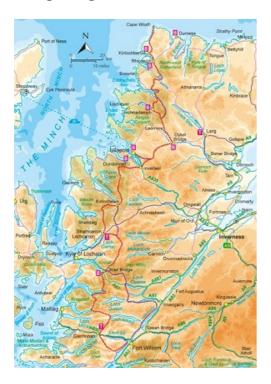
INHOUDSOPGAVE

INTRODUCTION

Geology and wildlife
Getting there
Getting around
When to go
Accommodation
Safety
Emergencies
Money and communications
Preparation and planning
What to take
Waywarking 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



Appendix A Route summary table Appendix B Accommodation Appendix C Shops, cafés and Post Offices Appendix D Useful websites Appendix E Maps Appendix F Further reading