

CICERONE

WALKING

BEN NEVIS AND GLEN COE

100 low, mid and high level walks



Ronald Turnbull

BEN NEVIS AND GLEN COE

© Ronald Turnbull 2017

Second edition 2017

ISBN-13: 978 1 85284 871 2

Reprinted 2020, 2022 (with updates)

First edition 2007

Printed in China on responsibly sourced paper on behalf of Latitude Press Ltd



© Crown copyright 2016 OS PU100012932

All photographs are by the author unless otherwise stated.

Updates to this Guide

While every effort is made by our authors to ensure the accuracy of guidebooks as they go to print, changes can occur during the lifetime of an edition. Any updates that we know of for this guide will be on the Cicerone website (www.cicerone.co.uk/871/updates), so please check before planning your trip. We also advise that you check information about such things as transport, accommodation and shops locally. Even rights of way can be altered over time. We are always grateful for information about any discrepancies between a guidebook and the facts on the ground, sent by email to updates@cicerone.co.uk or by post to Cicerone, Juniper House, Murley Moss, Oxenholme Road, Kendal, LA9 7RL.

Register your book: To sign up to receive free updates, special offers and GPX files where available, register your book at www.cicerone.co.uk.

Warning

Mountain walking, and particularly scrambling or winter walking, can be dangerous activities carrying a risk of personal injury or death. It should be undertaken only by those with a full understanding of the risks and with the training and experience to evaluate them. While every care has been taken in the preparation of this book, the user should be aware that conditions can be highly variable and can change quickly, materially affecting the seriousness of a mountain walk. Therefore, except for any liability that cannot be excluded by law, neither Cicerone nor the author accept liability for damage of any nature (including damage to property, personal injury or death) arising directly or indirectly from the information in this book.

To call out the Mountain Rescue, phone 999 from a landline. From a mobile, phone 999 or 112: these should connect you via any available network. Once connected to the emergency operator, ask for Police Scotland.

Front cover: Arriving on Clach Leathad (Route 85) with Bidean nam Bian behind

CONTENTS

Map key	10–11
Overview maps	12–15
INTRODUCTION	17
‘Glen Coe, Glen Coe, it’s the place to go...’	17
Getting there, getting about, food and shelter	19
Oh, Sir Hugh Munro	20
Walking conditions	21
When to go	23
Safety in the mountains	24
Maps	25
Compass, GPS and phone	26
Using this guide	27
1 FORT WILLIAM AND GLEN NEVIS	31
Route 1 Cow Hill and Druimarbin	32
Route 2 Nevis Gorge	35
Route 3 Meall Cumhann	39
Route 4 Down Glen Nevis	40
Route 5 Corrour Station to Glen Nevis	43
Route 6 Caledonian Canal	46
2 BEN NEVIS AND THE AONACHS	49
Summit summary: Ben Nevis	50
Route 7 Ben Nevis by the Mountain Track	51
Route 8 Carn Mor Dearg Arête	55
Route 9 Ledge Route	59
Route 10 Half Ben Nevis (CIC Hut)	62
Route 11 Meall an t-Suidhe	66
Route 12 Carn Mor Dearg East Ridge	68
Other routes	
Route 13 Aonach Beag from the Back	69
Route 14 Aonach Mor by Gondola and Stob an Cul Choire	73
3 GREY CORRIES AND SPEAN BRIDGE	77
Summit summary: Grey Corries	79
Route 15 Grey Corries Ridge	80
Route 16 Coire an Eoin	82
Route 17 Stob Coire Easain North Ridge	84
Route 18 Stob Coire Claurigh North Ridge	86

Route 19	Cul Coirean (east corrie of Stob Coire Clairigh)	87
Route 20	Lairig Leacach and Lochan Rath	88
Route 21	Lairig Leacach to Stob Ban	90
Route 22	Meanach Bothy to Stob Ban	91

Other routes

Route 23	The Innses	92
Route 24	Lairig Leacach: Corrour to Spean Bridge	94

4 MAMORES

Summit summary: Mamores	98
Route 25 Mamores Main Ridge Eastbound	100
Route 25A Bodach Bypass: Eastbound	102
Route 26 Mullach nan Coirean North Ridge	103
Route 27 Stob Ban North Ridge	104
Route 28 Coire Mhusgain	106
Route 29 Sgurr a' Mhaim and Devil's Ridge	107
Route 29A Escaping the Devil	108
Route 30 Gearanach and Garbhanach	109
Route 31 Escape from Coire a' Mhail	109
Route 32 Round the Back to Binnein Mor	110
Route 33 Sgurr Eilde Beag to Binnein Mor	112
Route 34 Coire na Ba to Stob Coire a' Chairn	113
Route 35 Am Bodach East Corrie	115
Route 36 Sgurr an Fhuarain: Descent	116
Route 37 Coire na h-Eirghe (southwest corrie of Am Bodach)	117
Route 38 Mamores Main Ridge Westbound	118
Route 38A Bodach Bypass: Westbound	120

