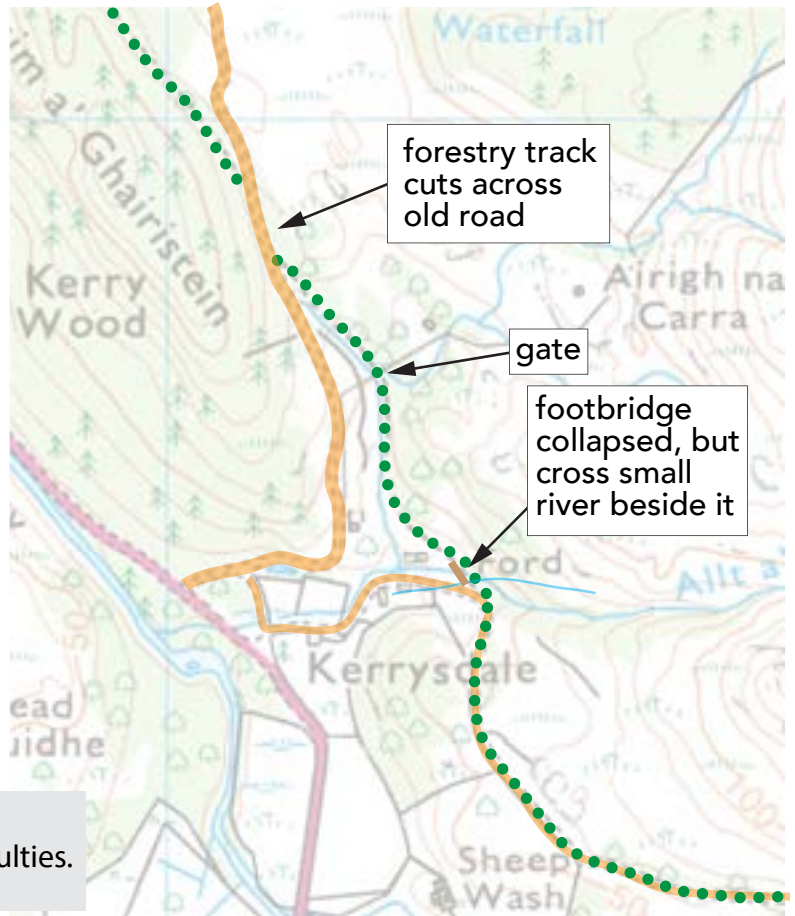


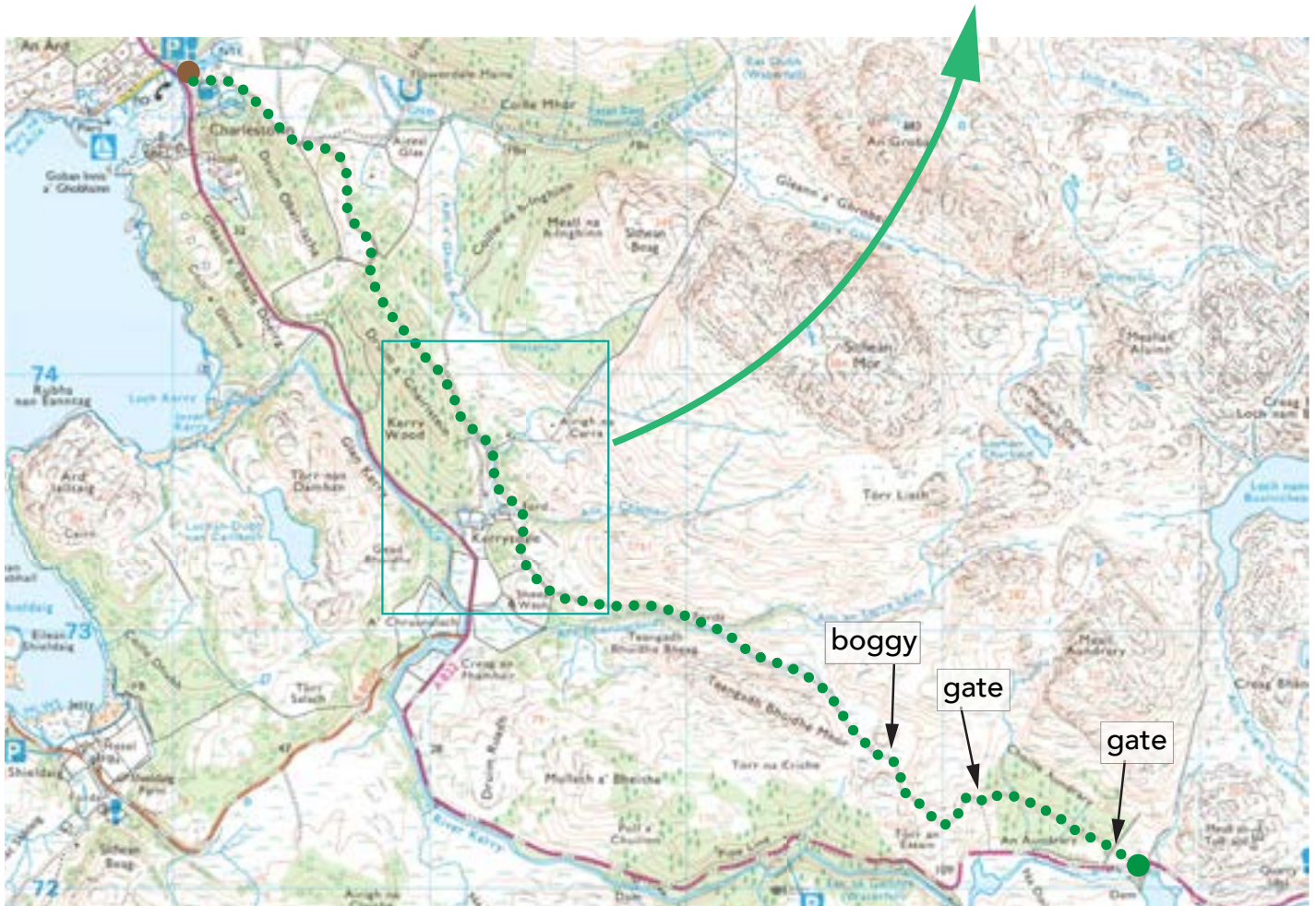
# 17 The Old Coach Road

- distance : 11 km (5.5km each way)
- height gained : 200m
- time : 2hr 30min (total)
- under foot : track, path
- parking : Flowerdale car park
- comments :

This walk takes you along the original Old Coach Road, used long before modern transport was introduced to this area. The route gently goes uphill and then gradually descends to the main road and the dam on Loch Bad an Scalaig.



