

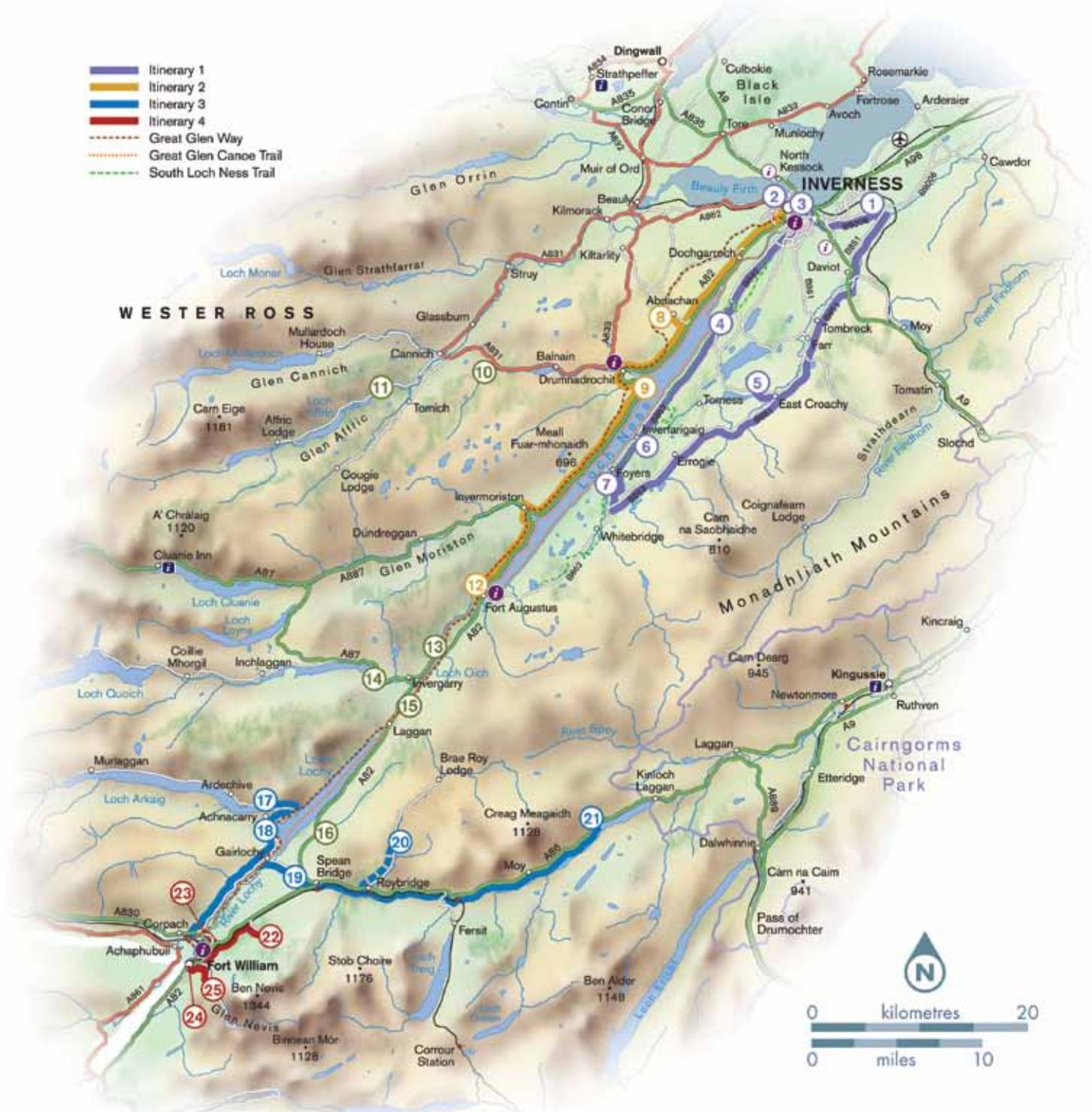
Scottish Natural Heritage

Explore for a day

Great Glen



- Itinerary 1
- Itinerary 2
- Itinerary 3
- Itinerary 4
- Great Glen Way
- Great Glen Canoe Trail
- South Loch Ness Trail



This leaflet takes you on memorable days out through the Great Glen. Either follow the day itineraries or create your very own special natural and cultural experience.