Other routes

Route 39	Ring of Steall	120
Route 40	The Back of the Binneins	124

5 KINLOCHLEVEN

Route 41	Mam na Gualainn	128
Route 42	Kinlochleven's Pipeline Path	131
Route 43	Blackwater Dam	136
Route 44	The Back of the Blackwater	137
Route 45	Loch Eilde Mor to Lairig Leacach	140
Route 46	Gleann Iolairean or Leum Uilleim to Corrour	142

6 GLEN COE

Route 47	The Thunderbolt: Beinn a' Bheithir	146
----------	------------------------------------	-----

Route 48	Meall Lighiche and Sgor na h-Ulaidh	149
Route 49	Signal Rock	152
Route 50	Glencoe Lochan	153
Route 51	Pap of Glencoe	156
Route 52	Aonach Eagach	158
Route 53	Am Bodach and the End of the Aonach Eagach	163
Route 54	Buachaille Etive Beag	167
Route 55	The Big Buachaille	171
Route 56	Round Buachaille Beag: the Two Passes	174
Route 57	Beinn a' Chrulaiste	177
Route 58	The Lost Valley Visit	180

7 BIDEAN NAM BIAN

Summit summary: Bidean nam Bian		185
Route 59	Coire nam Beitheach to Stob Coire nam Beith	186
Route 60	East Coire nam Beitheach	188
Route 61	Aonach Dubh to Stob Coire nan Lochan	190
Route 62	Stob Coire nan Lochan Northeast Ridge	191
Route 63	Gearr Aonach by the Zigzags	193
Route 64	The Lost Valley	196
Route 65	Beinn Fhada	198
Route 66	Stob Coire Sgreamhach from Lairig Eilde	200
Route 67	Dalness Waterfall Way	202
Route 68	Beinn Maol Chaluim	204

Other routes

Route 69	Old Glencoe Road	206
----------	------------------	-----

8 GLEN ETIVE

Route 70	Beinn Sgulaird	210
Route 71	Beinn Fhionnlaidh	212
Route 72	Beinn Trilleachan	215
Route 73	Ben Starav	218
Route 74	The Back of Starav	221
Route 75	Glas Bheinn Mhor	223
Route 76	Tarsuinn Slabs: Meall nan Eun and Stob Coir' an Albannaich	227
Route 77	Loch Etive Linear	231

9 BLACK MOUNT

Summit summary: Black Mount	239
Route 78 Stob Ghabhar by Mam nan Sac	240
Route 79 Stob Ghabhar South Ridge	241

Route 80	Coirein Lochain of Stob Ghabhar	242
Route 81	Stob a' Choire Odhair to Stob Ghabhar	244
Route 82	Meall a' Bhuiridh to Creise	245
Route 83	Sron na Creise	247
Route 84	Beinn Mhic Chasgaig	250
Route 85	The Black Mount Traverse: Northbound	251
Route 86	The Black Mount Traverse: Southbound	254
Route 87	Beinn Ceitlein to Black Mount	255

Other routes

Route 88	Beinn nan Aighenan	259
Route 89	Glen Kinglass	261

10 BEN CRUACHAN AND OBAN 265

Summit summary: Ben Cruachan 266

Route 90	Cruachan Horseshoe	268
Route 91	Meall Cuanail	272
Route 92	Beinn a' Bhuiridh add-on	273
Route 92A	Descent North from Beinn a' Bhuiridh	274
Route 93	Cruachan Ridge in Reverse	275
Route 94	Dalmally Horseshoe	277
Route 95	Stob Garbh Southeast Ridge	280
Route 96	Drochaid Ghlas Northeast Ridge	282
Route 97	Cruachan Reservoir	283