Easy walk, with no particular difficulties.



# 18 Horrisdale hydro track

- distance : 5 km (total)
- height gained : 100m
- time : 1hr 20min (total)
- under foot : track
- parking : limited parking at entrance to track
- comments :

This is a short, initially steep walk on a good track, but it can be extended in two ways:

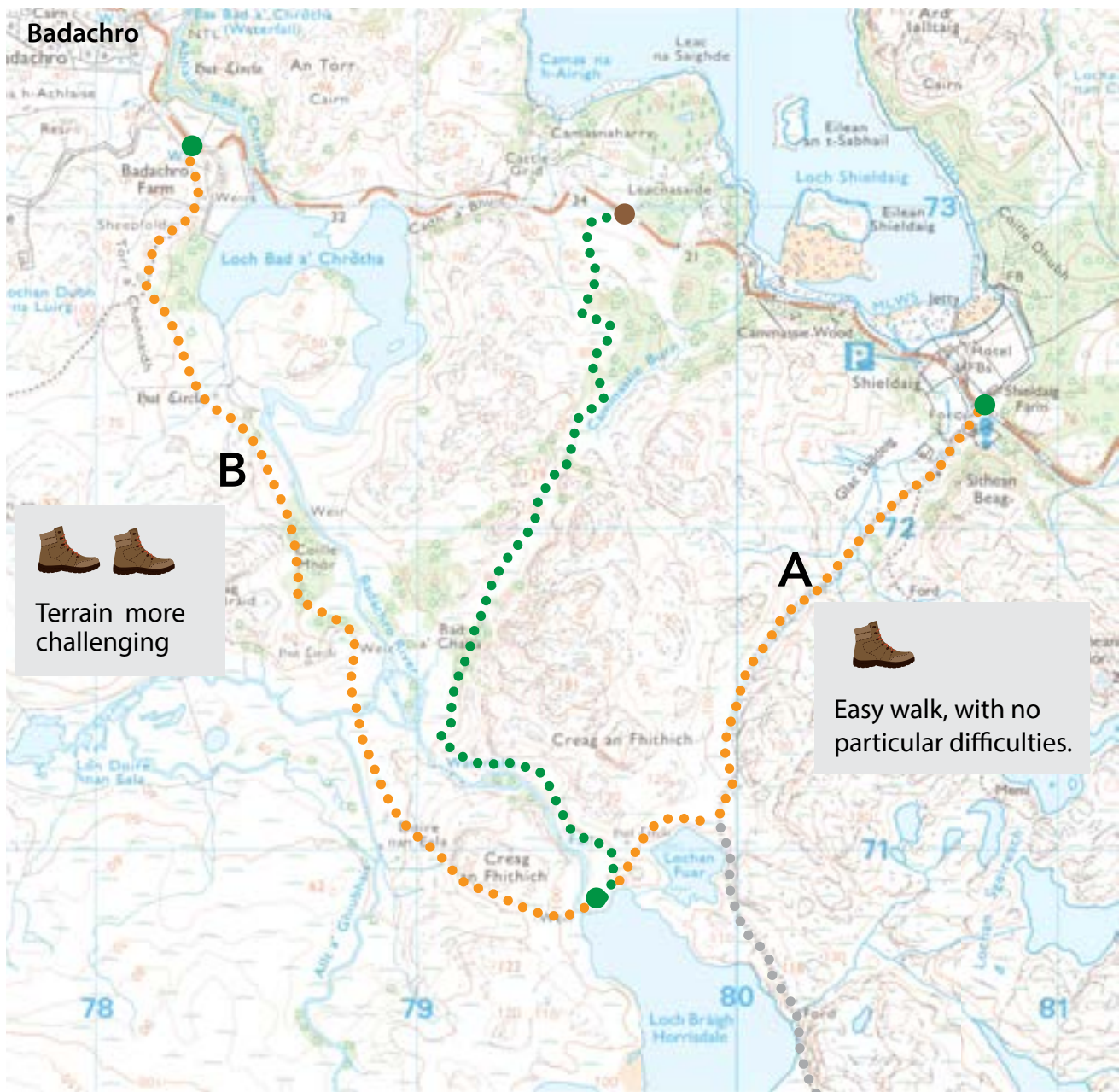
**A** return to the road by joining the Sand Loch track back to Shildaig Lodge.

**B** return to Badachro by a rough path along the Badachro River.

Both of these extensions involve a 1km walk along the road to your starting point, or you can arrange transport to avoid this.



Easy walk, with no particular difficulties.



# 19 Fairy Lochs

- distance : 3 km (1.5km each way)
- height gained : 160m
- time : 1hr (total)
- under foot : track, path - boggy in places
- parking : limited parking on roadside at start
- comments :

A popular walk up to the nostalgic crash site heads off to the left from the main track.

The walk can be extended on a path marked with small cairns, which rejoins the main track beside the bridge.

Return back down the track (4.6km/1hr 30min).



Easy walk, with no particular difficulties, although boggy in places.



