

# The West Highland Way

Trip Code: WHW

Version: WHWW Wilderness Walking - The West Highland Way Women Only Departure



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Take on the challenge of one of the world's greatest long distance trails - the West Highland Way
- Enjoy the magnificent scenery as you hike through the wild landscapes of Loch Lomond, Rannoch Moor and Glencoe
- Learn about the area's turbulent history, its legends and flora and fauna, with the knowledge and experience of an expert guide

- All high quality meals, guesthouse accommodation, luggage support and your expert guide are included in the holiday price
- Women only departures available - see dates and prices page

#### AT A GLANCE

- 7 days walking
- Join at Glasgow

#### ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 7 Lunches
- 6 Dinners
- 7 nights Guesthouse

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

## Introduction

The West Highland Way almost needs no introduction – a world-class hike through the majestic Scottish scenery and joining a guided walk will allow you to learn about the area's fascinating history and legends, as well as identifying the flora and fauna along the way.

Along the 95 miles (152km) route, you'll travel along the banks of Loch Lomond, across the wilderness of Rannoch Moor with its herds of red deer and then reaching the dramatic and forbidding valley of Glencoe, you'll take the high pass of the Devil's Staircase over the mountains. You'll finish in Fort William, at the foot of Britain's highest mountain, Ben Nevis.

The trip includes all accommodation, delicious meals and full luggage support meaning you can travel light, concentrate on the walking and immerse yourself in the spectacular scenery.

### Is this holiday for you?

This holiday suitable for fit and experienced hikers. We walk at a good pace and you can expect to be out for 6-8 hours a day. You will not always be on a path and the terrain underfoot can be rough and boggy, including boulder fields and mountain tops. Some of the daily walks will involve a mountain ascent of over 3000ft / 900m high. Daily distances will be up to approx 16km but may be longer occasionally. The weather in Scotland can be unpredictable and at times can make activities more challenging. Please do bear this in mind when thinking about what trip to join.

# Itinerary

Version: WHWW Wilderness Walking - The West Highland Way Women Only  
Departure

## DAY 1

**Meet the group at Glasgow train station at 8:30am. The Journey Begins: Begin walking on the West Highland Way.**

Today we'll meet our guide at Glasgow Queen Street Station at 8:30am. We'll take a short train journey to Milngavie, where we'll drop off our bags, and then we start our West Highland Way tour! Although starting close to Glasgow, you are quickly walking through open countryside. This part of the journey follows what was an important route in pre-industrial times and your guide will help you spot some standing stones from the late Stone Age. We'll arrive at the accommodation tonight in time to settle in before enjoying a welcome dinner and possibly a dram of the local Glengoyne whisky too.

Meals: **L D**

	<b>Accommodation</b> Guesthouse		<b>Ascent</b> 210M		<b>Time</b> 9 hours walking		<b>Distance</b> 19KM
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## DAY 2

**Walking to Loch Lomond. Leave Drymen walk through Garadhban Forest to Rowardennan.**

The trail leaves Drymen and passes through Garadhban Forest. Leaving the forest, we'll take a detour to climb Conic Hill. Though just 361m high, it offers fantastic views over Loch Lomond. Reaching the eastern banks of Loch Lomond at Balmaha, we follow the shore through forest until you reach the tranquil setting of Rowardennan, which is nestled at the foot of Ben Lomond.

Meals: **B L D**

	<b>Accommodation</b> Guesthouse		<b>Ascent</b> 430M		<b>Time</b> 6 hours walking		<b>Distance</b> 21KM
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## DAY 3

## Walk along the wild shoreline of Loch Lomond.

Starting out with views of Ben Lomond which translates as Beacon Hill this is a challenging stage but the combination of differing terrain, scenery and views make it very rewarding. Rougher terrain means that the going is slower but it's wonderful to be in such wild country. The trail improves towards the end of the day as we near our next destination, the tiny settlement of Invernarnan.

Meals: **B L D**



**Accommodation**  
Guesthouse



**Ascent**  
475M



**Time**  
7 hours walking



**Distance**  
23KM

### DAY 4

## Walk through Glen Falloch into Strathfillan, with fantastic views of Ben Lui.

We're in the Highlands now, and our day begins with a walk through Glen Falloch before we turn northwards into Strath Fillan. The landscape gets wilder and your guide will point out some of the hardier plants that grow in this area and talk about how they were used by the clansmen and women in the past. As we approach Tyndrum, we are rewarded with wonderful views of Ben Lui rising up in the west as we reach our accommodation. Tonight is a free night, so you can choose where you would like to have dinner.

Meals: **B L**



**Accommodation**  
Guesthouse



**Ascent**  
475M



**Time**  
7 hours walking



**Distance**  
22KM

### DAY 5

## Walk along the West Highland Railway and up onto Rannach Moor and then north to Glencoe.

This fantastic day begins with a climb out of Tyndrum, with the trail running next to the West Highland Railway line. At the top of a pass, the sweeping flanks of Ben Dorain dominate the view. A short detour will take us to a carved stone seat said to contain the sword of Robert the Bruce. Continuing north, we reach the tiny settlement of Bridge of Orchy and then Inveroran, which makes a good lunch stop. The shapely peaks of the Black Mount now lie to the west while the wilds of Rannoch Moor stretches into the distance in front of you. Following the trail across this wild moor, we eventually reach Glencoe and our accommodation. Reward yourself with a drink from the bar, while enjoying the amazing views of Buachaille Etive Mor.