The Great Glen (Gaelic: An Gleann Mòr) cuts the Highlands in two. The dramatic, steep sided glen is a large geological fault line. More than 62 miles/100km in length, it runs from Fort William in the south-west to Inverness in the north east. The glen has always been a key transport route with travellers, including St Columbus. Today, the A82 running from Fort William to Inverness is a key road for motorists. A string of lochs are linked by the Caledonian Canal, allowing boats to travel from Loch Linnhe to the Moray Firth. Scotland's first canoe trail runs along this route, while the long distance Great Glen Way caters for walkers and cyclists. Whatever method of transport you choose – there's lots to see and discover in the Great Glen!

Learn all about the glen's mysterious and turbulent past. Stretch your legs on scenic walks, take in beautiful views of Loch Ness from Abriachan Forest, Dores and Fort Augustus. Nature Reserves along the way offer great wildlife watching opportunities, while you can also marvel at the engineering skills that went into the many scenic locks on the Caledonian Canal.

Symbol Key

- Parking
- Disabled Access
- Paths
- Wildlife Watching
- Toilets
- Picnic Area
- Refreshments

Gaelic dictionary

Gaelic	Pronunciation	English
beinn	bayn	mountain
loch	loch	loch/lake
An Gleann Mòr	un glyown more	The Great Glen
Uilebheist Loch Nis	oo-la veysh loch neesh	Loch Ness monster
coille	col-yuh	forest/woodland
bàta-seòlaidh	baa-tuh shol-ee	sailing boat
feasgar math	fess-gur ma	good afternoon
mar sin leat	mar shin laht	good bye
tapadh leat	tapa laht	thank you



1 Culloden

(Gaelic: Cùil Lodair meaning “nook of the puddle”) The battle fought on Culloden Moor on 16 April 1746 was the last to be fought on British soil. Come and find out why this battle - which lasted only one hour - ended the Jacobite dreams and changed the way of life in the Highlands & Islands forever. The state-of-the-art visitor centre and exhibition tells the whole Culloden story in an innovative and interactive way that will appeal to all the family. Participate in daily living history presentations which bring the battle to life and explore the battlefield itself.

Admission charge. Visitor Centre open: end January to March 10am-4pm; April to September 9am-6pm; October 9am-5pm; November to 23 December 10am-4pm; visitor centre closed 24 December to end of January. Battlefield open daily all year.

Grid reference: NH745449

Tel: 0844 493 2159

www.nts.org.uk



2 Seaport Marina, Locks, and Merkinch Local Nature Reserve

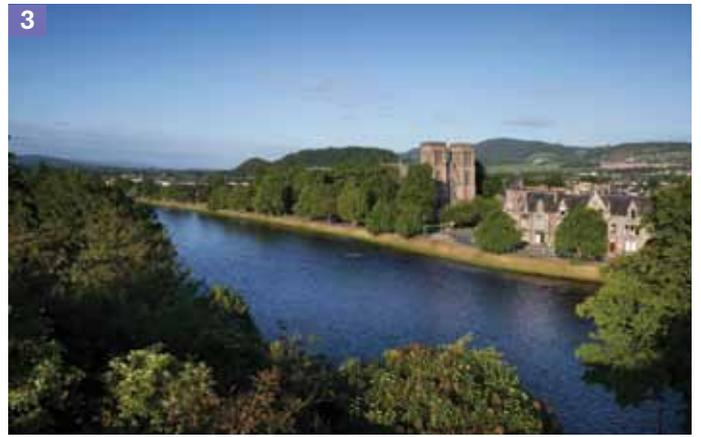
(Gaelic: Marc Innis meaning “horse meadow”) A short walk from the centre of Inverness (15 mins) takes you to the north-eastern end of the Caledonian Canal. The marina and lock flights at Muirtown are often busy with boats on the move - towpaths provide easy access to observe, and benches to sit and relax. The tidal wall built by Thomas Telford over 200 years ago stretches from the canal and protects the area now known as Merkinch Local Nature Reserve (LNR). Stroll along the paths from shoreline through scrub and woodland to see wildlife such as heron, redshank and roe deer on the edge of the city

Grid reference: NH653458

Tel: 01463 725500

www.scottishcanals.co.uk

www.merkinchlvr.org.uk



3 Inverness

(Gaelic: Inbhir Nis meaning “mouth of the Ness”) One of the joys of Inverness is the variety of places to visit. You can appreciate historic buildings (notably in the Old Town), while you can browse city shops from the Victorian Market to the Eastgate shopping centre. Inverness Castle, currently used as a courthouse, enjoys one of the most beautiful riverside settings in Britain. Visit Inverness Museum & Art Gallery to explore the history and heritage of the Highlands; relax in the tropical gardens at Inverness Floral Hall; or enjoy gentle walks along the river to the Ness Islands.

