



# The West Highland Way

*One of the most spectacular long-distance walks in the UK, the West Highland Way is 152km (95 miles) long. The walk links Milngavie to Fort William - from the outskirts of Scotland's largest city to the foot of its highest mountain, following the shores of its largest freshwater loch.*

It passes from the lowlands, across the Highland Boundary Fault and on into the Scottish Highlands. Much of the Way follows ancient and historic routes of communication, and makes use of:

**The drove roads** along which highlanders herded their cattle and sheep to market in the lowlands.

**Military roads** built by troops to help control the Jacobite Clans.

**Old coaching roads** and disused railway lines from the more recent past.

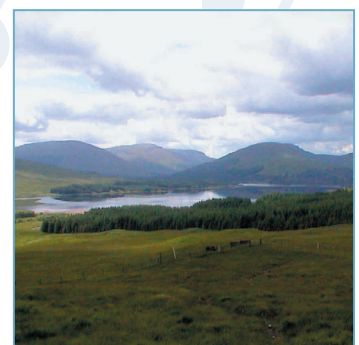
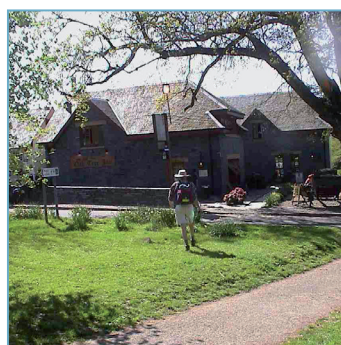
Lomond the scenery becomes wilder and increasingly dramatic. Soon you pass the historic Drover's Inn and six more miles bring you to the halfway point, just above Crianlarich.

For much of the time now you will be walking on old military roads, steeped in history, and across wild, remote Rannoch Moor towards the southern tip of Glencoe. A dramatic ascent of the Devil's Staircase, followed by the long descent into Kinlochleven is the prelude to the final stages involving another ascent to gain magnificent views of Ben Nevis, Britain's highest mountain, before the triumphant entry into Fort William and your journey's end.

Starting in the attractive little shopping precinct in Milngavie, the route quickly crosses into moor and woodland, onwards into the Blane Valley where it picks up a dismantled railway line with fine views of the Campsie Hills. Shortly after Drymen is the first major ascent to Conic Hill, from the shoulder of which can be seen the splendour of Loch Lomond.

For the next 20 miles, this magnificent loch is in almost constant view on the left, while on the right looms Ben Lomond, the most southerly of Scotland's Munros and one of the most popular. Towards the northern end of Loch

## The Walk (6 days)



## The Daily Schedule

The starred sections below on days two, three, five & six are classified as “strenuous” but this does not mean that they are technically difficult. Although these four sections (and other parts of this beautiful walk) can be tiring, and rough and hilly in places, there is nowhere on the walk where anyone with a fear of heights need feel the slightest concern.

| DAY   | DAILY SCHEDULE  | MILES              | RUNNING TOTAL           | DAILY TOTAL |
|-------|---|--------------------|-------------------------|-------------|
| Day 1 | Milngavie - Carbeth<br>Carbeth - Drymen   | 4.25<br>7.75       | 4.25<br>12.00           | 12.00       |
| Day 2 | Drymen - Balmaha<br>Balmaha - Rowardennan*  | 6.5<br>7.25        | 18.5<br>25.75           | 13.75       |
| Day 3 | Rowardennan - Inversnaid<br>Inversnaid - Inverarnan*                                | 7.25<br>6.5        | 33.00<br>39.5           | 13.75       |
| Day 4 | Inverarnan - Crianlarich<br>Crianlarich - Tyndrum<br>Tyndrum - Bridge of Orchy      | 6.5<br>6.5<br>6.75 | 46.0<br>52.5<br>59.25   | 19.75       |
| Day 5 | Bridge of Orchy - Inveroran<br>Inveroran - Kingshouse<br>Kingshouse - Kinlochleven* | 2.5<br>9.5<br>9.0  | 61.75<br>71.25<br>80.25 | 21.00       |
| Day 6 | Kinlochleven - Lundavra*<br>Lundavra - Fort William                                 | 7.5<br>6.5         | 87.75<br>94.25          | 14.00       |

## Accommodation

Walkers will be accommodated in B&B guesthouses. The first two nights will be spent in Balmaha or Rowardennan, nights three and four in Crianlarich and the final night in Kinlochleven. The accommodation is of a good standard and every effort will be made to obtain en suite rooms, although this cannot be guaranteed. It should be noted that single rooms are a rarity, and walkers should be prepared to share a twin-bedded or (more unusually) a three-bedded room. Anyone who specifically objects to this should say so on their booking form, in which event efforts will be made to obtain single accommodation for them. This will almost certainly result, however, in an extra charge which will be notified to the participant in advance of the walk.

