulty grade:** B

**Best period:** May to mid September;

### Climate

Scotland lies on the edge of the European continent and is surrounded by water on 3 sides. It has a moderate seaclimate with soft winters and cool summers. A belt of westward winds continuously sends a dense layer of clouds over the land.

The west coast is generally wetter than the east but less windy. On the east coast the rainfall averages 650mm and on the west coast it averages 1500mm. Average summer highs are about 19 degrees and winter temperatures rarely drop below 0 degrees.

### Equipment and clothing:

Nothing compulsory. For the full list with recommended items see "General".

**Group size:** Min 2 persons

**The price includes:** Accommodation is a combination of small hotels 2\*-3\* and guest houses on Bed and Breakfast basis; detailed roadbook in English and maps, luggage transfer on walking days, Transport from Fort William to Glasgow, 24 hrs telephone assistance;

**The price does not include:** flights and public transportation, travel insurance, transfers from and to the airport, lunches and dinners, tips, entrance fees, alcohol drinks and other personal expenses;

### GENERAL

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### TOUR TYPES & GRADES

We provide different varieties of tours as regards to their types and difficulty grades!

Whether you will choose individual and group tours with a guide or combined tours with a guide for some part of the trip depends on you. We emphasize on using local experienced guides with knowledge of the local language, culture, history, art, etc. The tours are conducted in the English language. Guides in other languages are available upon request.

### Tour types

Our tours are divided in different tour types, regardless of being guided or not or if someone travels alone or in a group. We have prepared your vacation so that you can concentrate on new impressions and experiences, awaiting you all the time. Here is a description of the various tours:

### IT: Individual tours

There is no guide on this tour. You travel individually and we are responsible for the hotel overnights and /some/ transfers. Sometimes you will travel together with other people. If you wish a guide can be arranged, if ordered. We take it for granted that you can read maps, provided by us upon arrival.

### Difficulty grades

In order to prepare yourself for the best of your vacation we recommend that you start planning it in an advance. Good physical condition is required. In order to achieve it we advise you to start walking, jogging or cycling everyday. Swimming a couple of times a week is also highly recommended. You do not need much to get yourself in shape. And don't forget that the most important tip for an unforgettable active holiday is to choose a trip which corresponds to your physical condition!

### B: Moderate

Most of you, who are used to walking during a long weekend, will be in condition to cope with a tour of this level. You should be in good health condition and not too bad physical condition. We have successive days of longer and more difficult walking and days of lighter walking. Some parts of the day routes are done at a higher altitude. The paths are in good condition. We walk for 5-7h a day. You are free to skip some walks and have a rest.

### Equipment and clothing:

You should always remember that you must try to keep the weight of your clothing equipment down to a minimum. Your packed rucksack

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should weigh no more than 10-15 kilograms.

Recommended items: waterproof rucksack (60 l) & daypack (35 l); walking waterproof boots with suitable ankle support; sandals; light casual shoes for walking and/or for travelling; gaiters; loose, casual trousers for trekking; waterproof trousers; fleece wind stopper jacket; windproof, waterproof outer shell garment (breathable if possible!); hat for sun protection; sunglasses with UV protection; sunscreen lotion and lip balm; water bottle; torch (headlamp); mobile phone; underwear (not cotton); mosquito repellent; trekking sticks.



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**Brief about Scotland**

- Area: 78,772 km<sup>2</sup>;
  - Borders: Scotland's only land border is with England, and runs for 96 kilometres (60 mi) between the basin of the River Tweed on the east coast and the Solway Firth in the west. The Atlantic Ocean borders the west coast and the North Sea is to the east;
  - Coastline: The overall coastline of Scotland, including the islands, is 10,000 km, which is 69% of the total UK coastline;
  - Elevation extremes: lowest point: Many points are on, or near sea level, but due to high rainfall, there are no natural dry pieces of land below sea level; highest point: Ben Nevis (Aonach Mòr, 1,344 metres);
  - Land use: Arable land: 23.23% permanent crops: 0.2% other: 76.57% (2005);
  - Population: 5,168,500 (2008 estimate);
  - Religion: Just over two-thirds (67%) of the Scottish population reported having a religion in 2001 with Christianity representing all but 2% of these. 28% of the population reported having no religious adherence.
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**Money and personal expenses**

You will need some extra money to cover drinks, other sightseeing, museums, laundry and souvenirs, dinners and lunches. The currency in Scotland is pound sterling. The price of food and drink varies considerably depending on the type of establishment you choose. As a general guideline, eating out in a pub at lunchtime will cost from around 6.50-8 euro, while it is usually that bit more expensive in a restaurant. Dining in the evening obviously varies greatly but one can expect to pay from 20-30 euro per person for a good meal.

Pubs are generally cheaper than hotel lounges when purchasing alcoholic drinks. A measure or "nip" of whisky costs approximately 2 euro, while a pint of beer costs around 1.3 euro or more. One should note that Scottish draught beers are usually ordered by the pint or half-pint, while some of the recommended local brews include Tennants and McEwans.

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**Electricity**

The electrical voltage system in Scotland is 220/240 volts. If you are traveling from a country outside of the United Kingdom, you will need a proper voltage adapter and possibly a voltage converter, in order to operate your electrical appliances. If you plan on using your own 110-volt appliances, you will need a voltage converter, unless your appliance is designed to also work with 220 volts electricity (dual voltage). For example, most laptops and some electric shavers are designed to work both at 110 and 220 volts. Plugging in an appliance that is not designed to run on 220 volts electricity without using voltage converter will most likely kill it.

the grounded plug adapter **WA-7** and the ungrounded plug adapter **#5**. These are the recommended wall outlet plug adapters for SCOTLAND.