

# 7-Night Scottish Highlands Guided Walking

**Tour Style:** Guided Walking

**Destinations:** Scottish Highlands & Scotland

**Trip code:** LLBOB-7

2, 5 & 6



## HOLIDAY OVERVIEW

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Glen Coe is arguably one of the most celebrated glens in the world with its volcanic origins, and its dramatic landscapes offering breathtaking scenery – magnificent peaks, ridges and stunning seascapes. Easy walks are available, although if you're up for the challenge we have walks designed to test your stamina and bravery where you can tackle some of Scotland's best mountains.

## WHAT'S INCLUDED

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- High quality en-suite accommodation in our country house
- Full board from dinner upon arrival to breakfast on departure day
- 5 days guided walking; 1 free day
- Use of our comprehensive Discovery Point
- Choice of up to three guided walks each walking day
- The services of HF Holidays Walking Leaders

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## HOLIDAYS HIGHLIGHTS

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- Discover the dramatic scenery and history of the Scottish Highlands
- Opportunity to climb famous summits and bag 'Munros' (mountains over 3,000ft)
- Explore the dramatic glens and coastal paths seeking out the best viewpoints.
- Join our friendly and knowledgeable guides who will bring this stunning landscape to life.

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## TRIP SUITABILITY

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This trip is graded Activity Levels 2, 5 and Level 6. Discover the dramatic scenery of the Scottish Highlands on our guided walks. We offer the opportunity to climb famous summits, with many 'Munros' (mountains over 3,000ft) on our itinerary. Alternatively explore the dramatic valleys and coastal paths seeking out the best viewpoints. Join our friendly and knowledgeable guides who will bring this stunning landscape to life.

Our experienced guides offer the choice of up to three different walks each day

Choose the option which best suits your interests and fitness

We provide flexible holidays. Join our guided walks, explore independently, or relax at Alltshellach

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## ITINERARY

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### Day 1: Arrival Day

You're welcome to check in from 4pm onwards.

### Day 2: Nevis Gorge And Above Loch Leven

#### Option 1 - Nevis Riverside

Distance: 6 miles (10 km)

Ascent: 900 feet (280m)

**In Summary:** From the heart of the mountains we follow the River Nevis downstream, below the towering Ben Nevis. We ascend the ridge of Cow Hill, affording some great views, before descending to Fort William.

**Highlight:** Great views over Fort William, Loch Eil and to the north.

#### Option 2 - The Lairigmòr

Distance: 8 miles (13km)

Ascent: 2,050 feet (620m)

**In Summary:** Walk from the northern shore of Loch Leven to the village of Kinlochleven. We'll take a steep path up the hillside, then contour behind Mam na Gualainn to join the West Highland Way.

**Highlight:** Follow the West Highland Way, Scotland's premier long distance path, along part of General Wade's 18th Century military road.

### Option 3 - Beinn Na Caillich

Distance: 8 miles (12.5km)

Ascent: 3,200 feet (980m)

**In Summary:** Follow the undulating mountain ridge over the summits of Mam na Gualainn and Beinn na Caillich, before descending to join the West Highland Way to Kinlochleven.

**Highlight:** The 'Corbett' summit of Mam na Gualainn commands a fine view over Loch Leven and provides a good warm up for the bigger peaks later in the holiday.

## Day 3: Glen Coe

### Option 1 - Historic Glen Coe

Distance: 8 miles (12.5km)

Ascent: 1,250 feet (380m)

**In Summary:** Discover Glen Coe's turbulent history and connections to the Clan MacDonald. We'll follow woodland paths to the scenic "Hospital Lochan" then descend to the Clachaig Inn in Glen Coe.

**Highlight:** Celebrate the completion of your walk at the Clachaig Inn, a climber's hostelry steeped in history. Nearby Signal Rock was the gathering point for the MacDonalds of Glen Coe at times of emergency.