Inverness Visitor Information Centre is well signposted throughout the City.

Admission charges apply to some attractions

www.inverness-scotland.com

All facilities available throughout the city

4 Dores

(Gaelic: Duras meaning “black wood”) The village of Dores provides a dramatically picturesque gateway to South Loch Ness. The location looks, and feels, like the very end of the loch, even if, in strict geographical terms, there is a short distance to go. From the shingle beach, which arcs away from the village, the view is awesome: 22 miles down the narrow loch towards Fort Augustus, with the steep sides of the Great Glen fault rising on each side. The bell shaped hill that you can see is Meall Fuar-mhonaidh (pronounced mell forvonay). Enjoy the spectacular walk along the beach and into the woodland around Torr Point.

Grid reference: NH598348



5 Loch Ruthven RSPB nature reserve

(Gaelic: Loch Ruadhainn meaning “loch at the reddish-brown place”) This beautiful, tranquil loch is fringed by sedges and birch woods. Visit in spring; when the must-see bird, the rare Slavonian grebe looks its best in gorgeous red and golden plumage. Spend time in the hide and watch their fascinating courtship behaviour. If you are here in the summer months you may see osprey, diver and toad.

Free Admission (donations welcome)

Open at all times

Grid reference: NH638280

Tel. 01463 715000

www.rspb.org.uk





6 South Loch Ness Trail - Farigaig Walks

(Gaelic: Inbhir Farragaig meaning "mouth of the Farigaig") The Farigaig Walk starts from the Forestry Commission's Information Centre and climbs steadily through trees to Lochan Torr an Tuill (2.8km/1.75 miles, 1 hour). It boasts excellent views over Loch Ness and across the Inverfarigaig gorge to the old Iron Age hill fort Dun Dearduil. Look out for red squirrel and pine marten.

There are longer walks that leave from here. The circular route to the Falls of Foyers forms part of the newly opened South Loch Ness Trail, which links Inverness with Loch Tarff near Fort Augustus.

Grid reference: NH522237
www.forestry.gov.uk/scotland
www.visitlochness.com



7 Falls of Foyers

(Gaelic: Eas na Smùide meaning "smoky waterfall") This spectacular 140 foot waterfall, where the River Foyers drops into a gorge leading to Loch Ness, is well worth the effort of the exhilarating short walk. Steep but very short and well-maintained trails lead from the car park by the post office to the viewpoints by the falls (5 minutes). You can extend the walk through the woodlands all the way down to the shores of Loch Ness (1-2hrs in total).

Grid reference: NH498204



8 Abriachan Forest

(Gaelic: Obar Itheachan meaning "confluence of the hill river") Set high above the shores of Loch Ness, Abriachan Forest is one of the largest community-owned forests in Scotland. Come and explore the hill top bogs and heather moorland, peaty lochs and cascading burns, shady woodland and steep gorges. Whether you are just looking for a picnic site, an easy stroll, a longer hill walk or mountain bike trails – Abriachan is the place to go. Amazing tree houses and the bird hide provide shelter and vantage points during your adventures at Abriachan Forest.

Grid reference: NH540354
 Tel: 01463 861 259
www.abriachan.org.uk



9 Urquhart Castle

(Gaelic: Caisteal na Sròine meaning "castle of the headland") The magnificently situated Urquhart Castle, on the banks of Loch Ness, remains an impressive stronghold despite its ruinous state. The castle's remains include a tower house that commands splendid views of the famous loch and the Great Glen. Urquhart Castle first featured in history around AD 580 as a Pictish fort and was last used in 1692. The castle's history is told in the exhibition and audio-visual display in the modern visitor centre. Enjoy an outstanding array of medieval artefacts found at the castle.

Admission charge

Open all year: April to September 9.30am-6pm, October 9.30am-5pm, November to March 9.30am-4.30pm

Grid reference: NH528286

Tel: 01456 450 551

www.historic-scotland.gov.uk



10 Corrimony Cairn and Corrimony RSPB Nature Reserve

(Gaelic: Coire a' Mhonaigh meaning "hollow of the moor") Corrimony is set within a superb highland landscape. Visitors have the opportunity to combine a visit to a Bronze Age burial site with a walk through the beautiful RSPB nature reserve. Corrimony Cairn features an ancient chambered cairn surrounded by a stone circle. The cairn is remarkably well-preserved and the roof of the passage entrance is still intact. From the Cairns car park it is possible to walk up to 8.5 miles (13.5 km) on a way-marked trail through the RSPB reserve. The reserve is one of the best places in Britain for the rare black grouse and it hosts other distinctive highland species such as crested tit and Scottish crossbill.