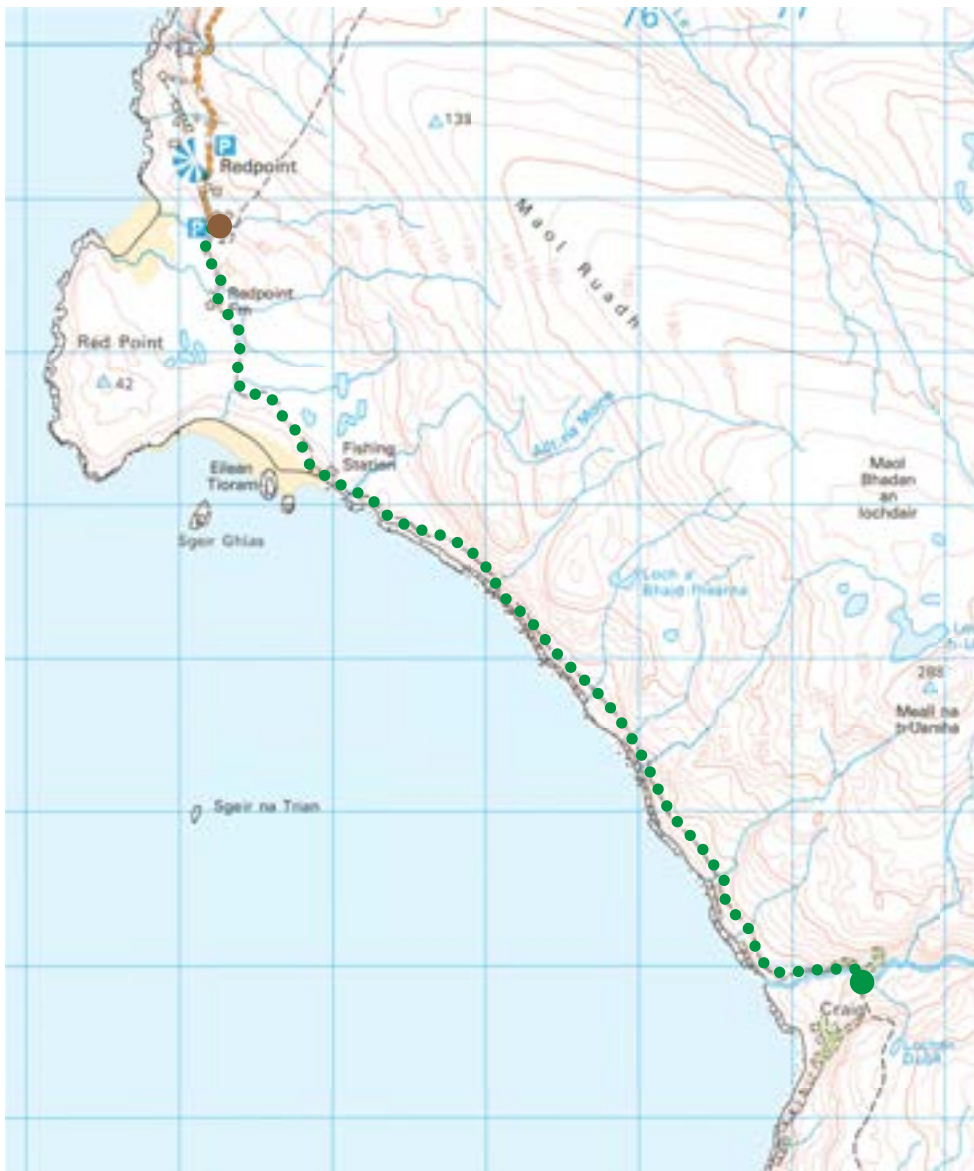
## 20 Craig from Redpoint

- distance : 15 km (7.5km each way)
- height gained : 130m
- time : 3hr 30min (total)
- under foot : rough path
- parking : Car park at the road end
- comments :

The route initially goes through a farm with sheep & cattle. Bear right after the farm down to the path by the shore beside the old fishing station. Follow the path as it keeps above the shore, then heads inland to Craig bothy, which until recently was a youth hostel.



Easy walk, with no particular difficulties.