### Option 2 - Sron Gharbh

Distance: 8½ miles (13.5km)

Total ascent: 2,900 feet (880m)

**In Summary:** Follow the ridge of mountains along the north side of Glen Coe. After a steep ascent to the summit of Sron Garbh we'll follow the long undulating ridge to Stob Mhic Mhartuin, then descend the zig-zags of the Devil's Staircase to the Kingshouse inn.

**Highlight:** Experience the immense U-shaped valley of Glen Coe and discover the history of the famous massacre of the Clan MacDonald in 1692.

### Option 3 - Bidean Nam Bian

Distance: 6½ miles (10.5km)

Total ascent: 3,800 feet (1,160m)

**In Summary:** Walk from Glen Coe through Coire nan Lochan to the twin summits of Stob Coire nan Lochan and Bidean nam Bian - the highest peak in Argyll. We descend through another of Bidean's magnificent corries back into Glen Coe.

**Highlight:** A real sense of achievement when you reach the summit.

## Day 4: Kentallen Peninsula & The Hills Around Loch Leven

### Option 1 - Kentallen Peninsula

Distance: 8 miles (12.5km)

Ascent: 800 feet (240m)

**In Summary:** A coastal walk around the Kentallen Peninsula is a wonderful contrast to the inland mountains. Our route takes us around Cuil Bay and Kentallen Bay to finish in Kentallen village.

**Highlight:** The headland of Rubha Mor offers sweeping views across Loch Linnhe to the Isle of Mull and is a great place for spotting birds and seals.

### Option 2 - Sgorr Dhearg From St John's Church

**Distance:** 9.5 miles (15km)

**Ascent:** 3,900 feet (1180m)

**In Summary:** Starting at sea level on the opposite side of Loch Leven from Alltshellach, we follow a gently rising track through the forest. The path then narrows and steepens until it emerges from the forest below the dramatic horseshoe ridge of Beinn a' Bheithir. We head towards the col then turn left to follow a wide ridge up to the summit of Beinn Dhearg.

We return by the same route to the valley of Gleann a' Chaluis and walk back on forest tracks, over the Balachulish Bridge to the house.

**Highlight:** In the right conditions, the view from the summit includes the mountains above Glencoe, Ben Nevis and several Hebridean Islands.

### Option 3 - Beinn A' Bheithir Ridge

Distance: 8.5 miles (13.5km)

Total ascent: 4,300 feet (1300m)

**In Summary:** Climb the summits of Sgorr Dhearg, Sgorr Dhonuil and Sgorr Bhan. From Ballachulish we ascend a rocky spur onto the main ridge of the Beinn a' Bheithir mountain ridge and later descend through the wooded valley of Gleann a' Chaolais to Alltshellach.

**Highlight:** Choose a clear day and you'll be rewarded with an inspiring mountain panorama.

## Day 5: Free Day

[Discover more about Alltshellach and the local area](#) for ideas on how to fill your free day.

## Day 6: Ben Nevis

### Option 1 - Nevis Range Gondola & Gleann Domhanaidh

**Distance:** 8 miles (12.5km)

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**Ascent:** 1100 feet (340m)

**In Summary:** Starting by the bottom station of the Nevis Range Mountain Gondola, we follow a trail through the Leanachan Forest to reach a magnificent viewpoint. From here we should be able to look up at the magnificent cliffs that make up the North Face of Ben Nevis as well as the arete at the head of the glen that provides the water for the Ben Nevis Whisky.

We descend past the distillery to arrive at historic Inverlochy Castle. Passing the site of 15th and 17th Century battles, we finish in Fort William with its shops, cafes, museum and information boards.

**Highlight:** The view of the North Face of Ben Nevis and Inverlochy Castle.

## Option 2 - Below The North Face

**Distance:** 9 miles (14km)

**Ascent:** 2,600 feet (800m)

**In summary:** Ascend to the climbers' hut below the mighty north face of Ben Nevis. We then contour below the massive Castle Ridge buttress and descend via the Pony Track to Glen Nevis.

**Highlight:** An opportunity to see the towering cliffs of the 'Ben's' North Face up close. These mighty cliffs provide some of Britain's best rock and ice climbing.

