Cape Wrath Classic Guided Trail



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided trails	Scottish Highlands	8	197kg CO2

HOLIDAY OVERVIEW

Walk through the wild and dramatic landscapes of mainland Britain's most north-westerly point with a guided trail around Cape Wrath. Journey along rugged wave-washed coastline home to some of the highest sea cliffs in the country, marvel at sky-high Scottish mountains, and keep your eyes peeled for rare wildlife including red deer and golden eagles. Please note, this is not the long-distance Cape Wrath Trail, but is inspired by it, visiting the remote and scenic corners of Cape Wrath.

WHAT YOU'LL LOVE

- Walking from Cape Wrath to Lochinver
- Exploring mainland Britain's most north-westerly point
- Marvelling at the dramatic mountains of Ben Stack and Suilven
- Taking the ferry to Handa Island Wildlife Reserve
- Strolling along the banks of the salmon-filled River Laxford
- The warm and welcoming hospitality of our partner hotels
- A more personalised experience thanks to small group sizes (maximum 11 people)

WHAT'S INCLUDED

- Comfortable en-suite rooms in our partner accommodation(s)
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with an experienced HF Holidays Leader
- All transport to and from walks where necessary
- Luggage transfers
- Group transfer to and from Inverness at the start and end of the holiday

ITINERARY - GUIDED TRAIL

Day 1 **Arrival Day**

Join us in Inverness for a group transfer to your accommodation. The journey takes approximately 2 hours 30 minutes and includes a short stop on the way.

Your leader will be at reception at 6:30pm to meet the group and provide an introduction to the holiday before dinner.

Day 2 **Highlights of Durness**

Our first day gives us a chance to familiarise with the area and the type of walking we can expect for the next two days. We start on the coast just east of Durness and explore the abandoned township of Ceannabeinne, before heading steeply up Beinn Ceannabeinne itself with stunning views in all directions. Taking an easier route down, we head for the famous Smoo Cave and the beautiful coastal scenery of the area. Passing the delightful Sango Sands beach and the village of Durness, we finish our walk at Balnakeil Craft Village, with time for an explore or maybe a paddle on Balnakeil Beach.

8½ miles (13.5km) with 1,600 feet (490m) of ascent.

Day 3 **Cape Wrath**

We use a ferry to cross the Kyle of Durness and a minibus takes us to Cape Wrath, the most north-westerly point on the mainland in a stunning setting with its lighthouse sitting on top of some of the highest cliffs in Britain. From Cape Wrath you'll walk across pathless terrain to Sandwood Bay and its famous sea stack, Am Buchaille. This is a wild and remote area. There are no escape routes or vehicular access and the route can involve crossing rivers, bog and peat hags. The rewards however are spectacular.

14 miles (22 km) with 1,500 feet (450m) of ascent.

Day 4 **Ben Stack**

Walk along the delightful banks of the River Laxford, one of Scotland's finest salmon rivers, followed by an ascent of the pyramidal Ben Stack. The walk on Ben Stack is steep in places with only intermittent paths and leads to a fine summit ridge with fine views to Arkle and Foinavon.

7½ miles (12.5 km) with 2,500 feet (760m) of ascent.

Day 5 Achfary to Glen Coul

Follow a good path across to Kylesku at the mouth of Loch Coul, with spectacular views of the local mountains and amazing geology and bird life. If the weather's looking good, we've time to climb one of those mountains too, Ben Dreavie.

8 miles (13km) with 1,320 feet (400m) of ascent.

(including Ben Dreavie 11 miles (18km) with 2,015 feet (615m) of ascent)

Day 6 Handa Island

A short ferry crossing takes you to this RSPB Bird Reserve where we have plenty of time to watch the sea birds and enjoy a superb cliff top walk around the island visiting the Great Stack of Handa. Occasionally dolphins and even whales can be seen.

4 miles (6.5 km) with 500 feet (150m) of ascent.

Day 7 Bealach na h-Uidhe

A walk from Loch an Gainmhich through wild and remote scenery to the delightful Loch Bealach a Bhuirich. From here an excellent stalkers' path brings us up to the pass between Glas Bheinn and Beinn Uidhe, where ptarmigan can sometimes be seen, before descending across country to our hotel at Inchnadamph.

10 miles (16km) with 2,250 feet (680m) of ascent.

Day 8 In the shadows of Suilven

Trek through some of the wildest and most dramatic scenery in Scotland beneath Canisp and the iconic Suilven, whose ever changing form and dramatic outline will captivate you. The route finishes just beyond Glencanisp Lodge.

12 miles (19km) with 800 feet (245m) of ascent.

Day 9 Departure Day

Transfer back to Inverness rail station by 09:30 or Inverness airport by 10:00.

DAILY WALK OPTIONS



Challenging walking grade 8

Challenging walks for fit, experienced walkers. Expect rugged or mountainous terrain, or some longer distances than typical for this grade. Typically, 12-13 miles (19-21km) with around 2,300ft (700m) of ascent.