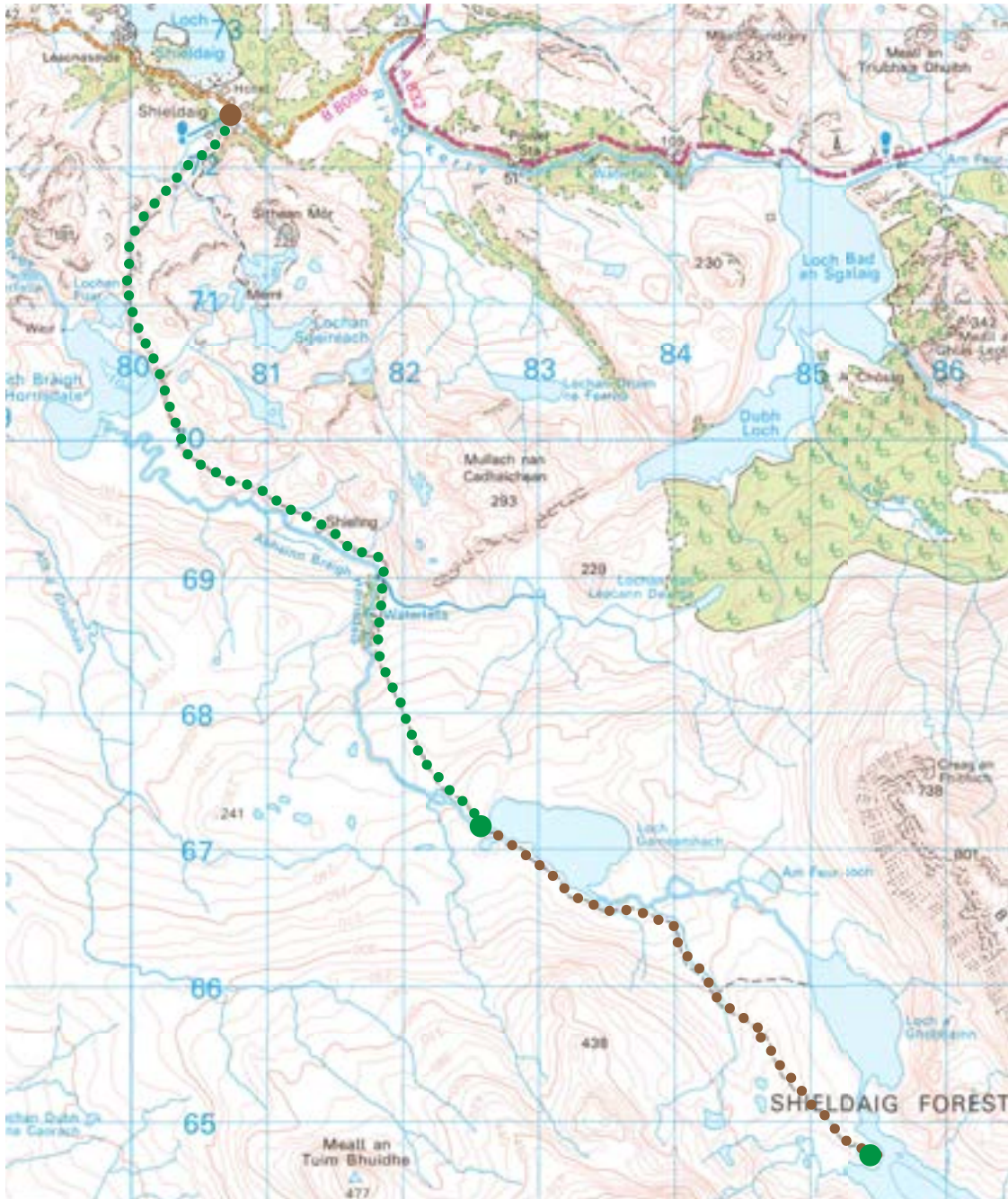
## 21 Sand Loch Track - the new hydro-scheme track

- distance : 14 km (total) Sand Loch or 21km (total) Loch a' Bhealaich
- height gained : 300m 400m
- time : 3hr 30min (total) to Loch Gaineamhach (Sand Loch)
- time : 5hr (total) to Loch a' Bhealaich
- under foot : good track then path to Loch a' Bhealaich
- parking : limited parking at start of walk
- comments :

This new track is actually a road (just built) to get access to a new hydro scheme dam. It allows access into a beautiful remote area. Suitable for cycling.



Easy walk, with no particular difficulties.



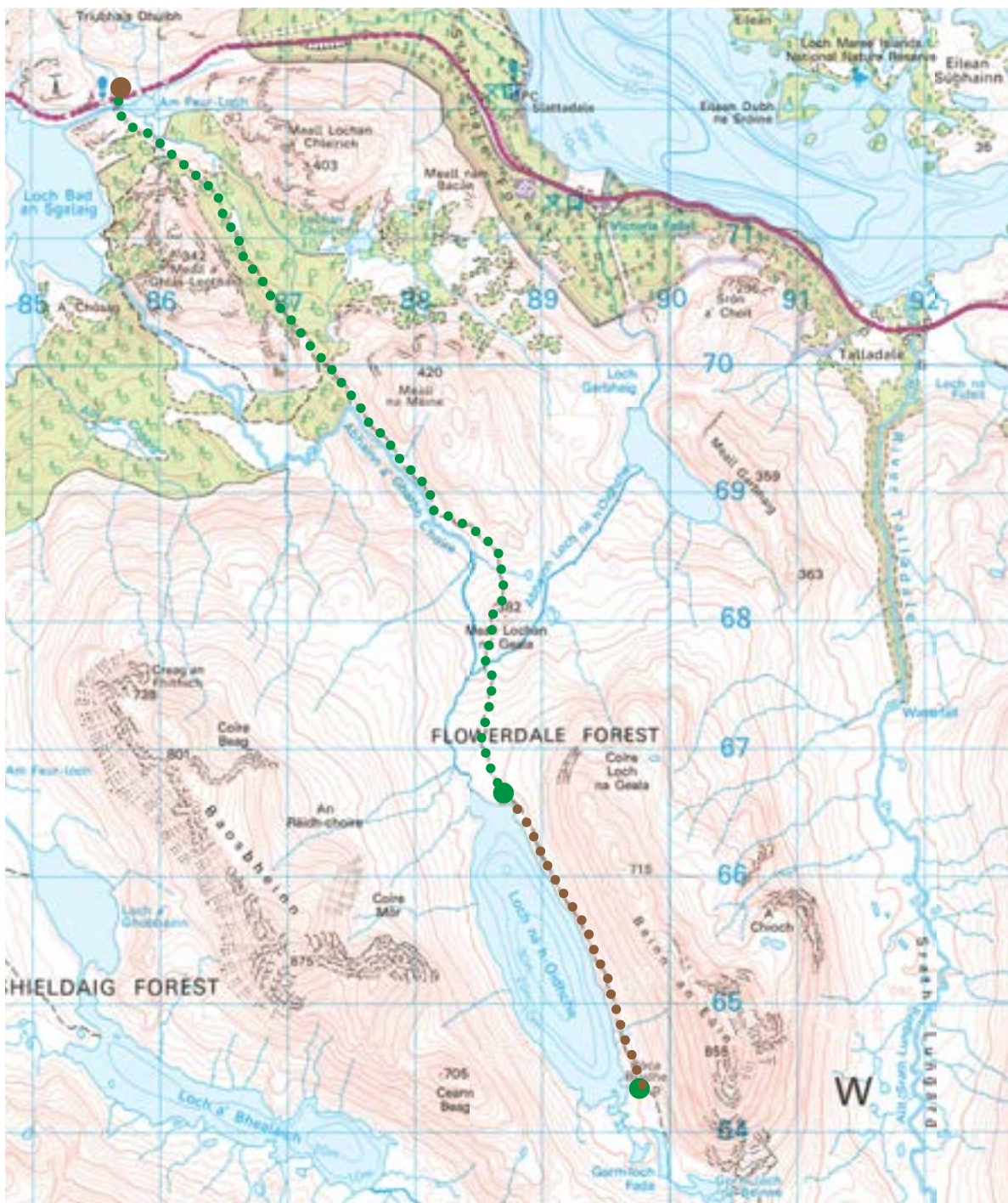
## 22 Poca Buidhe at the far end of Loch na h-Oidhche