## Option 3 - Ben Nevis

**Distance:** 10 miles (16.5km)

**Ascent:** 4,500 feet (1,380m)

**In summary:** Our objective today is the summit of Ben Nevis, Britain's highest mountain. Starting from Glen Nevis we follow the Pony Track which zig-zags up to the summit plateau. We return by the same route.

**Highlight:** This is a big walk with lots of ascent, however there's great satisfaction in reaching the top and momentarily becoming the highest person in Britain.

## Day 7: Hills And Tracks Around Kinlochleven

### Option 1 - Loch Eilde Mor

**Distance:** 7½ miles (12km)

**Ascent:** 1,750 feet (520m)

**In Summary:** Discover the mountains, valleys and waterfalls around Kinlochleven at the head of Loch Leven. We'll ascend to the beautiful Loch Eilde Mor then descend via the Old Military Road and the West Highland Way.

**Highlight:** Loch Eilde Mor is a beautiful mountain lake set among the wilderness below the Mamore mountains.

### Option 2 - Garbh Bheinn

**Distance:** 6 miles (10 km)

**Ascent:** 2950 feet (900 m)

**In Summary:** Walk from the southern shore of Loch Leven to the village of Kinlochleven. We ascend the little frequented ridge to the summit of Garbh Bheinn and then descend through wild country to join the old military road.

**Highlight:** Our summit ridge runs parallel with the Aonach Eagach Ridge that is only a mile away. See this renowned ridge and most of its pinnacles without the personal fear factor.

### Option 3 - Na Gruagaichean

**Distance:** 8½ miles (13.5km)

**Total ascent:** 3,800 feet (1,160m)

**In Summary:** Ascend past the Grey Mare's Tail waterfall onto the Mamore mountains. Our superb high-level ridge walk links the summits of Sgorr Eilde Beag and Na Gruagaichean before descending the southern spur of the mountain back to Kinlochleven.

**Highlight:** With 14 Munro summits, the rugged Mamore ridge contains some of Scotland's finest mountain walking.

## Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

## ACCOMMODATION

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### Alltshellach

Situated in a stunning location on the shores of Loch Leven, Alltshellach is a stately Scottish house set amid a rugged landscape. The house is a picture of Highland solidity, with spectacular views of craggy mountains and grassy slopes beyond the loch. This pocket of domesticity lets you admire nature at your leisure though, sipping tea or G&T as you watch clouds scud across the sky. In fact, this one-time home of the Bishop of Argyll & the Isles has been recast as a hiker's hotel, with an air of old-world splendour, excellent accommodation, a generous indoor pool, three lounges and a supremely cosy Highland Bar that's well-stocked with local beer and whisky, all of which is (almost) enough to distract you from the vast vistas over the waters. But it's the great outdoors you're here for and the house is ideally situated for accessing the Mamores, the mountains of Glen Coe and tackling Ben Nevis as well as bagging munros and spotting local wildlife.

## Matchless Country House Accommodation

### Accommodation Info

### Need To Know

## Important Covid-19 Steps We Have Taken For Guest Safety: Please Read

As we slowly reopen in the wake of the Coronavirus lockdown, our country house stays are set to be organised a little differently; extra steps have been taken to keep our guests, house teams and leaders safe while we

return to action. We ask all our guests to respect the measures put in place.

Initially the overall capacity of the houses has been reduced. Guests must wear face coverings in public spaces. To adhere to social distancing guidelines, we have taken the necessary steps to space out furniture and seating in public areas. In addition, a one-way system will be in place around the house. Adequate signage will be displayed to support the direction of travel to be followed by guests and house teams.

As a temporary measure, we will not be servicing rooms during a stay. Extra tea, coffee, milk, and toiletries will be made available on request for all guests. It is recommended that guests bring their own toiletries for the duration of their stay. We have removed all non-essential and reusable items from our rooms for the meantime including cushions, hairdryers, bathrobes, bed throws, and printed materials to reduce the number of items that need to be disinfected. Hairdryers will be available on request. Clean towels will be available on request. We will though be increasing the frequency of cleaning in our public areas providing particular attention to frequently touched items including door handles and handrails.

