

Isle of Arran Guided Walking

Trip style: Guided Walking Holidays

Destination: 📍 Scottish Islands

Trip code: XAH05-BTB11

Trip Walking Grade: ul 2 & 5

Carbon Footprint: 🌳 114kg CO2



Holiday Overview

Often described as 'Scotland in miniature', the Isle of Arran is an enchanting landscape of majestic mountains and incredible coastline scattered with relics and ruins from its rich past. Our walks cover the full range of scenery and take in plenty of landmarks along the way. This includes the 13th century Brodick Castle, Machrie Moor's ancient standing stones, the Neolithic tombs known as the Giant's Graves, plus the chance to conquer Goatfell, Arran's highest peak. You'll also stay at the Kinloch Hotel, a cosy sea-facing spot for savouring delicious local cuisine, sampling beer and whisky from Arran's very own brewery and distilleries and relaxing in the hotel's spa.

WHAT YOU'LL LOVE

- Climbing some of Arran's spectacular mountains
- Spotting Scotland's Big 5 - golden eagle, red deer, seals, otter and red squirrel
- Visiting the 4000-year-old Machrie Moor standing stones
- Conquering Goatfell, the highest point on the island
- Making use of the hotel's excellent spa facilities
- The choice of two walks a day – one easier and one more challenging

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

WALKING GRADES AND OPTIONS

Your fitness

Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking - whatever the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6-8hr hill days in
- Ideally, try and do two consecutive days training if possible
- Take the stairs every time
- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will build your stamina, and yoga which will help strengthen your core and improve balance
- Time training will help ensure you enjoy your holiday to the max.

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Day 1 Arrival Day

You're welcome to check in at the Kinloch Hotel from 2pm on the day of arrival. Your HF Holidays Leaders will be on hand from 6:30pm to give you a warm welcome and quick introduction to the days ahead before dinner.

Day 2 KING'S CAVE OR BEINN A' CHLIABHAIN

Option 1 - Machrie Moor and King's Cave

Distance: 7.5 miles (12km)

Ascent: 400 feet (120m)

This is a fabulous walk on the west coast, visiting the 4000-year-old Machrie Moor standing stones with its Bronze Age burial cairn and Robert the Bruce's famous King's Cave – the spot where the Scottish hero was supposedly inspired to continue his struggle for independence after an encounter with a spider. We'll return via the spectacular basalt cliffs of Drumadoon and along the shore to Blackwaterfoot.

Option 2 - Cnoc Breac and Beinn A' Chliabhain from Glen Rosa

Distance: 8.5 miles (14km)

Ascent: 2300 feet (700m)

After a gentle ascent into the delightful Glen Rosa, we'll climb steeply beside the Garbh Allt burn on a well-built path and then on open hillside towards Cnoc Breac. Continuing north there'll be some easy scrambling onto the rocky summit of Beinn A' Chliabhain where, in fine weather, we are rewarded with spectacular views of the surrounding landscape. We'll return via our outward route.

Day 3 GLEN ROSA OR MULLACH BUIDH

Option 1 - Glen Rosa and Brodick Castle

Distance: 6 miles (10km)

Ascent: 700 feet (210m)

This wonderful walk in Glen Rosa takes us into the heart of Arran's mountains and peaks, providing a good chance of spotting red deer herds. We'll continue to the impressive Brodick Castle where there's free time to explore its beautiful gardens before making our way back to Brodick to catch the bus.

Option 2 - Mullach Buidh Circuit from Pirnmill

Distance: 9.5 miles (15km)

Ascent: 3100 feet (955m)

Our longer option offers the opportunity to climb the little visited west coast mountains of Beinn Bharrain, Mullach Buidhe and Beinn Bhreac. We'll start at Pirnmill, climbing gently through birch and oak woodland before making our way across an area of rough moorland, boggy in places, to ascend the northwest ridge of Beinn Bharrain. We'll be rewarded with spectacular views as we traverse the high tops before making our descent over some rough ground to Coire Fhionn Lochan and down to Thundergag and Pirnmill.