Corrimony is located 22 miles (35 km) south-west of Inverness, off the A831 in Glen Urquhart between Cannich and Drumnadrochit. Park in the Corrimony Cairn car park.

Grid reference: NH383302

Tel: 01463 715000

www.rspb.org.uk





11 Glen Affric NNR

Gaelic: Gleann Afraic, Meaning of "Afraic" is uncertain) Glen Affric is a magical mix of native pinewoods, glistening lochs, spectacular waterfalls and haunting moorland, all set in a National Scenic Area. Wander amongst the pine trees, feel the springy carpet of needles beneath your feet, accompanied by the chirpy calls of woodland birds. You might encounter osprey, secretive otter or quietly serene red- and black-throated diver. In autumn you'll be inspired by the mosaic of colour and the echoing roar of red deer stags. The reserve is reached on a minor road, and the first car park ('Dog Falls', 4.5 miles/7.2 km from Cannich) offers easy, scenic and waymarked walks to a nice waterfall. Further car parks are available if you continue on the single track road.

Grid reference (Dog Falls car park): NH283282
Tel: 01463 791575

www.nnr-scotland.org.uk



12 Fort Augustus & Caledonian Canal Visitor Centre

(Gaelic: Cille Chuimein meaning "Cuimein's church") Fort Augustus is a bustling village with a flight of five locks at its heart, connecting the Caledonian Canal with Loch Ness. The locks are always busy with boats moving up or down. This is also home to the Caledonian Canal Visitor Centre with a small exhibition and shop, situated beside the lock flight.

Grid reference: NH378093
Tel: 01463 725500

www.scottishcanals.co.uk

All facilities available

13 Great Glen Way – Loch Oich Walk

(Gaelic: Loch Omhaich, meaning "loch of fresh water") This great circular day walk provides an opportunity to stretch your legs, take in the views and breathe clean, fresh air in the ancient native woodland around Loch Oich. Information panels along the way tell you about the old railway. Park at the historic Bridge of Oich and start along either shore of the loch following the blue waymarkers. Watch for pine marten, osprey and deer. You may also spot people canoeing and kayaking using the Great Glen Canoe Trail – Scotland's first canoe trail. The circular walk is about 11 miles/17km (5-6 hours).

Grid reference: NH336035
www.greatglenway.com www.greatglencanoetrail.info



14 Glen Garry Pine Wood

(Gaelic: Gleann Garadh meaning "rough glen") Glen Garry is a lovely area to explore. A variety of marked walks start from White Bridge carpark, and include paths along the grand River Garry and the more secluded Allt na Cailliche. If you feel more adventurous then explore further up the glen and along the lochs and rivers, which includes areas of native Caledonian pine woods, and paths through beautiful broadleaf woodland.

Grid reference: NH284013
Tel: 01397 702 184
www.forestry.gov.uk/scotland



15 Well of the 7 heads

(Gaelic: Tobar nan Seachd Ceann) As you drive along the road that skirts the shore of Loch Oich you pass a tall needle-like monument that marks a particularly bloody event in local history. Sitting atop the obelisk is a sculpture of a hand holding a large dagger and seven severed heads. On the square base its origin is explained in four languages (Latin, English, Gaelic and French). 1¼ miles south of Invergarry.

Grid reference: NN304991



16 Glen Loy Oakwoods Walks

(Gaelic: Gleann Laoigh meaning "calf glen") Glen Loy is a lovely quiet glen near Fort William. There are no formal walks but you can explore the glen by either the public road running along the river, or a stretch of path through the oak woods at Erracht, where there is a small carpark. This is a great area for wildlife watching with opportunities to see wildflowers and wildlife including pine marten, crossbill and a number of scarce butterfly species.

Grid reference: NN150820 (Erracht car park)



17 Chia-Aig Falls

(Gaelic: Eas Chia-bhalg possibly meaning "waterfall of the bulge") A narrow road skirts the head of Loch Lochy before veering left through the romantically named Mile Dorcha or Dark Mile, at the end of which you reach the Chia-aig Falls. Park in the Forestry Commission car park and take the short stroll along the path by the road to the falls. Stone steps lead to the top of the falls which are spectacular in full flood. The falls tumble into a deep, dark pool known as The Witch's Cauldron. It was here that Liam Neeson leapt over the bridge to avoid being captured by the English in the Hollywood blockbuster Rob Roy!

