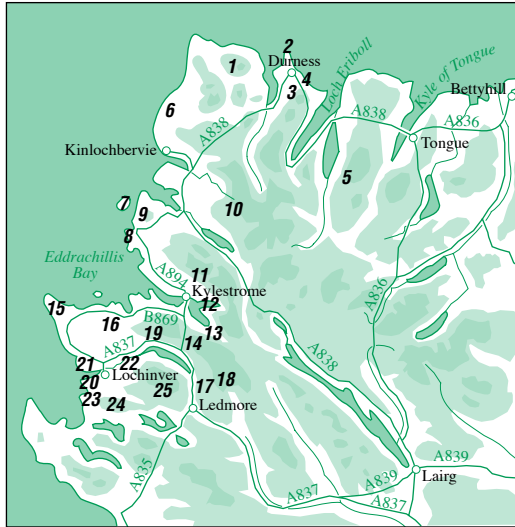


Walks West Sutherland



Grades

A+ ... Full walking equipment – including map and compass – and previous hill walking experience essential

A Full walking equipment required

B Strong walking footwear and waterproof clothing required

C Comfortable walking footwear recommended

[**B/C**, etc Split grades mean either that there are two routes described, or that the single route described can be walked either in its entirety or in shorter, less gruelling sections.]

NB: Assume each walk increases at least one grade in winter conditions. Hill routes can become treacherous.

walk	grade	max.length
1 Cape Wrath	A/B/C	up to 11 mls/18kms
2 Faraid Head	B	8 mls/13kms
3 Loch Meadaidh	C	4½ mls/7.25kms
4 Smoo Cave	C	up to 1½ mls/2.5kms
5 Ben Hope	A	5 mls/8kms
6 Sandwood Bay	B	9 mls/14.5kms
7 Handa Island	B	4 mls/6.5kms
8 Scourie More	B	4 mls/6.5kms
9 Scourie to Tarbet	A	7 mls/11kms
10 Arkle	A+	10½ mls/16kms
11 The Ben Strome Stalkers' Track	A	8½ mls/13kms
12 Loch Glendhu Shore	B	13½ mls/21.5kms
13 Eas a' Chùal Aluinn	A+	6½ mls/10kms
14 Glas Bheinn	A	4½ mls/7.25kms
15 Point of Stoer	B	4½ mls/7.25kms
16 Drumbeg Peat Roads	B	4½ mls/7.25kms
17 The Bone Caves of Inchnadamph	C	3 mls/5kms
18 Breabag	A	7 mls/11kms
19 Little Assynt Paths	B/C	4½ mls/7.25kms
20 Culag Woods	C	up to 3 mls/5kms
21 Lochinver to Alltanabradhan	B	6 mls/9.5kms
22 River Inver & Glencanisp	B	5 mls/8kms
23 Falls of Kirkaig	B	4½ mls/7.25kms
24 Suilven	A+	14 mls/22.5kms
25 Canisp	A	8 mls/12kms