ACCOMMODATION

Inchnadamph Hotel

Inchnadamph means 'meeting place of the deer' and you'll see plenty of red deer here. The rather isolated Inchnadamph Hotel lies at the foot of the main mountains of Assynt such as Ben More Assynt and Conival and nearby

are the well-known 'Bone Caves', where relics of lynx, arctic fox, reindeer, polar bear and human skeletons have been found. The area is also a mecca for geologists. The hotel offers a public and residents' dining area along with a popular walkers' bar. Many rooms have views out to Quinag. Rooms have tea and coffee making facilities and hairdryer (on request). There are no TV facilities at this hotel, limited WiFi and very poor mobile phone reception. Drying facilities for clothing and boots is excellent. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

Kinlochbervie Hotel

Situated in one of north west Scotland's most stunning coastal locations, the Kinlochbervie Hotel offers a warm and welcoming stay. Just 10 miles south of Cape Wrath and overlooking Loch Clash, this family-run hotel is the perfect base from which to explore. Public areas take advantage of the beautiful panoramic views over lochs and hills to the open sea, and locally caught fish is served in the bistro. En-suite bedrooms are basic but comfortable, and all come equipped with tea and coffee making facilities, flat screen TVs, and hairdryers. What's more, there's free internet access and parking available, too. This hotel is dog-friendly so you may meet four legged friends in some of the communal areas.

ESSENTIAL INFORMATION

Packing list

Scottish weather can change throughout the day, and conditions in the mountains may be cold and windy even in summer. Use the following list as a guide when preparing for your holiday.

Essentials

- Suitable waterproof walking boots with ankle support and good grip
- Waterproof, wind-resistant jacket with a hood, taped seams and a hydrostatic head rating of at least 10,000 mm
- Waterproof overtrousers
- Spare warm clothing, such as a synthetic insulated jacket
- Comfortable walking clothing (jeans & waterproof capes are not suitable)
- Warm mid-layers, such as fleeces
- Gloves and a warm hat, even in summer
- Rucksack with a waterproof liner
- Water bottle with a capacity of at least 1 litre
- Flask for hot drinks
- Sunscreen
- UV-protective sunglasses
- Spare high-energy food
- Head torch and spare batteries for holidays between October and March
- Passport (if applicable)
- Visa (if applicable)
- Copy of your travel insurance policy

Recommended

- Several base layers (long-sleeve or short-sleeve)
- Cushioned walking socks to avoid blisters
- First aid kit, including plasters, insect repellent, midge net and tick remover tool
- Sit mat
- Waterproof pouch for valuables
- Rubbish bags
- Wallet/purse

- Camera
- Walking poles
- Sun hat
- Gaiters
- Mobile Phones
- Swimwear (please see accommodation information for hotel facilities)
- Sandals, water shoes or other suitable footwear for water crossings, if required

JOINING INSTRUCTIONS

Joining instructions for Cape Wrath

Holiday start

Your holiday starts in Inverness. Our group transfer will collect guests from Inverness Rail Station at:

- 2.30pm. Your HF Holidays leader will be at the meeting point in the station near WHSmiths.

A pick-up is also available from Inverness Airport (2:00pm) - this is **only available if you have pre-booked an airport transfer**. To pre-book, please let us know at least 8 weeks before your holiday start date, by emailing reservations@hfholidays.co.uk. The airport pick-up point is in front of the Terminal Building. Look out for someone holding a HF Holidays sign.

If you will not be using our transfer please let us know by emailing reservations@hfholidays.co.uk, so that the group is aware not to wait for you. The transfer from Inverness to Kinlochbervie is approximately 2 hours 30 minutes with a short stop on the way.

Holiday finish

We will return you to Inverness railway station for 9:30am or to Inverness airport for 10:00am.

By rail

There is a regular rail service to Inverness. For train times and route planning by train visit www.nationalrail.co.uk or call 03457 484950.

By car

Both the Kinlochbervie Hotel and Inchnadamph Hotel offer free car parking. On the day of transfer between hotels, any guests driving themselves can follow the group transport to Tarbet, park, join the trip to Handa Island, and then continue their onward journey to the Inchnadamph Hotel.

Please note that in poor weather conditions the ferry to Handa Island is sometimes cancelled. In these circumstances we offer a linear walk between Tarbet and Scourie. Should this be the case, we recommend you explore independently for the day and meet the group at the Inchnadamph hotel.

By air

There are a number of low-cost flights from around the UK to Inverness and if you are flying from overseas there are some international flights to Inverness.

USEFUL INFORMATION

Safety Information

Walking Safety

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests.

Leaders always consider the safety of the group as a whole and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest where clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass.

Please note: If you choose to leave the group your leader is no longer responsible for you.

In the event of a problem

If you become separated from your group, please stay where you are. Your leader will retrace their steps to find you.

All our walk leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack and call the emergency services (call 999 in the UK, or 112 overseas).

Please then try to call the hotel where you are staying to let them know there is a problem.

We advise you carry a copy of these trip notes or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

If you have any cause for complaints regarding accommodation, you should notify your leader who can then attempt to rectify the problem.

Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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