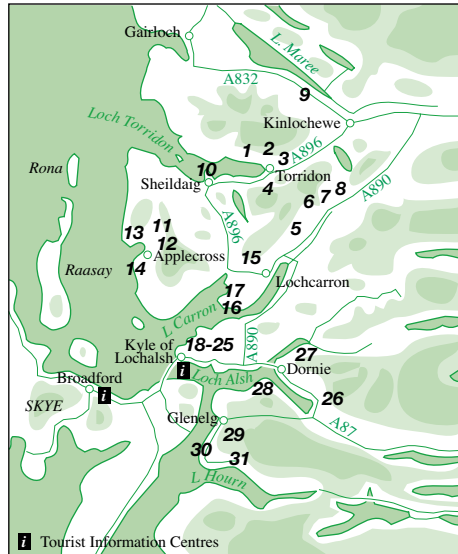


Walks Wester Ross: Southern Area



walk	grade	max.length
1 Allt a' Bhealaich	A	4 mls/6.5kms
2 Coire Mhic Nòbuil to Coire Mhic Fhearchair ..	A	8 mls/13kms
3 Loch Coire Mhic Fhearchair	A	8 mls/13kms
4 Torridon to Bealach na Lice	A+	5 mls/8kms
5 Coulags to Bealach na Lice	A+	5 mls/8kms
6 Achnashellach to Bealach na Lice	A+	6 mls/9.5kms
7 Achnashellach Loop	A	8 mls/13kms
8 Achnashellach to Loch Clair	A	9 ml/14.5kms
9 Beinn Eithe Trails	B/C	up to 4 mls/6.5kms
10 Shieldaig	B	3 mls/5kms
11 Applecross to Kenmore	A+	9 mls/14.5kms
12 Applecross House Walks	C	3 mls/5kms
13 Applecross to Sand	B	3¼ mls/5.25kms
14 Milton Circuit	C	2 mls/3kms
15 Glasnock to Glen Carron	A	6 mls/10kms
16 Leacanasigh	B	4½ mls/7kms
17 Leacanasigh to Achintraid	B	6 mls/10kms
18 Carn a' Bhealaich Mhòir	B	7 mls/11kms
19 The Brae	C	1 ml/1.6kms
20 Duncraig Castle	C	4 mls/6.5kms
21 Carn na Frith-Aird	C	1 ml/1.6kms
22 Plockton Beaches	C	up to 1½ mls/2.5kms
23 Portneora	B	2 mls/3kms
24 Balmacara Woodland Walks	B	up to 4 mls/6.5kms
25 Kyle of Lochalsh to Balmacara	B	3 mls/5kms
26 Glenlicht	A	11 mls/17.5kms
27 Loch Long & Loch Duich	A+	12 mls/19kms
28 Caisteal Grugaig	B	3 mls/5kms
29 Gleann Beag	A	7 mls/11kms
30 Sandaig	B	3 mls/5kms
31 Corran	B	2 mls/3kms

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

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