

INHOUDSOPGAVE

Introduction

The High Road and the Low

When to go

Safety in the mountains

Maps

How to use this book

A Winter Not the West Highland Way



Part 1

The High Road and the Low

Milngavie to Drymen

1 Hill Option: the Campsie Fells

Drymen to Rowardennan

Rowardennan to Inversnaid

2 Rowardennan Outing: Ben Lomond

3 Hill Crossing: Ben Lomond to Inversnaid

Inversnaid to Inverarnan

4 Hill Crossing: Beinn a' Choin

5 Inverarnan Outing: Beinn Chabhair

Inverarnan to Tyndrum

6 Hill Crossing: Ben Lui

7 Crianlarich Outing: An Caisteal and Beinn a' Chroin

Tyndrum to Inveroran

8 Hill Crossing: the Back of Beinn Dorain

9 Inveroran Outing: Ben Inverveigh and Meall Tairbh

Inveroran to Kings House

10 Hill Crossing: Black Mount

Kings House to Kinlochleven

11 Hill Crossing: Beinn a' Chrulaiste and the Blackwater

Kinlochleven to Fort William

12 Hill Crossing: Mamores

13 Hill Crossing: More Mamores

14 Fort William Outing: Ben Nevis by the CMD Arête



Part 2

Beginnerish Backpacking

The excitement is in tents

Midges are unpleasant

May is the month

Shoulder-strengthening short trips

The off-route food-fetching formula

Stuff, stuffsacks, and throwing it all away

15 A mostly gentle two-day: the Back of Ben Nevis

16 A wilder two-day: Taynuilt to Bridge of Orchy



Part 3

Away from the Way

- 17 Dumbarton Start
- 18 Wrong side of the Loch: the Arrochar Alps
- 19 The Etive Trek
- 20 Blackwater and the Lairig Leacach
- 21 Routes of Rannoch

Part 4

Roads to the Deep North

- 22 Corroul to Dalwhinnie
- 23 Fort William to Inverie
- 24 Spean Bridge to Cluanie and even Cape Wrath

Appendix 1: Access

Appendix 2: Useful information

Appendix 3: Further reading