Grid reference: NN176890
Tel: 01397 702184
www.forestry.gov.uk/scotland





18 Clan Cameron Museum at Achnacarry

(Gaelic: Achadh na Cairidh meaning “the field of the weir”) Within the unassuming walls of a 17th century white croft, near Achnacarry, you can explore the history and artefacts of the Clan Cameron and its involvement in the 1745 rising; displays about the Queen's own Cameron Highlanders and the Commandos who trained at Achnacarry during the second World War. After paying a visit to the museum, a brief stroll down the road will yield a beautiful view of the surrounding landscape.

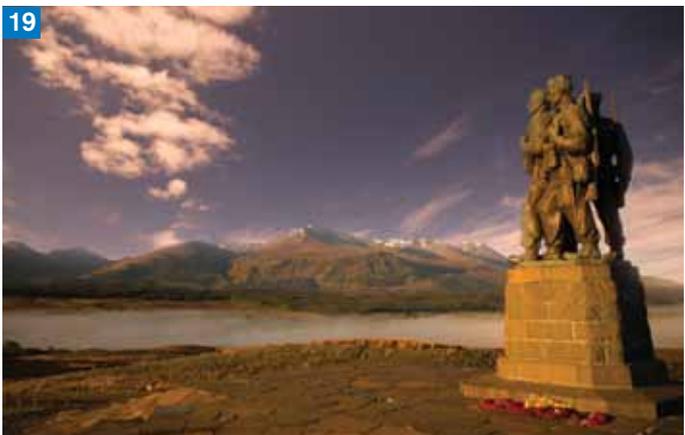
Museum open April to mid October 1.30pm-5pm, July and August 11am-5pm

Grid reference: NN175877

Tel: 01397 712480

www.clan-cameron.org

Open April to early October 1.30pm-4.30pm, July and August 11am-4.30pm



19 Commando Memorial – Spean Bridge

(Gaelic: Drochaid an Aonachain meaning “bridge of the hill or market”) This monument is dedicated to the men of the original British Commando Forces. Situated around a mile from Spean Bridge it has become one of Scotland's best known monuments, both as a war memorial and as a visitor attraction offering fine views of the mountains Ben Nevis and Aonach Mòr.

Grid reference: NN207824



20 Glen Roy NNR

(Gaelic: Gleann Ruaidh meaning “glen of the river Roy”) The geologically world famous Parallel Roads of Glen Roy are embossed on the landscape, like the barely camouflaged remnants of a massive engineering project. Their straight, precise form makes it easy to see why this glacial leftover baffled scientists for so long. Below you the River Roy splashes down its rocky course, surrounded by a narrow strip of woodland. The NNR's viewpoint car park is reached by a minor road (4 miles/6.5 km from the village of Roy Bridge).

Grid reference: NN297853

Tel: 01397 704716

www.nnr-scotland.org.uk



21 Creag Meagaidh NNR

(Gaelic meaning “crag of the boggy place”) From the wild and windswept mountain plateau to a woodland that's slowly finding its feet again, Creag Meagaidh feels like the Highlands compressed into one nature reserve. Rare mountain plants like woolly willow and highland saxifrage battle against the elements, whilst black grouse flourish in the combination of woodland and open moorland. The Reserve offers short low level all abilities walks. With Munro summits, an exposed whaleback ridge and ice-carved gullies, Creag Meagaidh is also the complete mountain experience (hill walking gear and experience essential, extreme care required in all conditions).

Grid reference: NN483872

Tel: 01528 544265

www.nnr-scotland.org.uk





22 Nevis Range Mountain Experience

(Gaelic: An t-Aonach Mòr meaning the "large hill") Let Britain's only mountain gondola transport you up to the slopes of Aonach Mor. Meander along the mountain trails to the panoramic viewpoints; both of which offer spectacular views that on a clear day can extend as far as the Inner Hebrides. In summer you can visit the Mountain Discovery Centre. If you prefer to stay on lower ground you can explore waymarked trails in Leanachan Forest on foot or bike (bike hire is available locally). All with the stunning backdrop of Britain's highest Mountain Ben Nevis.

Open daily 10am-5pm, Jul & Aug 9.30am-6pm
Closed for annual maintenance mid Nov-mid Dec. All operations weather dependent.

