

Wilderness Walking - Wilds of Assynt

Trip Code: WAC

Version: WACW Wilderness Walking - Wilds of Assynt Women Only Departure



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

- All meals included
- 6 nights Guesthouse

[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





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DAY 1

Meet the group at Inverness train station. Transfer to the North-West-Highlands and a short walk in the afternoon.

After meeting in Inverness, we travel to the North-West Highlands, stopping on the way for a short walk that will take us past the impressive Rogie Falls where we can watch the cascade. Continuing on we follow a circular route that takes us through the forest to a high clearing with gorgeous views.

Meals: **D**





	Accommodation Guesthouse		Ascent 230M		Time 4 hrs walking		Distance 8KM
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DAY 2

Walk up to the summit of Cul Mor, with stunning views out to the sea.

This distinctive mountain dominates the skyline and offers superb vistas from its lofty summit. We follow a good trail for the initial ascent before climbing quite steeply to the cairn which marks the high point to enjoy wide-reaching views across both mountains and sea.

Meals: **B L D**





	Accommodation Guesthouse		Ascent 730M		Time 6 hrs walking		Distance 14KM
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DAY 3

A relaxing cruise through the Summer Isles followed by an afternoon ascent of Stac Pollaidh.

Our day starts with a relaxing cruise through the Summer Isles, a beautiful archipelago with striking rock features. We'll stop for lunch at the wonderful Achnahaird Beach before making an afternoon ascent of Stac Pollaidh which is one of the best 'little mountains' in Scotland. It stands just 613m high and the hike will only take around 3 hours but the summit vista is pure wilderness and is an unforgettable view.

Meals: **B L D**

	Accommodation Guesthouse		Ascent 440M		Time 3 hrs walking		Distance 4KM
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DAY 4

A fantastic full day out walking with an ascent of Suilven.

After a couple of fairly relaxing days, you should be ready for the challenge of hiking up Suilven. Although just 731m high, this is a remote mountain and the approach walk to the foot of the mountain takes around 2 hours. A steep climb lifts you onto its wide summit plateau where you will be rewarded by one of the most sensational views you will ever see. A long but fantastic day's walking.

Meals: **B L D**

	Accommodation Guesthouse		Ascent 910M		Time 7 - 8 hrs walking		Distance 22KM
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DAY 5

Coastal Walks to The Old Man of Stoer and Achmelvich.

Today will be an easier day, after the exertions of climbing Suilven. The Old Man of Stoer is a sea-stack and provides a superb half-day coastal walk. We'll follow this with a visit to Achmelvich Beach, on a sunny day, you could be fooled into thinking this is the Caribbean as you walk on the white sand or paddle in turquoise waters. Dinner tonight is a lovely meal on a sailing boat. A very special meal in a spectacular location, and the perfect way to end the day.

For the 1 August & 29 September departure only: Please note that the yacht is not included on this day as it is not available at this time of year. Dinner at an alternative location will still be included.

Meals: **B L D**

	Accommodation Guesthouse		Ascent 150M		Time 4 hrs walking		Distance 8KM
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DAY 6

Walk to the summit of Ben Mor Coigach (one of Scotland's best kept hill-walking secrets).

This rarely climbed hill is one of Scotland's best kept hill-walking secrets. Although just 743m high, our sea level start means that you will hike up every metre! The rocky ridges which link its tops are scree covered which can be tough going but the views from the summit out to the Summer Isles are simply glorious.

Meals: **B L D**




	Accommodation Guesthouse		Ascent 800M		Time 6 - 7 hrs walking		Distance 15KM
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DAY 7

A walk in Easter Ross followed by a transfer back to Inverness train station.

On our final day, we will head south from Ullapool back towards Inverness. There are many options for walks and your guide will select a route which allows us to arrive back in Inverness for 1600 hours and the trip end.

Meals: **B L**

	Ascent 750M		Time 6 - 7 hrs walking		Distance 15KM
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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 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.

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 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 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 '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

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 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 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 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'.

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 18/05/2024 and the trip is subject to change