- distance : 13km (6.5km each way) 18 km (9km each way)
- height gained : 300m 350m
- time : 3hr 15min (total) 4hr 30min (total)
- under foot : rough track and path
- parking : At the Red Barn (green stable!)
- comments :

A good track gradually gaining height to the boat house on the loch. The path continues along the loch to a bothy.



Moderate walk on good track.



## 23 Glen Grudie

- distance : 10 km (5km each way)
- height gained : 300m
- time : 3hr (total)
- under foot : path
- parking : park on section of old road (50m N of house)
- comments :

A pleasant walk, gradually gaining height along the side of Beinn a' Chearcaill, taking you into the heart of the Torridons, with spectacular views all around.

The River Grudie has recently had a small hydro scheme built.



Easy walk, with no particular difficulties.



## 24 Beinn Eighe Mountain Trail

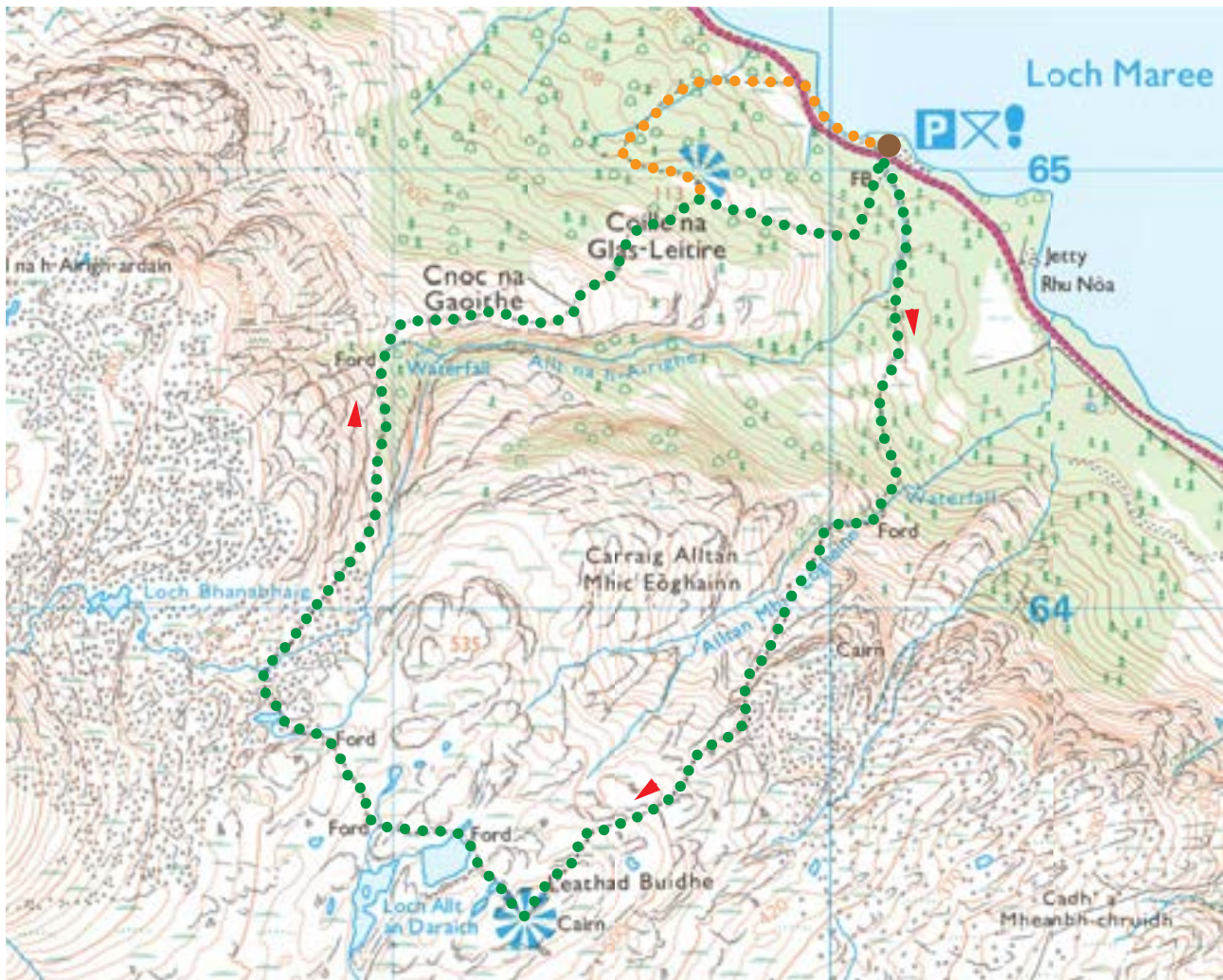
- distance : 5 km (total)
- height gained : 550m
- time : 2hr 30min (total)
- under foot : path, with some steep rocky sections
- parking : Beinn Eighe car park
- comments :

There are two walks from the Loch Maree car park. The Woodland trail is a very short path through the ancient pine woodland.

Our walk follows a steep path through the woods, then climbs over a rocky landscape to the summit, with stunning views. Must be followed clock-wise!



Harder or longer walk. Terrain can be more challenging with steeper sections.