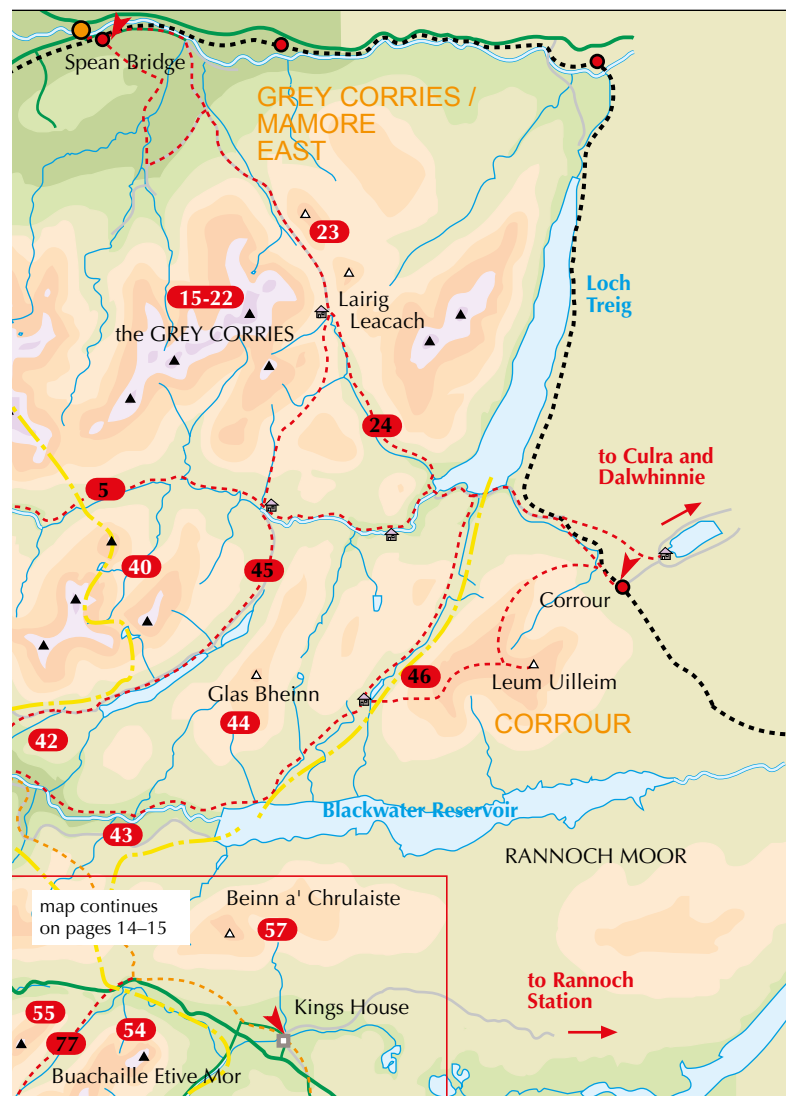
Other routes

Route 98	Eunuch and Cockle	286
Route 99	Kerrera Island	290
Route 100	Beinn Lora	296

Appendix A	The long routes	299
Appendix B	Access and deer stalking	302
Appendix C	Information, accommodation and facilities	304
Appendix D	Further reading	309
Appendix E	Geology	310



Stob Coire nan Lochan (Routes 61, 62) and the top of its northwest ridge from Coire nan Lochan in early May



ROUTE 1

Cow Hill and Druimarbin

Start/Finish	Fort William south end (NN 098 736)
Distance	14km/8½miles
Total ascent	500m/1700ft
Time	4½hr
Terrain	Smooth paths
Max altitude	Druimarbin 287m

A gentle exploration of Fort William and lower Glen Nevis; but with a touch of mountain ground, plus Linnhe views, on Druimarbin.

Start at the car park at the Ballachulish end of Fort William. Follow the loch-side pavement northeast around the town to a roundabout with the old fort, the start of the Great Glen Way, on the left. GGW waymarkers lead along tarred path to left of McDonalds, then through a warehouse area. Dogleg right then left among houses to a road bridge across River Nevis.

Cross, and ignoring a track beside the river, turn right up a fenced path beside houses for 300 metres. Keep ahead along Dubh MacDonald Road, then bear right to the A82. Cross into a street signposted for the Ben Nevis Inn, but after 100 metres turn right on a stone bridge over River Nevis. Turn left on pavement for 400 metres, until a track forks down left to another crossing of River Nevis, a metal footbridge.

Turn right to a small car park, where a good path continues ahead along the river. After 1.2km, cross a footbridge into the car park of the **Nevis Visitor Centre** (Ionad Nibheis). Pass along riverbank to left of the visitor centre, onto a path through trees to the Glen Nevis road. Continue for 50 metres, to a path on the right signed as the Peat Track to Cow Hill. Head up the wide path; as

you enter trees, a gate on the right leads to a footbridge to the nearby **burial ground**, a place of not terribly antique gravestones and beech trees. Return to the Peat Track and continue up.

At a forest road crossing, right is signed for Fort William, but keep ahead up the steep but good path for Cow Hill. At the top of the trees, keep ahead on the path to meet a track. Turn right, for 1.5km to **Cow Hill**. At the radio mast, keep ahead for a few steps for a view down onto Fort William.

Return along the track. After it passes the path you came up on, it bends round to the





• Kinlochleven, Fort William, the Grey Corries, the Mamores, the Black Mount and Ben Cruachan • 44 Munro summits, Aonach Eagach ridge, climb Ben Nevis



The area is also notable for tent or bothy treks that are short (2-4 days), with plenty of villages, railways and bus stops but still serious in terms of remoteness and scenery.

- 44 Munro summits
- variety of walking routes suitable for all abilities – from 2 miles/3km to 16 miles/26km
- some longer treks and through-routes
- five routes up Ben Nevis
- 19 lower summits including Pap of Glencoe

Lochaber and Glen Coe offer the UK's greatest concentration of really magnificent mountains. From the Blackmount to the Grey Corries, from Ben Nevis to Buachaille Etive Mor, this is country for linking high peak to high peak along sharp and sometimes rocky ridges.

CICERONE

www.cicerone.co.uk



MOUNTAIN WALKING | SCOTLAND