For now, there is no cream tea on arrival day. We have also adapted our food offering to remove all buffets and open food items. Different sittings may be required for breakfast and dinner due to the occupancy and size of the house. Picnic lunches will now be pre-ordered the night before from an order form in the room. The bar in each country house will be open, and we will be offering a table service for drinks. At this time there is no, or only a very limited, evening social programme available. Outdoor swimming pools at those houses that have them will re-open throughout May to September. Indoor swimming pools will remain closed.

For more information and to see all the steps taken, [visit our page on how house stays will be adapted](#).

## Rooms

*Tea & coffee-making facilities, TV, Hairdryer, Toiletries, Wi-Fi*

There are 38 comfortable bedrooms, all in the main house, with a range of 'Good', 'Better' and 'Best' options to choose from. Rooms radiate cosiness thanks to little touches – a remedy for even the dreichest day. Those with a view are worth the extra spend, as you'll be overlooking the gardens and loch. The Best rooms include Room 21, a spacious corner room with lovely views of Loch Leven, while Room 23 is a stately showstopper that was once the official Bishop's bedroom, complete with original features and cracking views.

*All 'Good' rooms are ensuite and furnished to a high standard. There are also several 'Better' and 'Best' Rooms that are either larger or have a desirable view, a more luxurious mattress and larger televisions – upgrade your stay for just an extra £15-25 per person per night. You can choose a specific room for an extra £30 per room, subject to availability. Upgrade supplements still apply*

## Facilities

*Free Wi-Fi, boot room and drying room, extensive gardens, heated indoor swimming pool, multi-purpose ballroom, library and board games to borrow*

After a day exploring, return to the house and its specially tailored walkers' facilities. Stroll the gardens that dip down to the loch. The small peninsula at the bottom of the lawns is called An Dunan and often becomes an island at high tide – look for prehistoric rock art cut into the slabs on its side. Make time too to plunge into the heated indoor swimming pool (currently closed) and do a couple of lengths under the watchful eye of the mountains through the panoramic windows. Inside the house, head for one of the communal areas: you'll have three to choose from and can kick back, relax and catch up with other guests. Later, stop in the Highland Bar for a nip of whisky or a nightcap – the comfy seats make a fine spot for a dram and there's a range of good single malts to choose from that'll have you believing you're living a laird's life.

## Food & Drink

As at all of our country houses, holidays are full board, from afternoon tea served as a welcome treat through that evening's meal to a hearty breakfast on the day of departure. Lunch is a chance to stock up on our famous picnic snacks. Food at Alltshellach is full of Scottish flavours and focusses on locally sourced and

seasonal produce. Once a week the dining room hosts a Local Food Night, when you might be treated to Cullen Skink Soup and a trio of smoked salmon, mackerel pate and steamed mussels with Highland oat cakes, while mains may include Highland game and 'Barlotto', a type of nutty risotto made from barley instead of rice. Finish off with a spoonful of Iron Brew Ice, chocolate and marmalade mouse and Atholl brose, a luxurious blend of honey, whisky and carefully selected herbs for a flavour of the Highlands.

## Accessibility

For accessibility and assistance information, please contact our expert team on 020 3974 8865

## TRAVEL DETAILS

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Our address is: Alltshellach, Onich, Fort William, Invernesshire PH33 6SA  
Tel: [01855 821357](tel:01855821357)

### By Train:

The nearest station is in Fort William. For train times and route planning by train visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or phone 03457 48 49 50.

### By Air:

Many guests opt to fly to Glasgow Airport, then join our transfer coach to Glen Coe.

### By Bus:

If you are not travelling on a Saturday, the journey from either Glasgow Buchanan Street or the airport can be made using the Scottish Citylink bus, numbers 914 or 915. See [www.citylink.co.uk](http://www.citylink.co.uk) for the timetable. Ask the driver to stop at the north side of Ballachulish Bridge - from here it is a 400 metre walk to Alltshellach.