## 25 Fasagh Waterfalls

- distance : 10 km (5km each way)
- height gained : 150m
- time : 2hr 30min (total)
- under foot : path
- parking : park at Incherill car park
- comments :

A pleasant walk along the Kinlochewe River to stunning waterfalls.



Easy walk, with no particular difficulties.



## 26 Gleann na Muice & Lochan Fada

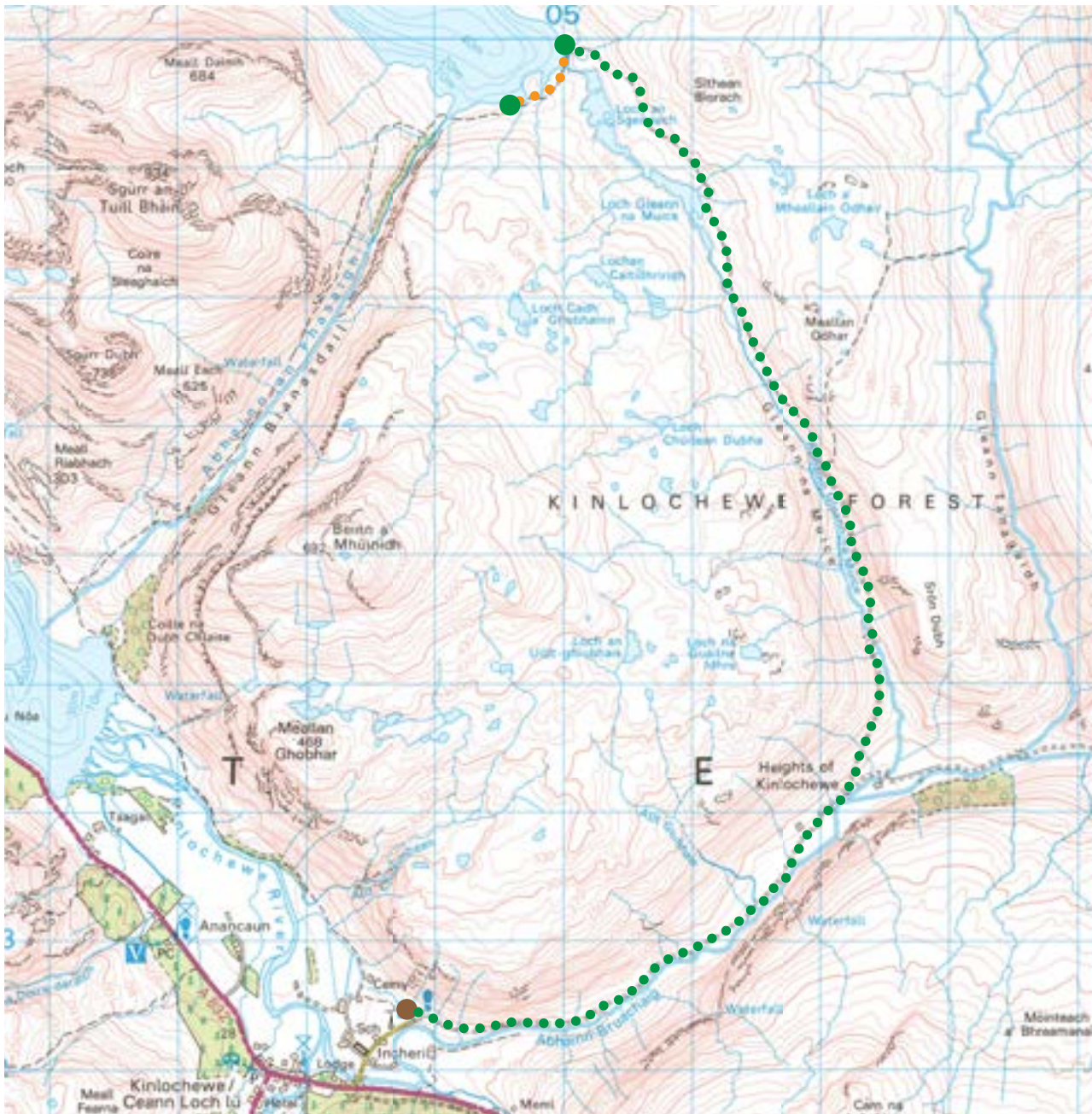
- distance : 22 km (11km each way)
- height gained : 370m
- time : 5hr (total)
- under foot : track, path
- parking : car park at Incherill
- comments :

This good track takes you to the Heights of Kinlochewe, then branches off up Gleann na Muice, eventually reaching Loch an Fada. On the shore are some small pleasant beaches.

It is possible to continue down Gleann Bianasdail and return along the Kinlochewe River. However, crossing the river at Loch on Fada can be difficult.



