

TREADSoftley

The West Highland way

Nearly 100 wonderful miles of Scotland steeped in history, alive with wildlife, and stunning geology. Walk the length of Bonnie banks of Loch Lomond. Cross the Great Moor of Rannoch, one of the last remaining wildernesses in Europe. Climb the Devils staircase and finish in the shadow of Ben Nevis, the UK's highest peak. Arrive in Fort William with a great sense on achievement and leave with memories that will stay with you for a lifetime. Mentioned in numerous publications as one of the world's premiere treks. Whether you are ticking one off of your bucket list, fulfilling a New Year resolution, discovering your roots, or celebrating the beauty, history, wildlife and geology of your own country the West Highland Way is not to be passed upon.

Contents

Costs:	3
Option One: Bed and Breakfast.....	3
Option Two: Camping.....	3
Deposit:.....	3
Dates for 2016:.....	3
Itinerary:	4
Day 1 - Arrive in Milngavie and walk to Dryman- 12 miles	4
Day 2 - Walking to Rowardennan - 13 miles.....	4
Day 3 – Walking to Inverarnan - 14 miles.....	4
Day 4– Walking to Tyndrum - 12 miles.....	5
Day 5– Walking to Kingshouse - 20 miles	5
Day 6– Walking to Kinlochleven - 8 miles.....	5
Day 7– Walking to Fort William - 16 miles.....	5
Day 8 -Head home or climb Ben Nevis?	5
Kit List	7

Costs:

Option One: Bed and Breakfast

£795, \$1100 approx, €980 approx.

Seven nights bed and full Scottish breakfasts. All baggage transfers from start to finish. Price includes travel from Glasgow to Milngavie and lunch at a local Inn on route on day one; a guided tour of Glengoyne distillery; the services of an expert Scottish guide from start to finish.

Accommodation is based on two people sharing. Solo travellers will have an appropriate room-mates or a single room supplement is available at an additional £150.

Option Two: Camping

Cost: £465, \$650 approx, €980 approx.

Six nights in local campsites and the final night will be B&B in Fort William. All baggage transfers from start to finish. Price includes travel from Glasgow to Milngavie and lunch at a local Inn on day one; a guided tour of Glengoyne distillery; the services of an expert Scottish guide from start to finish. Cost: £945, \$1345approx, €1250approx

Deposit:

A Deposit of £200 will secure your place, full payment must be received four weeks before the start date of the walk.

Dates for 2016:

8th - 15th April, 17th - 24th June, 1st - 8th July, 15th - 22nd July, 29th July - 5th Aug, 12th Aug - 19th Aug, 14th Oct - 21st Oct

Itinerary:

The West Highland Way Guided Walking Itinerary

Day 1 - Arrive in Milngavie and walk to Dryman- 12 miles

Strath Blane

We will meet at Queens Street Station where we will embark on a short train journey to the start in Milngavie where your bags will be picked up, we will be at the start of our trek.

We will then start walking to Drymen, it is 12 miles of walking, 420m of ascent and it will take around 6-7 hours to get there. We will start by walking out of the urban area of Milngavie and leaving hectic civilization behind. For much of the rest of the day we will gain views over the spectacular Campsie Fells. Highlights include, Mugdock Country Park, the Standing stones, Duntreath Castle, and we will make a stop at the famous Glengoyne Distillery for a guided tour and maybe a wee dram.

Day 2 - Walking to Rowardennan - 13 miles

Conic Hill

Today we will walk to Rowardennan which will take 7- 9 hours and is 13 miles long with 660m of height gain. Today the highlights include Loch Lomond National Nature Reserve, a walk up conic hill giving you views over Loch Lomond, and the Highland Fault Line, down to the Visitor Centre at Balmaha and walking along the shores of the loch itself for much of the afternoon, we finish at the foot of the famous Ben Lomond, the most southerly of the Munros(Scottish Mountains over 3000 ft).