Grid reference: NN170774
Tel: 01397 705 825
www.nevisrange.co.uk



23 Neptune's Staircase

The Caledonian Canal runs for 60 miles along the Great Glen from Corpach, near Fort William, to Inverness. Neptune's Staircase is the most impressive single engineering feat on the canal - a ladder of eight locks that raises vessels to a height of 70 feet above sea level. On a clear day this is also one of the best viewpoints for the dark north west side of Ben Nevis. Located on the outskirts of Fort William, signposted off the A830 road to Mallaig.

Grid reference: NN112769
Tel: 01463 725500
www.scottishcanals.co.uk



24 West Highland Museum

The West Highland Museum is one of the oldest museums in the Highlands. Founded in 1922 by a group of local enthusiasts, the museum collects, conserves and presents items of significant historical and cultural interest related to the West Highland area. The collections span a wide range of subjects, from archaeology to modern industry, with a special emphasis on the Jacobite risings of the 18th century.

Open Monday to Saturday: March/November/December 10am-4pm, April to October 10am-5pm. Closed January/February.

Grid reference: NN102739
Tel: 01397 702169
www.westhighlandmuseum.org.uk



25 Glen Nevis Visitor Centre

(Gaelic: Gleann Nibheis meaning "glen of the river Nevis") As well as being the most popular gateway to Ben Nevis, Glen Nevis Visitor Centre is also a great starting point for exploring the lower ground of Glen Nevis. The centre offers an insight into the wildlife, nature, history and culture of Glen Nevis. It promotes a variety of walks of all levels and plays host to a number of events such as guided wildlife walks and family events. For those intending to climb Ben Nevis the centre offers advice and the UK's only dedicated weather forecast for an individual mountain!

Open 7 days a week, all year; winter 9am-3pm; spring/autumn 9am-5pm; summer 8.30am-6pm

Grid reference: NN122729
Tel: 01397 705 922
www.highland.gov.uk





Discover the area by following the suggested itineraries and enjoy great days out!

Itinerary 1

The Scenic South

This route will take you to the historically significant Culloden Battlefield, where you will find out about a battle that was pivotal in Scotland's history. From there, you journey through the beautiful, tranquil South Loch Ness area. Marvel at the height of the Foyers falls and walk part of the South Loch Ness Trail enjoying stunning views of Loch Ness. In the spring and summer watch out for colourful Slavonian grebes at RSPB's Loch Ruthven reserve.

Culloden (1)

On the A9 take the exit signposted Culloden/Croy onto the B9006. Drive 3.5 miles /6km along this road following the signs for the Culloden Battlefield. The car park and exhibition centre is on the right.

Loch Ruthven (5)

Turn right out of the Battlefield car park back onto the B9006 and take the first right after 400m. In another 200m turn right at the crossroads onto the B851 and follow it for 3.5 miles /6km. Turn left onto the A9 heading south and drive for 1.5 miles /2.5km. Turn right off the A9 onto the B851 signposted Fort Augustus. Drive 8 miles /13km along this road and look out for the RSPB signs which will direct you up a minor road on your right. Follow this for just over a mile and you will find their Loch Ruthven reserve on your left.

Falls of Foyers (7)

From Loch Ruthven turn right and retrace your steps to the B851. Turn right towards Fort Augustus and continue along this road. After 5.5 miles /9km turn left at the junction onto the B862. Follow this road through Errogie and Gorthleck for 7 miles /11.5km and turn right towards Foyers onto the B852. Follow this road down the hill to Foyers and park next to the Post Office.

Farigaig Walks/South Loch Ness Trail (6 & 4)

Turn back onto the B852 and continue downhill towards Loch Ness. After 2.5 miles /4.5 km you will reach Inverfarigaig. Follow the Forestry Commission signs, turning right up the minor road and parking 200m later in the car park on your right.

After your walk, return to the B852 and turn right towards Inverness. Continue 8 miles /13km along the side of the loch to Dores. At the junction with the B862 keep left towards Inverness. Consider stopping for a stroll along Dores Beach, which offers stunning views right down Loch Ness.

From Dores return to Inverness along the B862 (8 miles /13 km). Follow this road right into the centre of Inverness.

Itinerary 2

Historic North Loch Ness

This route takes you to one of Scotland's largest community woodlands where you will be enchanted by tree houses and the hill walk will reward you with stunning views of Loch Ness. Follow this up with a trip to magnificently situated Urquhart Castle that once guarded the Loch Ness waterway. Finish up with a stroll around Fort Augustus and watch boats negotiating the locks of the Caledonian Canal. As you travel down the glen keep an eye out for the internationally famous Loch Ness Monster.