Day 4 GLENASHDALE FALLS OR GLEN SANNOX

Option 1 - Whiting Bay to Kildonan via Glenashdale Falls

Distance: 7 miles (11km)

Ascent: 700 feet (220m)

Departing from Whiting Bay, we'll head inland and ascend to the impressive Glenashdale Falls and on to the two Neolithic chambered tombs known as the Giants' Graves. Continuing south along the inland route of the Arran Coastal Way, we'll enjoy extensive views over southwest Scotland. Finally, we'll descend to Kildonan for the final part of our walk along the coast which, hopefully, will offer some good views of seals.

Option 2 - Glen Sannox and Glen Rosa

Distance: 8 miles (13km)

Ascent: 1600 feet (490m)

The walk through the glaciated valleys of Glen Sannox and Glen Rosa cuts through the heart of the Arran mountains and passes below their impressive cliffs. We'll pass the old Barytes mine in Glen Sannox and continue on a good path through the glen to scramble steeply up to The Saddle, the col between the glens. The descent, which tends to be rough and boggy at first, picks up Glenrosa Water almost at its source and then follows the river down the lovely Glen Rosa.

Day 5 CLAUCHLAND HILLS AND FAIRY GLEN OR GOATFELL

Option 1 - Lamlash to Brodick via the Clauchland Hills and Fairy Glen

Distance: 8 miles (13km)

Ascent: 900 feet (270m)

Starting in Lamlash at the Highland Clearances Memorial, we'll walk along the coast to Clauchlands Point before turning inland to climb to the Iron Age hill fort of Dun Fionn and on over the Clauchland Hills. We'll descend towards Brodick down the delightful Fairy Glen before finishing off on the Fisherman's Walk to the grounds of Brodick Castle.

Option 2 - Goatfell from Corrie

Distance: 8 miles (13km)

Ascent: 2920 feet (890m)

For our final day, this walk allows us to tackle Goatfell, Arran's highest peak. We'll start at Corrieburn Bridge and ascend via Coire Lan on a good path towards North Goatfell. A final scramble will put us on the summit of Goatfell itself for superb views across the island and to the neighbouring Inner Hebrides. We'll descend south on a well-built path, eventually finishing in the woodland near Brodick Castle.

Day 6 Departure Day

Enjoy a leisurely breakfast before making your way home. Check-out is at 10am.

Daily Walk Options



Easier Walks

Good paths but walks are a bit longer. Some walks, particularly in mountain areas, may have sections over rough or steeper terrain.



Harder Walks

Good fitness and stamina required. Expect rocky terrain with sustained ascents and descents. Walks may include high summits and ridges.

Accommodation

Kinloch Hotel

Located in Blackwaterfoot on Arran's tranquil western side, the 3-star Kinloch Hotel has been run by the Crawford family since 1954. With an enviable seafront setting, it puts some of the island's best beaches and coastal paths within walking distance. Rooms all come with en-suite bathrooms, hairdryer, free tea and coffee making facilities, flat-screen TVs, free Wi-Fi, and local Arran Aromatics toiletries. When it's time to refuel, the restaurant features local produce, including Kilbrannan Sound seafood and Arran Dairies ice cream. Guests can also make use of an indoor heated swimming pool, sauna, and snooker room. Public bus stops are located outside the hotel, and free onsite car parking is also available, with access to electric car charging points.

Useful Holiday Information

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing.

Essentials

- Suitable footwear such as waterproof walking boots that provide ankle support and good grip
- Waterproof and windproof jacket
- Comfortable clothing (jeans & waterproof capes are not suitable)
- Mid-layer(s) to keep you warm. Fleeces make a good choice
- Waterproof overtrousers
- Gloves and a warm hat
- Rucksack with waterproof liner
- Flask for hot drinks
- Water bottle (at least 1 litre capacity)
- Sunscreen
- UV sunglasses

For holidays operating October through to the end of March, please also bring the following on your walks:

- spare warm clothing
- spare high energy food
- head torch and spare batteries
- please note for the October to March season your waterproof jacket needs to offer a high level of waterproofing and wind resistance, and a hood. Look for a waterproof jacket with sealed/taped seams and a minimum HH (hydrostatic head - this is the rating given on waterproof jackets) of 10,000mm+

Recommended

- Several base layers (long-sleeve or short-sleeve)
- Cushioned walking socks to avoid blisters
- First aid kit, including plasters and insect repellent and tick remover tool
- Sit mat
- Waterproof pouch for valuables
- Rubbish bag (remember to always leave no trace)
- Wallet/purse
- Camera
- Walking poles

Trip Information

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.

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

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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