Day 3 - Walking to Inverarnan - 14 miles

Loch Lomond

Today will take about 7 – 9 hours to get to Inverarnan and you will have 930m of height gain. This is a tough section of the walk! We will be following an undulating forestry track giving views to both Loch Lomond and the nearby mountains of the Arrochar Alps. You will also pass Rob Roy's prison.

We will arrive at Inverarnan and stop at the Drovers Inn, built in 1704, one of the oldest, most haunted inns on route, for a well-earned pint or a dram.

Day 4- Walking to Tyndrum - 12 miles

Glen Flall

Today we will be walking to Tyndrum, it is 12 miles away with 490m of ascent. This section should take 6 – 8 hours to complete and is on good paths and sections of the Old

Military Road. Highlights of today include seeing, Beinglas waterfall, the Falls of Falloch and passing the field of The Battle of Dal Righ, and St Fillans Chapel, (remains) were raised to a Priory by Robert the Bruce in 1318 and thereafter enjoyed some measure of privilege and protection from the kings of Scotland..

Day 5- Walking to the Kings house - 20 miles

Today is the longest day of your trek. We will be walking to the famous the Kings house which is 20 miles of walking and 690m of ascent which will take around 9-12 hours to complete. The walking is on very good paths, and you will get views over Loch Tulla and the Black Mount Range in the first half of the day. The second half of the day tackles one of the most famous parts of the trail, Rannoch Moor.

Rannoch Moor can be can be a beautiful place to walk if the weather is fine, or the most wild, exposed and intimidating place if the weather is bad. Either way it is a part of the walk you will never forget.

Day 6- Walking to Kinlochleven - 8 miles

Today we will be walking to Kinlochleven, it is 8 miles away, 430m of ascent and it will take us around 4 - 5 hours. Today's highlights include the famous "Devil's Staircase" At 550m (1850ft) this is the highest point along the way, giving views over the Mountains of Glencoe and the Blackwater Reservoir, the longest reservoir in the highlands, and the Ice Factor (National Ice Climbing Centre) in Kinlochleven.

Day 7- Walking to Fort William - 16 miles

Today we will be walking to Fort William, where we will find the end marker for the route. We will be walking for 7 – 8 hours and cover a distance of 16 miles with 735m of ascent. Today's highlights include passage through Lairigmor, this section of the walk boasts 11 Munros (Scottish mountains over 3000ft).

Day 8 -Head home or climb Ben Nevis?

It's time to say goodbye or have a rest day before spending the next day being expertly guided to the Scotland's highest mountain, Ben Nevis.

Kit List

Here is a suggested kit list for all our summer treks and mountain days

Base Layer. Long sleeved, warm, wicking, anti-odour.

Fleece Layer. Warm, quick drying. You may want to carry a spare one in your bag.

Trousers. Quick dry, UV protective. Convertible trousers/shorts are a good option, but NO denim, it get heavy and cold when it gets wet.

Waterproof Jacket. Light, packs small, breathable, fits over fleece.

Waterproof Trousers. Waterproof, easy to put on over boots.

Footwear. Walking boots or shoes, lightweight, waterproof, strong, good sole, well worn in.

Socks. Comfy, warm, minimal seams.

Hat. Warm, dries quickly, covers ears, and or a lightweight neck gaiter, i.e. a buff or similar.

Gloves. Warm, windproof.

Rucksack. Lightweight, mid volume, around 25/30l, with easy access.

Walking Poles. Light, strong, ergonomic design. These are a great help on gnarly terrain, or for taking some of the weight off your knees.

Sit Mat. Simple, inexpensive, easily stored, great for sitting on instead of cold damp surfaces

Sun Glasses. Category 3 UV rating.

Blister Care. Blister plaster, such as Compeed.

Midge cream. such as Skin so soft, Smidge, one containing Deet.

Midge net. you will need one on low level treks!