Abriachan Forest Trust (8)

Leave Inverness on the A82 heading towards Fort Augustus. On your way admire the Caledonian Canal swing bridge at Tomnahurich on the outskirts of Inverness and postcard-pretty Dochgarroch. After 8 miles /14.5km turn right up the steep hill following the signs for Abriachan. Turn left after 1.5 miles /2.4km following the signs for Abriachan Forest Walks. Another mile (1.5km) down the road on the left is the turn off for the Abriachan Forest Trust. Turn down this well-kept forestry track and after 400m head for the car park on your left.

Urquhart Castle (9)

Turn right out of the Abriachan Forest Trust road and head back towards the A82, turning right at the junction after a mile /1.5km. At the junction with the A82 turn right towards Fort William (take care and use turning place opposite!). After 5 miles /8.6km you'll reach Drumadrochit. Plenty of parking is available at the Visitor Information Centre on the main street. There are also exhibitions about Loch Ness and souvenir shops. Keep travelling along the A82 for another 2 miles /3km and you will come to Urquhart Castle on your left.

Fort Augustus (12)

Turn left out of Urquhart Castle car park and head for Fort Augustus. After 10 miles /17km you will reach the village of Invermoriston. There is a car park here on the left with public toilets at the neighbouring village hall. From here you can enjoy a scenic walk along the River Moriston towards Loch Ness to a pretty summer house overlooking the Falls of Invermoriston. This river is controlled by a hydro dam and on days when the dam releases you can often see kayakers enjoying this difficult, technical stretch of water. Upstream of the A82, Telford's bridge lies in the shadow of the modern bridge.

When you leave Invermoriston continue along the A82 to Fort Augustus which is another 5.5 miles /9.5km along the road. Just as you come into the village there is big car park on the right.

Itinerary 3

Off the beaten track

Start your day with a hearty breakfast and consider taking a packed lunch to eat at one of the many scenic picnic spots along the route. Eating places/shops are available in Spean Bridge, which you could reach for a late lunch.

This itinerary truly takes you off the beaten track where you can explore natural and cultural history alike: spectacular views of the Nevis mountain range, opportunities to watch wildlife, a visit to the Chiag-Aig Falls, National Nature Reserves, and the opportunity to learn about national history at the Clan Cameron Museum and the Commando Memorial.

Please note: some of the small hamlets/villages you come through on the first part of this route may not have village signs; the locations are therefore described as best as possible to aid navigation. Don't hesitate to ask locals for help if you are unsure about directions.

Chiag-Aig Falls (17)

From the town centre of Fort William follow the A82 in the direction of Inverness. On the outskirts of Fort William turn left onto the A830 signposted for Mallaig. Follow this road for one mile/1.6km. Just after crossing the second bridge turn right onto the B8004 signposted for Gairloch. Follow this single track road for about 6.3 miles/10 km. Then turn left onto the B8005 signposted for Loch Arkaig (no through road). Follow the B8005 for 5.5 miles/8.8 km to Chiag-Aig Falls. This road first follows the shores of Loch Lochy (on your right) and turns sharply left in the hamlet of Clunes (three wooden two-storey forestry houses on your right). From Clunes continue on the B8005 following the sharp left turn. From there it is only 1.6 miles/2.5 km to the Chiag-Aig Falls car park which you will find on your right.

Clan Cameron Museum (18) – please check opening hours on page 6.

Retrace your way back along the B8005 for about 3 miles/5 km until you reach the hamlet of Bunarkaig. This hamlet stretches between two bridges and features a mixture of traditional and modern houses. Immediately after you pass the last house and a small bridge you will find the entrance to the Lochiel Estate/Achnacarry on your right. Enter the estate through the wrought-iron gate, which is open to allow access. Upon entering there is a winding, wooded drive. After a few minutes a clearing appears, with the Clan Cameron Museum on the left.

Commando Memorial (19)

Drive back to the estate entrance and turn right onto the B8005. After 2 miles/3.2 km you reach Gairloch where you turn left onto the B8004 (signposted Spean Bridge). Cross the canal and carry on along the B8004. After 2.4 miles/3.8 km, just as the single track road ends, the big car park for the Commando Memorial and viewpoint lies on your right.

Creag Meagaidh National Nature Reserve (21)

Turn right when leaving the Commando Memorial car park and then right again onto the A82, towards Fort William. In Spean Bridge turn left onto the A86 signposted for Newtonmore. Follow the A86 for 18.2 miles/29 km and you will find the car park and entrance to Creag Meagaidh Nature Reserve on your left.