## Transport

Back-up transport will convey your luggage, and where necessary will convey walkers from the end of the day's route to their accommodation then back to their starting point the next morning. Each walker will be responsible for getting to Milngavie for a 10am start on day one, but as the minibuses will be travelling from Glasgow City Centre it will be possible for walkers to meet a bus there and get a lift to Milngavie. Similarly, at the end of the walk, all those who wish it will be brought back to Glasgow City Centre, with a diversion to Milngavie if anyone has left a car there.

## General Information

**Shopping** - There are a few shops in Drymen, Balmaha, Crianlarich, Tyndrum and Kinlochleven, but these sell only bare necessities. There is rather more in the way of shops in Fort William, but only a limited time is spent there.

**Banking Facilities** - There is only one cash machine between Drymen and Fort William, and it is not very accessible.

**Eating Places En Route** - Food – sometimes of a limited nature – is normally available at Drymen, Balmaha, Rowardennan, Inversnaid, Inverarnan, Crianlarich, Tyndrum, Bridge of Orchy, Inveroran, Kings House, Kinlochleven and Glen Nevis.

## Meals

Packed lunches will be provided on days one to six.

In the evenings the general rule is for the whole group to have a bar meal together, and where necessary the minibuses will run walkers to a suitable establishment. Here you can drink and relax and for many this is the best part of the day. The social contact of these walks is important because each walker helps, encourages and motivates the others. By the end of the walk you will have made a number of good new friends.

## Deposits and Costs

**A non-refundable deposit of £75 is required at the time of booking. The overall cost includes:-**

- 5 nights B&B\*
- Packed lunches on days one to six
- Transport from Glasgow City Centre and return (if required)
- Tea and sandwiches in Fort William at the end of the walk
- Transfer of belongings between locations
- All accommodation bookings and administration
- The services of one or more fully qualified guides throughout the duration of the walk

The full cost less the deposit of £75.00 must be paid no later than six weeks before the start of the walk. Please note that in the event that you have to cancel after this payment, no refunds can be made.

\*Costs are based on en suite or private facilities.

**Evening meals are not included.**

## Contact

Final instructions on meeting for the start of the walk will be issued eight weeks before the walk, including advice on equipment. For all other enquiries, please contact SCoD: Linda Ogston or Alison Coyle on Tel.: 0141 248 2474, Text: 0141 248 1854, Fax: 0141 248 2479, Email: [trek@scod.org.uk](mailto:trek@scod.org.uk).

Alternatively, contact Charitytrek directly: Ian Glassey or Alice Watson on: Tel/Fax: 0141 570 1859 Mob: 07860 175538, Email: [iglassey@ntlworld.com](mailto:iglassey@ntlworld.com).

## Dates

The West Highland Way challenge will take place from:

**Saturday 2nd June until Thursday 7th June 2012**

## Getting into shape

Please be warned that this is an arduous walk – even in favourable weather conditions – and that in order to cope with it some serious training is essential. We earnestly suggest to you that between now and the time of the walk you get your walking boots on as often as possible and cover as many miles as you can. Guides will accompany you on the walk and you will not be made to hurry – the important thing is stamina, not speed. But the more training and preparation you have done the more chance you will have of successfully completing the walk and the more enjoyment you will derive from your participation in it and from the magnificence of your surroundings.

## Fort William – the end

On the final day, legs are tired and feet are sore, and although that day's walk is only 14 miles it will be well into the afternoon before the last of the walkers reach Fort William where we have tea and sandwiches, and where certificates are presented to all those who have successfully completed the walk. The minibuses will probably leave the hotel between 5.00 and 5.30pm.

# Booking Form (Part I)

## West Highland Way

Event Date

I pledge to raise a minimum £750 in sponsorship to participate: (please tick)

### Personal Details

Title

Surname

Forename

Address

Postcode

Daytime Tel No

Evening Tel No

Email address

Age

### Special Dietary Requirements

Do you have any special dietary requirements?

Yes

No

If yes, please specify

### Mode of Transport

I would like a lift from Glasgow City Centre

I will make my own way to Milngavie

At the end of the walk I would like a lift from Fort William back to Glasgow City Centre.