Moderate walk on good track and path



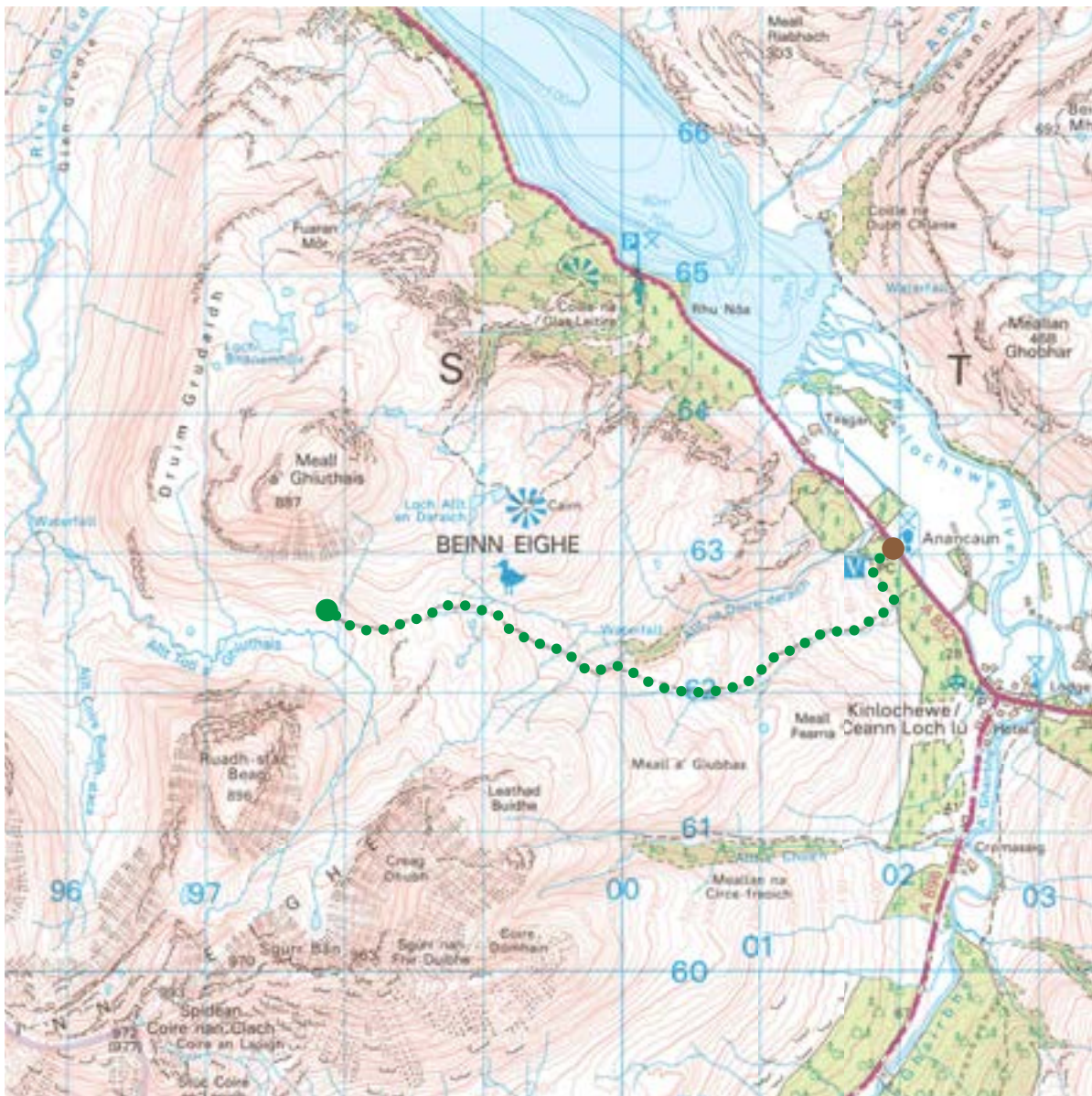
## 27 Pony Track from Beinn Eighe Visitor Centre

- distance : 10km (5km each way)
- height gained : 450m
- time : 3hr 30min (total)
- under foot : path
- parking : park at Beinn Eighe Visitor Centre
- comments :

There are several short paths at the visitor centre and one leads to the pony track. This good path gently climbs into the rugged wilderness of the Torridon mountains.



Easy walk, with no particular difficulties.



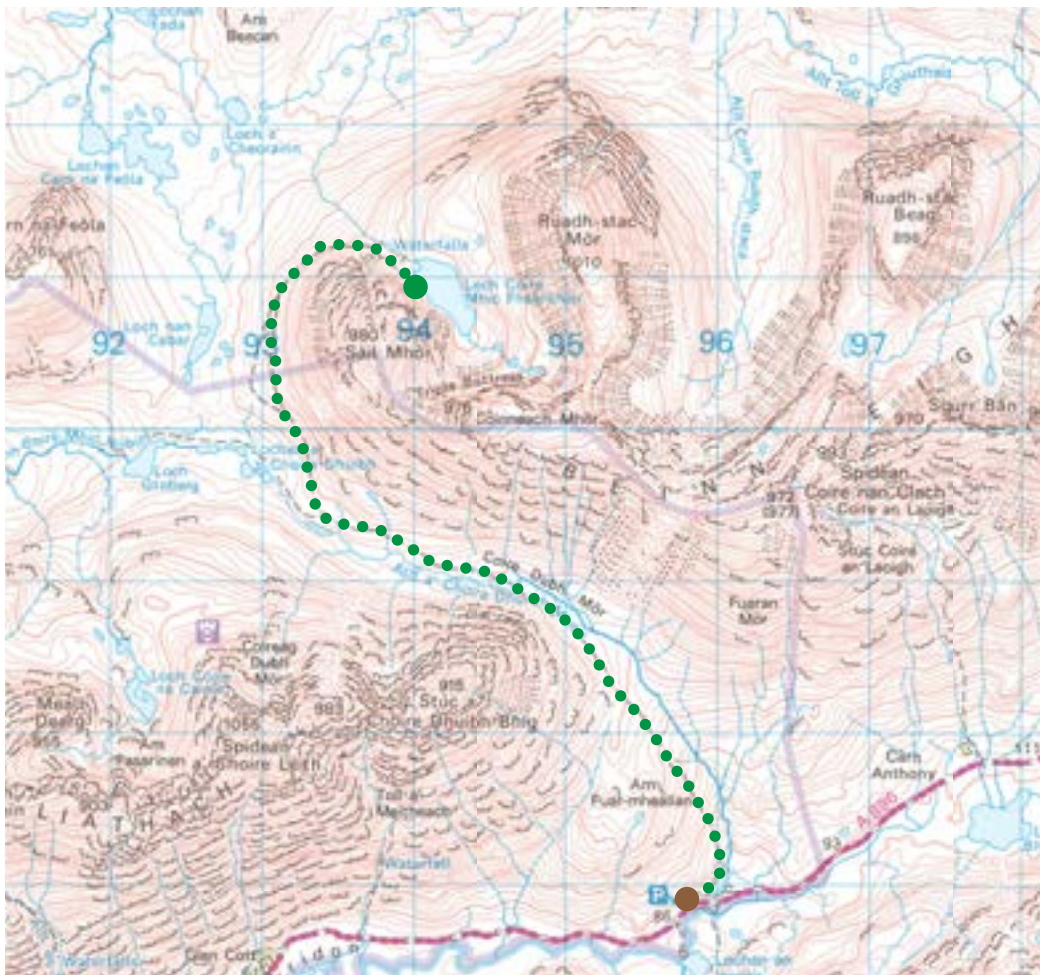
## 28 Hidden Corrie - Coire Mhic Fhearchair

