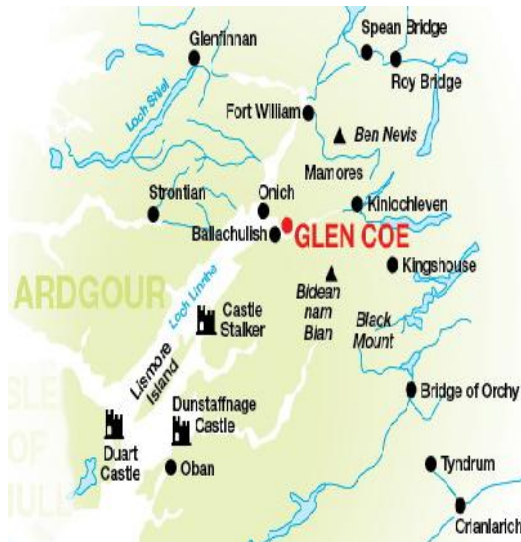


SCOTLAND – GLEN COE & THE WESTERN HIGHLANDS

8-day / 7-night classic one-hotel centre-based guided walks beneath majestic Ben Nevis



This remote and spectacular region of Scotland lies in the West Highlands beneath the highest mountain in Britain, Ben Nevis. Explore exhilarating sea lochs, narrow mountain ridges and wooded glens, go scrambling beside fast flowing salmon streams with a chance to see herds of red deer and perhaps the rare golden eagle.

Glen Coe has heather strewn valleys, jagged ridges, rocky outcrops and a host of post-glacial features to explore. If the summit of Ben Nevis is too challenging there are plenty of rewarding alternative easier walks on these popular guided walking holidays, through the Nevis Gorge to Steall Falls, visiting the Isle of Lismore or following the zigzags of the Devil's Staircase built in 1751 after the Jacobite risings. The area offers some of the best mountain walking in Britain.

This is not just a wilderness - for those with a sense of history Glen Coe has a dark past and a visit to the nearby Visitors Centre and site of the famous massacre of the MacDonalds by the English forces is very humbling.

Cost from: \$1750 per person twin share Single supplement on request

Departs: 5th, 27th April; 4th, 11th, 18th May; 8th, 15th, 29th June; 6th, 13th July; 3rd, 10th, 24th August; 7th, 14th, 21st, 28th September; 5th, 12th, 19th, 26th October, 2019

Includes: 7 nights in comfortable hotel room with ensuite bathrooms, full board (breakfast, picnic lunch & dinner), experienced walks leader, 5 guided walks, local transport to/from the walks, evening social activities.

Not included: Transport to/from the house (coach transfers at set times from/to Glasgow can be organised at extra cost – please ask when booking), drinks, personal expenses, transport/activities on your free day.



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Accommodation: Alltshellach House is a fine Scottish residence, formerly a bishop's house, in a classic Highland location at the edge of North Ballachulish village. It offers excellent facilities including an indoor swimming pool and spa pool, reading room and bar. The accommodation stands amid lawned and wooded grounds sweeping down to the shores of Loch Leven with its superb backdrop of mountains rising to more than 3,000 feet above Glen Coe. The nearest town is Fort William, 13 miles (21km) to the north, a bustling resort close to Ben Nevis. Alltshellach House is easily reached from either Glasgow or Inverness. Transfers are available at set times from/to Glasgow Airport or Glasgow Buchanan Street bus station, at extra cost, ask for details when booking. **Premium rooms** may be available for a supplement – please ask when booking.

Walking Highlights include:

- The awe-inspiring mountains of Lochaber have their challenges, but also great rewards
- An endless variety of routes available, with opportunities to 'bag' a number of Munros
- Stob Ban and the narrow Devil's Ridge, Bidean Nam Bian (the highest peak overlooking Glen Coe)
- An ascent to the mighty summit of Ben Nevis

A typical day offers a choice of up to three guided walks of varying length and ascent. If you are new to walking, begin at the easiest level where the pace is the most relaxed and there are plenty of stops to enjoy the views and to rest. As your holiday progresses try a more challenging level, or stick to the same level – it's your choice.

