

Wilderness Walking - Wilds of Assynt

Trip Code: WAC

Version:



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Enjoy expertly guided hikes up Suilven and Stac Pollaidh, two of Scotland's most iconic mountains.
- Explore some of the best coastal walking in Scotland including the Old Man of Stoer.
- Take a private cruise and look for marine wildlife around the Summer Isles.
- Price includes all meals, accommodation in guesthouses, transfers, private cruise and expert guide

AT A GLANCE

- 7 days walking
- Join at Inverness

ACCOMMODATIONS & MEALS

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

Introduction

As the UK's first UNESCO Geopark, the beauty of the land north of Ullapool in Scotland's North West Highlands cannot be exaggerated. It's a land that's home to iconic and distinctive mountains such as Suilven and Stac Pollaidh which rise proudly from the loch-strewn moorland. The coastline is just as spectacular, strewn with the shining white sandy beaches that Scotland is famous for interspersed with steep cliffs and sea-stacks. On this holiday we hike a mixture of hill, glen and coastal walks and take a day to cruise the tiny Summer Isles, enjoying every aspect that this landscape of outstanding natural beauty offers.

Is this holiday for you?

This holiday is 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 often be rough and boggy, including boulder fields and mountain tops, you will need to be confident hiking on uneven ground. Some of the daily walks will involve a mountain ascent of over 3000ft / 900m high. Daily distances will be typically up to 16km but may be longer occasionally. Daily hike details are available in the itinerary. 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. If our guides feel that you are not able to complete a scheduled hike they may ask you not to join in that day.

Itinerary

Version:

Holiday Information

What's Included

- A professional English-speaking guide
- All transfers involved in the itinerary
- All accommodation as described
- All meals
- A boat trip through the Summer Isles (not included on the October departure)

What's not Included

- Travel Insurance
- Visa fees (if applicable)
- 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 Inverness Railway Station by the fixed seating area at 10:30am.

On Day 7 you will be returned to Inverness Railway Station for 4:00pm

Meal Plan

All meals from dinner on Day 1 to lunch on Day 7 are included.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Evening meals will be taken either in Ullapool, which offers a good choice of restaurants to suit every taste, or perhaps in a different location depending on where the group have been walking on a particular day. 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 for 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 meals 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 walking holiday enjoys accommodation in a 4-star guest house located just outside Ullapool. The guest house enjoys stunning views across Loch Broom is conveniently located close to the hills which we will be exploring. Accommodation is a choice of double or twin rooms, which are en-suite with a shower.

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.

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 the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

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.

For other nationalities, please refer to your own Government website for the latest information.

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.

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](https://www.travelaware.gov.uk)' 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 before travel, all KE clients visit the official UK Government website at 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 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 directly 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.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through one of our international partners. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

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)
- Reuseable 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 a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

Land Only Information

We sell this holiday on a Land Only basis, joining with the group at Inverness rail station at 10:30am 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'.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Regional departures and/or alternative carriers are available on request.

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 02/05/2025 and the trip is subject to change