### By Car:

From Glasgow take the A82 towards Crianlarich. Continue on the A82 towards Fort William. Head for Ballachulish keeping the village on your left. Go straight on at the roundabout over the steel bridge and take the second right B863 to Kinlochleven and the seafood restaurant. Alltshellach is 400 yards further on, on your right.

## Travelling From Overseas

Ideally book a flight to Glasgow Airport. From here you can join our coach transfer to Alltshellach (see above).

The next best option is to fly to Manchester Airport, which has a better range of long-haul flights. There are trains from the airport to Glasgow (some direct, others need 1 change). Allow 4 hours to get to Glasgow, then join our coach transfer to Alltshellach. See [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times.

There are also flights to Edinburgh with a train transfer to Glasgow.

## LOCAL AREA

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Alltshellach is situated beside the shores of Loch Leven. This is a spectacular location with magnificent views of the surrounding mountains.

About two miles away, across the loch is the village of Ballachulish. Here you'll find a post office, food store and bank. A much wider range of facilities can be found in Fort William, about 14 miles to the north.

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As the adventure capital of Britain, the Lochaber region is a popular destination for all outdoor enthusiasts. During your stay in Glen Coe you may enjoy visiting the following activities and places of interest:

## Jacobite Steam Train

Ride the [Jacobite Steam Train](#) from Fort William to Mallaig. This stunningly scenic line includes the famous Glenfinnan Viaduct, featured in the Harry Potter films. Steam trains run every day and early booking is recommended.

## Isle Of Mull

Reached by car ferry from Oban, or Lochaline, [Mull](#) is one of the most popular Scottish islands. You could visit the colourful harbour at Tobermory or the abbey on Iona.

## Isle Of Lismore

The peaceful [Isle of Lismore](#) is ideal for a relaxed exploration. You can hire bikes at Port Appin, about 30 minutes' drive south of Alltshellach, then take the short ferry crossing to the island.

## Oban

The bustling harbour town of Oban, about 45 minutes' drive south of Alltshellach, is a popular destination. There's always plenty of activity around the harbour and it's well worth the walk up to McCaig's Tower, a remarkable folly built in the style of a Roman amphitheatre, with commanding views over the town.

## Eilean Donan Castle

Nearly 80 miles drive north from Alltshellach is this romantic and much photographed [Scottish lochside castle](#). Located on a small island just offshore, the castle is isolated by the sea at high tide, only accessible via a stone bridge.

## Ice Factor

Try your hand at ice climbing on the [indoor wall](#) at nearby Kinlochleven.

## USEFUL HOLIDAY INFORMATION

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### Essential Information

*"There's no such thing as bad weather, just the wrong type of clothing!"* goes the adage. Come prepared for all eventualities and you'll walk in comfort as well as safety. Britain's famous for its changeable weather, so here's our advice on what to wear and bring.

### Essentials

- Waterproof walking boots providing ankle support and good grip.
  - A waterproof jacket and over-trousers
  - Gloves and a warm hat (it can be chilly at any time of the year)
  - Rucksack
  - Water bottle (at least 1 litre capacity)
  - A small torch (everywhere in winter, year round in mountains)
  - Sun hat and sunscreen
- Denim jeans and waterproof capes are not suitable on any walks.*

## Recommended

- Several layers of clothing, which can be added or removed
- Specialist walking socks to avoid blisters.
- A first aid kit inc plasters– your leader's first aid kit doesn't contain any medication
- Sit mat (insulated pad to sit on when you stop for a break)

## You Might Also Want

- Walking poles, particularly useful for descents.
- Insect repellent
- Flask for hot drinks
- Rigid lunch box
- Gaiters
- Blister kit (eg Compeed) just in case
- Waterproof rucksack liner

## Safety On Your Holiday

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 while 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.

If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks.

## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

## PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

## NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £20 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

## BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62

IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

### **MANAGE MY BOOKINGS**

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

### **YOUR FINAL BALANCE**

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

### **TRAVEL INSURANCE**

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

### **PEACE OF MIND**

#### **ATOL:**

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](http://atol.org.uk)

#### **MEMBER OF ABTOT:**

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

#### **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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## PRICE GUARANTEE

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We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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