We use paths or tracks where possible, occasionally good ones but more often they are rough, perhaps boggy and often have short, steep sections. Easier Walks are generally through glens, forest and moorland. Medium Walks are generally on good paths though often steep and rocky; Harder Walks cover very rocky and intermittent paths. On both Harder and Medium Walks we sometimes take you along exposed sections which may feel airy, or where you might need hands to steady yourself. Some of these walks are described on pages 3 – 5. At this centre we offer two weekly itineraries – ideal if you wish to book a longer holiday or return for a further visit:

On some days the walks start or finish at our Country House, Alltshellach; on other days we use hired transport at the start and/or end of the walks. The cost of all transport to and from the walks is included in the price of your holiday. Your leaders will inform you about the choice of walks for the next day and answer any questions you may have. After a sociable evening meal you could join in an organized activity such as a quiz or a talk about the geology or history of the local area or you can simply relax in the bar or use the many facilities.

Each seven night holiday has a day without any organized walks, so you can relax around the house or nearby loch or explore the Western Highlands independently.



Footpath information



Easier Walks: Up to 9½ miles (15.5km), with up to 1700 feet (520m) of ascent in a day.



Medium Walks: Up to 10 miles (16km), with up to 3900 feet (1190m) of ascent in a day.



Harder Walks: Up to 11 miles (18km) with some exposed ridges and sections of scrambling. Some steep gradients, up to 4500 feet (1380m) of ascent in a day.

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Suggested day walks from Glen Coe:

These descriptions should give you a feel for the walks offered but the routes are subject to change. The final walk selection is made by your walk leaders, who will brief you each night about the next day's walking options.

Nevis Gorge or the Kinlochleven hills

The easier route is through the Nevis Gorge below towering Ben Nevis. We meander through the wooded gorge where the torrent churns between giant boulders, to emerge into the wide vistas of the Steall Meadow. The medium and harder walks start from the northern shore of Loch Leven, taking a steep path to a pass on the main ridge. Crossing the ridge, we contour round behind Mam na Gualainn, then descend into the adjacent valley and join the West Highland Way (on part of General Wade's 18th Century Military Road) to Kinlochleven. On the harder we walk we continue to Mam na Gualainn, with fine views over Loch Leven, and Beinn na Caillich, before descending to the West Highland Way.

Lismore and the hills beyond Ballachulish

On the easier walk, we take the ferry to the Isle of Lismore. We visit the picturesque old fishing village of Port Ramsay, the Pictish Broch and the ruins of Castle Coeffin. A day for far-reaching sea and loch views. On the medium route, we walk from the southern shore of Loch Leven on forestry tracks and over rougher ground to the pink quartzite summit of Sgorr Dhearg, one of the 'Munros' (peak over 3000 feet) we may 'bag' on this holiday. On the harder walk we ascend a rocky spur onto the main ridge of the Beinn a' Bheithir chain. We follow the ridge to the Munros Sgorr Dhearg and Sgorr Dhonuill, which we can see when we return to Alltshellach.

Glen Coe and the West Highland Way

The easier route starts at the National Trust Visitor Centre in dramatic Glen Coe, and we follow woodland trails to the scenic 'Hospital Lochan'. We then head down forestry tracks to the Clachaig Inn, a climber's hostelry steeped in history. Signal Rock, which tradition has as the gathering point for the MacDonalds of Glencoe at times of emergency, offers an optional historic short loop from here.

On the medium walk we ascend steeply to the summit of Sron Garbh, then follow the long, undulating ridge eastwards to Stob Mhic Mhartuin. We descend the zig-zagging Devil's Staircase to the Kingshouse Inn, while on the harder walk we head up through Coire nan Lochan to the twin summits of Stob Coire nan Lochan and Bidean nam Bian, the highest peak in Argyll, and descend through a magnificent corrie to Glen Coe.

Ben Nevis

On the easier walk we ascend the 'North Face path' through forestry to reach a point with magnificent views to the northeast face of Ben Nevis. We then descend past the Glen Nevis Distillery and Inverlochy Castle into Fort William. The medium route takes us to the climbers' hut below the north face of Ben Nevis – an opportunity to see up close the towering cliffs of the north face, which provide some of Britain's best rock and ice climbing – then we contour below the massive Castle Ridge buttress and descend via the Pony Track to Glen Nevis.

