

INHOUDSOPGAVE

INTRODUCTION

Geology and wildlife
Getting there
Getting around
When to go
Accommodation
Safety
Emergencies
Money and communications
Preparation and planning
What to take
Waymarking and access
Maps and navigation
Using this guide



1 FORT WILLIAM TO STRATHCARRON

Stage 1 Fort William to Glenfinnan
Stage 2 Glenfinnan to Glen Dessarry
Stage 3 Glen Dessarry to Barisdale
Stage 4 Barisdale to Morvich (near Shiel Bridge)
Alternative Stage 1 Fort William to Laggan
Alternative Stage 2 Laggan to Cluanie
Alternative Stage 3 Cluanie to Morvich (near Shiel Bridge)
Stage 5 Morvich (near Shiel Bridge) to Strathcarron



2 STRATHCARRON TO INVERLAEL (NEAR ULLAPOOL)

Stage 6 Strathcarron to Kinlochewe
Alternative Stage 6 Bendronaig to Kinlochewe
Stage 7 Kinlochewe to Strath na Sealga
Stage 8 Strath na Sealga to Inverlael (near Ullapool)

3 INVERLAEL TO CAPE WRATH

Stage 9 Inverlael (near Ullapool) to Oykel Bridge
Alternative Stage 9 Ullapool to Oykel Bridge
Stage 10 Oykel Bridge to Inchnadamph (or Loch Ailsh)
Stage 11 Inchnadamph to Glendhu
Alternative Stage 11 Loch Ailsh to Glendhu
Stage 12 Glendhu to Rhiconich
Stage 13 Rhiconich to Sandwood Bay
Stage 14 Sandwood Bay to Cape Wrath



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