

INTRODUCTION

Background

How to Use This Guide

Getting Around and Accommodation

Safety in the Hills

Navigation

Equipment

Food

Access and the Backpacker

Flora and Fauna



THE ROUTES

Route 1 Shetland – Esha Ness

Route 2 Shetland – Mainland South

Route 3 Shetland – Yell

Route 4 Orkney – Western Mainland

Route 5 Lewis – Western Mountains

Route 6 North Harris – Mountains and Moorlands

Route 7 South Uist – the Wild Eastern Coast

Route 8 Cape Wrath and Sandwood Bay

Route 9 Ben Hope

Route 10 Inverpolly

Route 11 Assynt from Inchnadamph

Route 12 The Munros of the Inverlael Forest

Route 13 Fisherfield and Letterewe

Route 14 The Applecross Peninsula

Route 15 The Fannichs Traverse

Route 16 Torridon from Shildaig

Route 17 Coulin Forest from Torridon

Route 18 The Strath Carron Munros from Craig

Route 19 The Head of Strathconon
Route 20 The High Traverse of Glen Affric
Route 21 Beinn Fhada and A'Glas Bheinn
Route 22 The High Traverse of Glen Shiel
Route 23 Shiel Bridge to Glenfinnan
Route 24 The Mountains of Knoydart
Route 25 Skye – the Black Cuillin Lochs and Bealachs
Route 26 Skye – the Red Cuillin
Route 27 Skye – the Trotternish Ridge Traverse
Route 28 Exploring Raasay
Route 29 Discovering Rum
Route 30 Through the Cona Glen



APPENDIX 1 Useful Contacts
APPENDIX 2 Bibliography
APPENDIX 3 Route Summary Table
APPENDIX 4 Glossary