



Central Reservations
08701 553255

**SYHA Activity Holidays
West Highland Way 2008
(Grade 2-3)**

Scotland's first long-distance route provides a unique chance to experience the subtle change in scenery and terrain from the gentler south to more mountainous north.

MEETING PLACE:

Milngavie train station at 10.00. Please note this holiday finishes at Fort William.

DAILY ITINERARY:

DAY 1 Meet at Milngavie train station at 10.00 to start the Way. The first day's destination is the old Drymen Road, about 13 miles (22km) away. The Way starts in Milngavie then through Mugdock country park, quiet back roads and part of an old railway line with the route passing through parkland and rolling farmland. The paths are good but may be muddy if it has been raining. Spend the first of two nights at Rowardennan hostel idyllically situated on the shores of Loch Lomond.

DAY 2 Walk from Drymen Road by the Garadbhan forest, Conic Hill and the shores of Loch Lomond to Rowardennan, approx. 13m(22km). Ascent of about 200m at Conic hill then by mainly narrow and at times woodland and loch side paths with some short ascents of 30 - 80m. Loch Lomond is a popular location for water sports in the summer months. Conic Hill marks the geological boundary fault, once passed the Way continues through the "Highlands" of Scotland.

DAY 3 Walk by the eastern shores of Loch Lomond to Inverarnan, about 14m(24km). The first 7km is on a wide forest road, then by rough and undulating woodland and loch side paths. The route is rough and care is needed at times. Spend the first of two nights at Crianlarich hostel. Except for a road at Inversnaid, where there is a small bird reserve, this part of the loch can only be visited by foot. Woodland birds and often wild goats and deer may be seen, while those with sharp eyes may be lucky to spot an eagle soaring high over these steep slopes. Old ruins are evidence of more populated times in the past, while stories of Rob Roy MacGregor can help to bring the past to life.

DAY 4 Return to Inverarnan and walk to Tyndrum, about 13m (22km). The Way steadily climbs out of Glen Falloch by farm track, rough paths and finally onto the old military road first built in the 17th century to help quell the rebellious Scottish clans. Tyndrum was once the site of lead mining in the area, now a gold mine has taken its place. It is also time to celebrate as half way!

DAY 5: Continue from Tyndrum to Black Rock Cottage, app. 16m(27km) of mainly easy track walking with some ascents of 100 - 150m. The military road/path is followed for most of the way passing many good viewpoints and skirting the wilds of Rannoch Moor. Drive down to Glencoe hostel to spend the first of two nights there.

DAY 6: Walk from Black Rock Cottage and the edge of Glencoe over the Devil's Staircase to Kinlochleven, about 12m(20km). The top of the Staircase marks the highest point of the Way and can offer excellent views of mountains and the expanse of Rannoch Moor.

DAY 7: The Way is completed from Kinlochleven to Fort William via Glen Nevis, about 14m(24km) away finishing the route by the military road and forest paths - time to celebrate !! The route climbs steadily out of Kinlochleven and by the Lairig Mor to Blar a Chaorainn then by forest paths



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and tracks into Glen Nevis. We should reach the end before 16.30 and after time for a wee celebration, disperse and go our separate ways (~17.30).

ACCOMMODATION and MEALS:

6 nights hostel accommodation with all meals from picnic lunch on day 1 to picnic lunch on day 7. The hostels are of 3 and 4 star standard and have showers, drying room, and small dormitories. All bed linen including sheet sleeping bags is provided. Meals are provided with some assistance from the group.

If you require accommodation either before or after your holiday, let us know and we can arrange this for you.

TRANSPORT:

Mini-bus transport is provided daily, from meeting at Milngavie to the finish at Fort William, as required for the walking programme.

FITNESS and TERRAIN:

Although the entire Way is on a path of sorts, the walking can be rough and at times muddy, especially if it has been raining. Comfortable and waterproof boots with deep treads are essential for the full enjoyment of the walk. There are usually several short ascents each day of 30 - 100m with longer ones on days 3, 6, 7 and 8 of 100 - 250m. The walking will be very varied during the trip from quiet roads to moorland tracks and to rough loch side paths. The distances will vary between 20 and 30kms with the longer days on better paths. Ascent will also vary with the maximum being about 400 metres.

If you lead a sedentary lifestyle it is particularly recommended that you indulge in a programme of regular moderate exercise over a period of several weeks prior to your holiday. Walking, cycling, jogging, etc are all good preparation. The better prepared you are for your holiday the more you are likely to enjoy it. If you have any ongoing medical condition please consult us in advance.

EQUIPMENT:

To wear whilst walking:

Short sleeved shirt or vest	Long sleeved thin but warm sweater
Comfortable trousers (NOT made of denim material)	Shorts (optional)
One or two pairs of comfortable socks	Stop tous or gaiters can be useful
Strong, comfortable walking boots with a good grip	

To carry whilst walking:

30 – 35 litre rucksack	100% waterproof jacket with attached hood (do NOT bring a cape)
Waterproof overtrousers	Spare warm sweater or fibre pile jacket
Warm hat & gloves	Thermos flask (contents provided)



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Picnic lunch (provided)
Insect repellent

Whistle, survival bag
A share of group safety equipment issued by the leader

Sun screen cream
Small personal first-aid kit (at least a few elastoplasts)
Camera (optional) & Binoculars (optional)

Additional items in a small holdall
Overnight items including a towel, soap and torch

Boots:

Comfortable light-weight, weatherproof walking boots are essential for West Highland Way holidays. These should be in good condition, have a deep tread and be well walked in. Supportive insoles, such as 'superfeet' or 'sorbothane' are to be recommended. New and untried boots should be left at home!

Baggage space on the mini-bus is limited, so please ensure that your bag is of manageable proportions - one holdall (in addition to your rucksack) which should be below 11kg (25lbs) in weight and at most 60x30x30cm (24"x12"x12").

MAPS:

HMSO compilation map & guidebook; Harvey's compilation map & notes; Footprint compilation map.

GUIDING COMPANY:

This holiday is operated by C-N-Do Scotland on behalf of SYHA. Please note that they are not able to deal with any enquiries relating to your holiday. These should be directed to our own Central Reservations office on 0870 155 32 55.

LEADER:

C-N-Do staff are all specially chosen and are well qualified for the activities they lead. For this trip the leader has a minimum qualification of Walking Group Leader, a current valid first aid certificate plus a lot of personal experience and competence. Having a small group ensures that the trip is very much focused on you, the participant.

OPERATING RATIO:

1 leader to 15 participants.

EMERGENCY CONTACT:

If you are delayed on route to the meeting point you can contact C-N-Do Scotland on 01786 445703 before 09:00. Please do not contact them for any other issue related to your holiday.

COMPLAINTS PROCEDURE:



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In the unlikely event of having a complaint about your activity please make your views known to the instructor in charge so that it can be resolved immediately. Failure to do so may lead to your claim being reduced or rejected. Should it not be possible to resolve your problem immediately, you should write, giving full details, to the Activities Manager, SYHA as soon as possible after the activity. Delay in so doing may lead to an inability to substantiate your claim. All complaints and claims will be dealt with under Scottish Law and Custom.