Meals: **B L D**



**Accommodation**  
Guesthouse



**Ascent**  
644M



**Time**  
9 hours walking



**Distance**  
30KM

## DAY 6

### Climb the Devil's Staircase for excellent views and walk down into Kinlochleven.

This is a shorter day but with the biggest ascent of the route. Leaving the Kingshouse, we walk into Glencoe then climb the trail known as the 'Devil's Staircase'. It is steep with some switchbacks but very steady going with a constant gradient all the way. At the top of the pass at 547m, we are rewarded with wonderful views of Glencoe and Loch Leven. Your guide will be able to point out the individual peaks in this sea of mountains you are looking at and perhaps tell the tale of The Massacre of Glencoe. Descending into the next valley, we follow a good trail to our next stop, the small village of Kinlochleven.

Meals: **B L D**



**Accommodation**  
Guesthouse



**Ascent**  
430M



**Time**  
5-6 hours walking



**Distance**  
14KM

## DAY 7

### Walk through Glen Nevis and finish in Fort William with views of Ben Nevis along the way.

The day starts with a steep climb to wake us up after breakfast! We cross a pass at 274m, taking in views across to Ben Nevis the highest mountain in Scotland. After crossing the pass, the hard work of the day is done and we walk past old sheilings (summer dwellings for shepherds) with views over Lochan Lunn Da-Bhr. Your guide may share the story of the mythical bull that makes this area home and terrorises the crofter's cattle! The trail then descends into beautiful Glen Nevis and then into Fort William itself where we finally reach the finish of the West Highland Way hiking tour we've done it! After checking into our accommodation and freshening up, we'll celebrate with drinks and dinner.

Meals: **B L D**



**Accommodation**  
Guesthouse



**Ascent**  
475M



**Time**  
7 hours walking



**Distance**  
22KM

## DAY 8

### Departure day. Depart any time after breakfast. No transfers provided.

This morning you are free to depart the guest house whenever you like - most people will take the

scenic West Highland Railway back to Glasgow, which has several departures daily. On the way back to Glasgow you can look out for some familiar sights and reflect on a truly fantastic adventure.

Meals: **B**

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# Holiday Information

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## What's Included

- A professional English-speaking guide
- All transfers involved in the itinerary
- All accommodation as described
- Meals as listed in the meal plan

## What's not Included

- Travel Insurance
- Visa fees (if applicable)
- Meals as listed in the meal plan
- Airport transfers
- Drinks
- Miscellaneous personal expenses

## Important Notice

This holiday is operated in association with Wilderness Scotland, and they sell their own customers directly on to this trip also. KE acts as an agent for Wilderness Scotland and by booking this holiday you are entering into an agreement directly with Wilderness Scotland under the terms of their [booking conditions](#).

## Joining Arrangements & Transfers

On Day 1 your guide will meet you at the centre of Glasgow Queen St Railway Station underneath the main departure and arrival board at 08:30am.

On day 8 you can depart after breakfast. No transfers are included.

## Meal Plan

All meals from lunch on Day 1 to breakfast on Day 8 are included, except dinner on day 4.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

Breakfast is provided each morning, as well as lunch and snacks throughout the trip. Dinner is provided every night, with the exception of day 4 where you can choose where you would like to dine. Local pubs and restaurants offer a wide choice of local dishes, and you will have the opportunity to sample the full range of their delicious menus as you wish.

On this trip we generally eat dinner as a group however if you would like to make alternative arrangements you are free to do so. Your guide will have an evening off during this trip where they do not eat with the group. They will recommend options for dinner that evening and will help you make any necessary reservations.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

This is a point to point itinerary where we walk to a new accommodation each day. The accommodation on this trip is graded as Classic and we handpick the best available accommodation along the route, which ranges from small guesthouses, Highland inns, small hotels and bed and breakfast establishments. As accommodation is in short supply on this route however, please note that some establishments will be better than others.

Our accommodation partners are carefully chosen according to a number of factors - charming locations, very good facilities and a reputation for providing Highland hospitality. Wherever available, we will reserve en suite rooms for you, however on this trip it is not always possible.

## Group Leader & Support Staff

The group will be led by an experienced and qualified leader.

## Baggage Allowance

There is no weight limit for your luggage on this holiday, however you will need to be able to lift and move your own luggage easily. There is also limited room in the transfer vehicles, and so one bag to be transferred and one day pack per person is ideal.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.



# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Currency

The unit of currency in the UK is Sterling.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

**You should bring the following items:**

- Hiking boots (trail shoes are not suitable)
- Socks
- Trekking trousers
- Waterproof overtrousers
- Underwear
- Baselayer shirts (1 short sleeve, 1 long sleeve)
- Fleece jacket or warm jumper
- Waterproof jacket
- Thermal gloves
- Warm and waterproof gloves or mittens

- Sunhat
- Warm hat
- Sunglasses
- Daypack 25 - 35 litres should be sufficient
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Washbag and toiletries
- Antibacterial hand wash
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, tick tweezers, antihistamines, re-hydration salts

**The following items are optional:**

- Travel shoes / Trainers
- Gaiters
- Spare laces
- Shorts
- Shirts (e.g. T-shirts)
- Thermal baselayer - leggings
- Thermos flask

- Trekking poles
- Insect repellent
- Camera
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Midge net
- Reusable cloth bag for shopping (to avoid plastic bags)
- Reusable lunch box and water bottles (to avoid plastic waste)

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [-> Find out more](#)

## Land Only Information

We sell this holiday on a Land Only basis, joining with the group at Glasgow train station at 8:30am on day 1 of the itinerary.

Travel arrangements should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run'.

# Why Choose KE

## Why KE

On our Scottish holidays we pride ourselves on the quality of our meals, the excellence of our local expert guides, and our attention to organisational detail, meaning that you can have a world-class experience in some of the world's most majestic scenery.

**Please Note** This document was downloaded on 12/05/2024 and the trip is subject to change