Continued>

**You may wish to take out personal accident insurance, as neither the charity nor the organisers of the walk can be held liable for personal injuries to participants.**

# Booking Form (Part I continued)

## West Highland Way

### Medical Details

All Charitytrek itineraries will be physically demanding and therefore it is important that participants are fit and in good health. If you have any medical condition which we should be made aware, please indicate below. All information given will be treated in the strictest confidence.

|                                       |                          |                           |  |                          |
|---------------------------------------|--------------------------|---------------------------|--|--------------------------|
| High Blood Pressure                   | <input type="checkbox"/> | Please tick if applicable | Digestive or Bowel Disorder                                      | <input type="checkbox"/> |
| Heart or Circulatory Disease          | <input type="checkbox"/> |                           | Joint or Back Injuries ( particularly knee, ankle or lower back) | <input type="checkbox"/> |
| Chest or Lung Disease                 | <input type="checkbox"/> |                           | Surgical operations  | <input type="checkbox"/> |
| Asthma or Hay Fever                   | <input type="checkbox"/> |                           | Epilepsy or Diabetes   | <input type="checkbox"/> |
| Allergies to Drugs, Chemicals or Food | <input type="checkbox"/> |                           | Mental or Emotional Instability                                  | <input type="checkbox"/> |
| Other                                 | <input type="checkbox"/> |                           |  |                          |

Please give further information if you have ticked any of the above boxes.

If you are over 65 years of age, or have a pre-existing medical condition, please ask your doctor to sign below confirming that you are fit to undertake the trek

Doctor's Name (please print)  Date

Signature  Practice Name/Address

I wish to participate in the West Highland Way walk. I enclose a non-refundable deposit of £75, made payable to SCoD. I have agreed to the terms and conditions set out in Part 2 of the Booking Form, which forms part of this agreement.

Signature  Date

Please return your completed application form and non-refundable deposit payable to SCoD to:  
Trek for SCoD, Scottish Council on Deafness, Central Chambers Suite 62,  
93 Hope Street , Glasgow G2 6LD.

# Booking Form (Part 2)

## Terms and Conditions

- 1) The participant (being defined as the individual completing Part I of this Booking Form) hereby undertakes to provide all relevant medical information relating to their health through SCoD (charity number SC016957) to G.B.Walks Ltd a company with company number SC244177 and trading as 'Charitytrek', and with a registered office at 64 Milverton Avenue Glasgow (hereinafter referred to as 'Charitytrek'). Charitytrek is entitled to recover any reasonable losses incurred as a result of failure of the participant so to do.
- 2) Charitytrek reserve the right to refuse a participant the right to commence the Event (being the West Highland Way) or require a participant to cease participation in the Event should they or any of their representatives reasonably believe this to be necessary on medical grounds.
- 3) Charitytrek reserve the right to cancel part or all of an Event at any time. i) Should cancellation be due to factors wholly outwith their control (for example in respect of weather, or any participant failing to adhere to these conditions) then they will refund all monies other than (a) one half of the reservation fee and (b) monies for any accommodation, food, travel etc already used. ii) Should cancellation be due to factors partially or wholly within Charitytrek's control then they will refund all monies other than monies for any accommodation, food, travel etc already used.
- 4) Charitytrek reserve the right to materially alter or change the itinerary, accommodation, transport or food at any time for the Event provided same is of equal or greater quality to that previously stated.
- 5) **In no event shall Charitytrek or SCoD be liable for recompense, restitution, damages, or any other liability to either the participant or any charity or any other body for whom they are raising monies or any other party, other than for personal injury caused by Charitytrek's negligence. Without prejudice to the foregoing generality Charitytrek shall not be liable for (I) any loss of earnings, (II) any loss or damage to any personal property, (III) any loss suffered due to delays in transport.**
- 6) The participants are responsible for (I) ensuring that they have proper and adequate clothing and shoes for the Event, (II) obtaining any personal insurance for injury or belongings they may require.
- 7) **The participant must report in writing any accident or loss to Charitytrek through SCoD within 7 days of suffering same. Any claim against Charitytrek must be intimated within 21 days of the end of the Event.**
- 8) Both parties hereby agree that this agreement and all matters pertaining hereto shall be governed by and construed in accordance with the law of Scotland and the parties submit to the non-exclusive jurisdiction of the Sheriff Court at Falkirk.