Those who would like to attain the summit of Ben Nevis, Britain's highest mountain, should choose the harder walk. From Glen Nevis we follow the Pony Track zig-zagging up to the summit plateau, which we cross to reach the Trig Point. A big walk today, gaining about 4500 feet (1380m) in elevation, but extraordinarily rewarding.

Remote Ardgour

The easier route begins at Onich. We follow forest trails towards Inchree with its splendid waterfalls, then take the Corran ferry across the Corran narrows, where Loch Linnhe is forced into a small channel, to Ardgour for a pleasant woodland walk in the grounds of Ardgour House. On the medium walk we too cross on the Corran ferry, then climb the side of the spectacular waterfall of Maclean's Towel to Meall Breac. Throughout the walk there are great views over Loch Linnhe. The harder walk follows a similar route to that of the medium walk, then continues along the ridge to the summit of Sgurr na h-Eanchainne.

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Kentallen peninsula and the hills around Loch Leven

The easier walk is a lovely ramble around Cuil Bay to the headland of Rubha Mor, where we hope to spot seabirds and seals. We continue along the coast to Kentallen Bay and finish in Kentallen. The medium walk takes a route along a beautiful valley then we ascend to the airy summit of Sgorr a'Choise – modest in height compared to neighbouring peaks; but still an excellent viewpoint overlooking Loch Leven. On the harder walk, we climb the two Munros Sgorr Dhearg and Sgorr Dhonuill, the twin peaks visible across the loch from Alltshellach.

Hills and tracks around Kinlochleven

On the easier walk we ascend past Grey Mare's Tail waterfall onto the Old Military Road, then continue to Loch Eilde Mor, a beautiful mountain lake in wild country below the Mamores. On the medium walk we follow the undulating ridge over the summits of Mam na Gualainn and Beinn na Caillich before descending to join the West Highland Way. On the harder walk, we ascend past Grey Mare's Tail onto the ridge of the Mamores for a superb high-level walk linking the summits of Sgorr Eilde Beag and Na Gruagaichean.



Ardgour - Strontian and Garbh Bheinn

On the easier walk, we take the Corran ferry to the Ardnamurchan Peninsula. We start our walk at the one-time lead mining centre of Strontian and follow the river towards the long-abandoned Bellsgrove lead mines below Druim Glas. We return through the Ariundle Nature Reserve, home to elusive pine martens. The medium walk starts at Strontian, ascending on an ancient 'coffin route' to Bealach nan Cairn overlooking Loch Shiel, then we follow the ridge eastwards to Meall Iain, and eventually descend through old mine workings back to Strontian. On the harder route, we walk through forests and along a ridgeline to the rugged summit of Garbh Bheinn.

Mountains of Glen Coe

These walks start in remote Glen Etive. On the easier walk we ascend between the spectacular ridges of Buachaille Etive Beag and Buachaille Etive Mor to the crest of the Lairig Gartain pass with magnificent views down the length of Glen Etive. We follow the pass then join the West Highland Way and walk to the Kingshouse, an old drovers' inn. On the medium walk we climb to the Buachaille Etive Mor ridge and turn eastwards to reach the summit of Stob Dearg (3354 feet), providing an eagle's eye view of Rannoch Moor and Glen Coe. The harder walk takes a different approach, a rocky path up the Coire Altruim, then we follow the undulating ridge to Stob Dearg. On both of these routes we have an equally steep descent back to the valley and to the Kingshouse Inn.



Outdoor Travel offer walking holidays – guided in small groups or self-guided (with inn-to-inn luggage transfers & meals) – in many parts of the UK Ireland & Europe including the **Coast-to-Coast** trail, walks in the **Lake District**, **Snowdonia**, along the Cornish coast, Ireland's **Ring of Kerry**, Provence or the Alps in France or walks in Austria, Spain or Italy. We offer long distance pilgrimage walks like the **Way of St James** or **Camino De Santiago**, from Le Puy in France to Santiago in Spain or the **Via Francigena** – the pilgrims' Road to Rome.

Contact OUTDOOR TRAVEL for more details and reservations:

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