- distance : 13 km (6.5km each way)
- height gained : 500m
- time : 4hr (total)
- under foot : path
- parking : main car park beside bridge
- comments :

This is a rewarding walk into a desolate corrie and a dark loch. The path gradually climbs around the hillside and eventually passes waterfalls from the loch.



Moderate walk. Steep at the end.



## 29 Liathach Circuit - Coire Mhic Nòbaill

- distance : 12 km (total)
- height gained : 320m
- time : 2hr 30min (total)
- under foot : path
- parking : car park on main road, beside bridge
- comments :

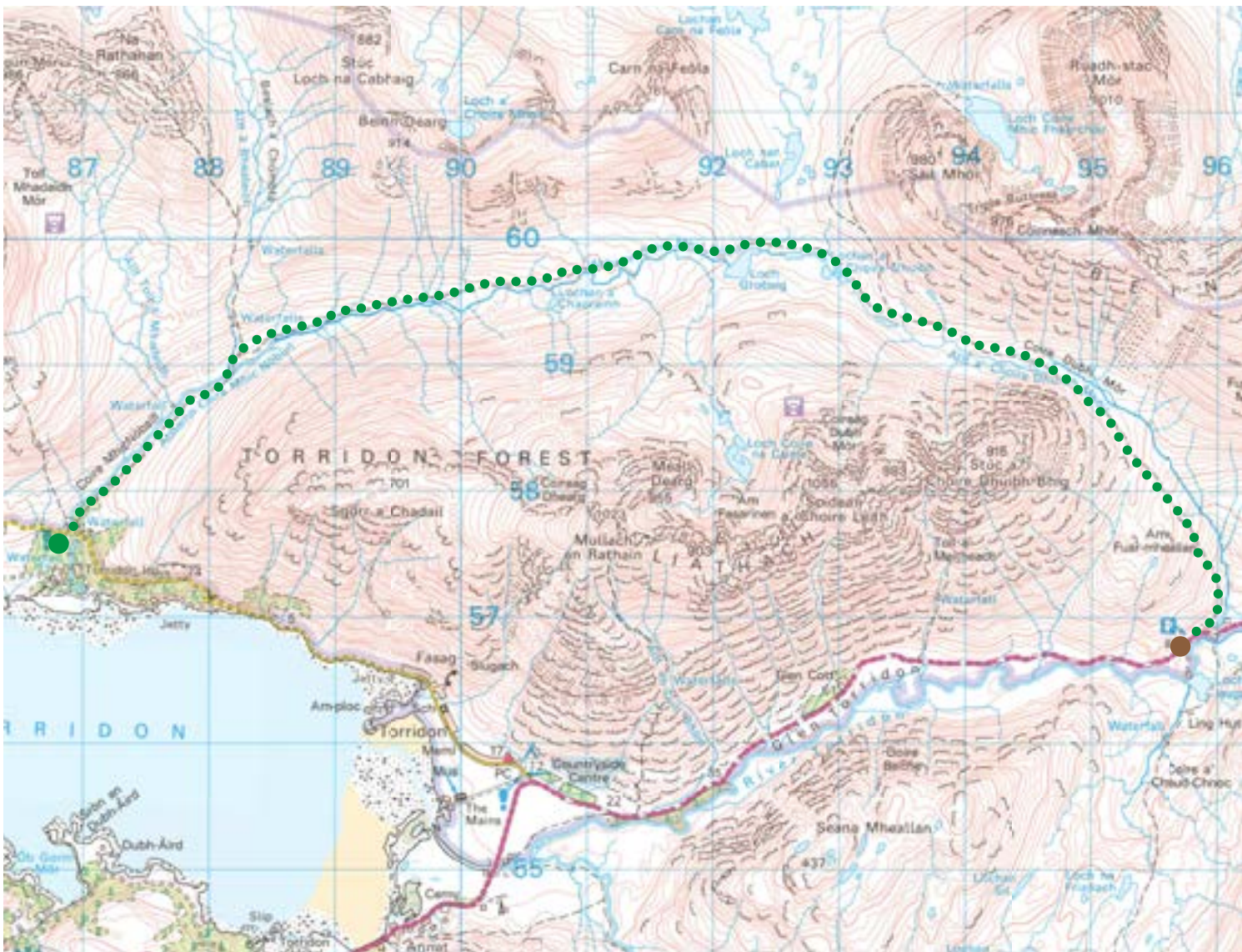
Transport needed to return to start.

Can be done in either direction.

A wonderful walk around the north of Liathach in a desolate glen with huge mountains on all sides.



Easy walk, with no particular difficulties.



## 30 Coulin Circuit - Loch Clair & Loch Coulin

- distance : 9 km (total)
- height gained : 100m
- time : 2hr (total)
- under foot : road, track & path
- parking : car park on the main road, just across from the start
- comments :

A delightful walk around Loch Coulin with stunning views of the Torridon hills.

Follow the road along Loch Clair and continue past the bridge. Look out for the path bearing off to the right.

Follow this along the loch shore and down past the cottage to join the track then over the bridge.

Continue on the track passing the next house.



Easy walk, with no particular difficulties.