If you do not want to drive as far as Creag Meagaidh National Nature Reserve, you can stop at Glen Roy National Nature Reserve instead (20). For Glen Roy National Nature Reserve turn left off the A86 in Roybridge (signposted Glen Roy) and follow the narrow, winding single track road (no through road) up the glen. Look out for the Glen Roy Viewpoint car park after about 3.4 miles/5.5 km.

Upon leaving the Creag Meagaidh car park (or Glen Roy access road) turn right and drive back to Spean Bridge along the A86. In Spean Bridge turn left onto the A82 and return to Fort William.

Itinerary 4

Up and around Britain's highest mountain

Enjoy a day out in Fort William and nearby. This route first leads you to the famous Neptune's Staircase. Part of the Caledonian Canal, this series of eight locks is the UK's longest canal staircase. From here you can also enjoy a great view of UK's highest mountain, Ben Nevis. If you are keen to gain higher ground and enjoy outstanding views but are not keen on strenuous hill walking, the next stop is for you. The mountain gondola allows sightseers to enjoy a scenic ride up to 2150ft/655m. The natural adventure continues down in Glen Nevis where you can stretch your legs on short and long walks. To round off the day, take in some cultural history in the West Highland Museum in the centre of Fort William.

Neptune's Staircase (23)

From the town centre of Fort William follow the A82 in the direction of Inverness. On the outskirts of Fort William, turn left onto the A830 signposted for Mallaig. Follow this road for one mile/1.6km. Just after crossing the second bridge follow the signposts for the B8004 Gairloch and Neptune's Staircase.

Ben Nevis Mountain Experience (22)

Retrace your steps back to the A82, enjoying a fantastic panoramic view of the Nevis Mountain range as you go along. Turn left onto the A82 towards Inverness. Follow the signs for the Nevis Range and Mountain Cable Car, which after about 3 miles/5 km guide you to turn right onto the access road to the Ben Nevis Mountain Experience: a perfect stop for lunch.

Glen Nevis Visitor Centre (25)

From the Ben Nevis Mountain Experience make your way back to Fort William along the A82. Just before the town centre you reach a round about. Turn left, signposted for Glen Nevis. After just over one mile/1.6 km you reach the Glen Nevis Visitor Centre, which lies on your left.

Glen Nevis

From the Glen Nevis Visitor Centre, if time allows, you can follow the road further to the very end of the glen (10.5 miles/17 km there and back) for a scenic drive and sense of remoteness. At the end of the glen you'll find a car park from where you can embark on one of the best short walks in Scotland (1.5-2 hrs): follow the clear (but rough and very rocky) path through the dramatic and beautiful Nevis Gorge to the awesome Steall Falls (good footwear essential, extreme care required in wet and icy conditions).

West Highland Museum (24)

Alternatively, from the Glen Nevis Visitor Centre turn back towards Fort William town centre. Turn left at the Hospital following the sign for the Town Centre and Tourist Information Centre. Follow this road that leads you straight onto Viewforth short stay car park. Park your car and walk down the narrow road at the very end of the car park. The museum is also easily reached by foot from any of the town's other car parks.

General Info:

For further information on the area including where to stay and where to eat and drink visit www.visitlochness.com and www.outdoorcapital.co.uk



Other visitor information

There are many other sites to discover in the surrounding area. Find out more at the local Visitor Information Centres, which are situated in:

- Inverness** (all year round) Tel: 01463 252401
- Daviot Wood (A9)** (seasonal) Tel: 01463 772971
- Drumnadrochit** (seasonal) Tel: 01456 459086
- Fort Augustus** (all year round) Tel: 01320 366779
- Fort William** (all year round) Tel: 01397 701801

Many sites are accessible by public transport. For bus times please contact Traveline Scotland on 0871 200 22 33 or go to www.travelinescotland.com. There are also a great number of cycle routes in the area. Find out more at the local Visitor Information Centres. For information on local walks please visit www.walkhighlands.co.uk

Know the code before you go...

Enjoy Scotland's outdoors responsibly! Find out more at www.outdooraccess-scotland.com

National Nature Reserves are magical places where you can experience the incredible sights and sounds of Scotland's natural world. Located throughout Scotland, National Nature Reserves are open to everyone to visit and enjoy. Find out more at www.nnr-scotland.org.uk

Scottish Natural Heritage is the government agency looking after all of Scotland's nature and landscapes, across all of Scotland, for everyone. Find out more at www.snh.gov.uk



Scotland's Protected Places

Explore and discover some of Scotland's natural and historic protected places. www.scotlandspreservedplaces.gov.uk

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