

• Distance 16km/10 miles • Time 4hrs • Type Mountain and waterfall

2 NAVIGATION LEVEL 2 3 FITNESS LEVEL 3



Plan your walk



WHERE: Return walk from Kintail Countryside Centre in Morvich to top of Britain's second-highest waterfall.
START/END: Kintail Countryside Centre, Morvich (NG961211).

TERRAIN: Waymarked paths and forest track into remote mountain environment. Take care near top of waterfall.
MAPS: OS Explorer 414; Landranger 33.

GETTING THERE: Nearest train station at Kyle of Lochalsh. Scottish Citylink coaches 916 between Invergarry and the Isle of Skye and 917 between Inverness and the Isle of Skye, both via Kyle of Lochalsh; nearest stop is Ault-a-Chruinn (on the A87), 2km/1¼ miles from start (☎ 08705 505050; www.citylink.co.uk).

EATING & DRINKING: Kintail Lodge Hotel, Shiel Bridge (☎ 01599 511275; www.kintail-lodgehotel.co.uk); Grants at Craigellachie (☎ 01599 511331, www.housebytheloch.co.uk).

SLEEPING: Kintail Lodge ▶



The National Trust for Scotland property at Kintail boasts the famous Five Sisters mountain ridge - one of the finest ridge walks in Scotland - and nearby is Britain's second-highest waterfall, the Falls of Glomach. While a traverse of the former is only recommended for strong and experienced hillwalkers, the walk to the latter is quite feasible for those who have the fitness, stamina and confidence. Although a relatively straightforward there-and-back route, it does involve a considerable amount of ascent (around 710m/2330ft) - but it's well worth the effort! For those who don't feel up to such a climb, a gentle walk along Gleann Lichd following the course of the River Croe is a good alternative. And a few miles away at the other end of Loch Duich is the must-see, much photographed Eilean Donan Castle. ▶

1. START From the Countryside Centre at Morvich, follow the road eastwards passing the turning into Gleann Lichd. Cross a bridge and continue on a track, and then a path that is signposted for the Falls of Glomach. The path makes its way across rough pasture and then alongside a fence above the river (Abhainn Chonaig). At a fork, take the path on the L also signposted for the Falls of Glomach.

2. After crossing the river, head northwards on a track which climbs up through Dorusduain Wood, affording good views on the way. From the edge of the forest, bear R and continue on a steep valley path on the north side of the Allt an Leoid Ghaineamhaich. The gradient eases as you emerge on to open moor at the top of the Bealach na Sroine - 'Pass of the Nose' - at 510m/1600ft ▶

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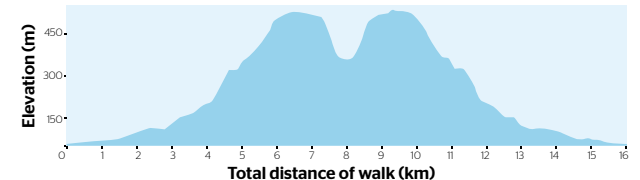
Hotel, Shiel Bridge - hotel and bunkhouse accommodation (see over); Grants at Craigellachie has rooms or self-catering 1 November-31 March (see over).

For other options, visit www.walkhighlands.co.uk/kintail.

VISITOR INFORMATION: Nearest TIC at Kyle of Lochalsh (seasonal opening), otherwise Portree on Skye (☎ 0845 2255121; www.visitscotland.com/walking).

GUIDEBOOKS: *Pathfinder Guide: Kyle of Lochalsh Walks* by Terry Marsh (£11.99, Jarrold Publishing, ISBN 978 07 1172 419 8); *25 Walks: Skye and Kintail* by Hamish Brown (£8.99, Mercat Press, ISBN 9781841830070).

Steepness of walk



(NH005245). Cairns guide you along the path as you continue northeast, skirting Meall Dubh. Thereafter you begin a gradual descent that becomes steeper.

3. As you reach the banks of the Allt a'Ghlomach - 'Burn of the Chasm' (NH019256) - a National Trust sign warns of the dangers of proceeding beyond the top of the falls. However, to view the falls properly you need to go down the steep footpath alongside for just a short distance; it is safe, but great

care should be taken, and vertigo sufferers would be wise to keep clear! The situation is dramatic: the water plunges into its dark cleft some 114m/375ft, a height only surpassed by the Eas a'Chual Aluinn in the far northwest of Scotland. Retrace your steps back to the start.

Note: There are regular guided walks (including the Falls of Glomach) scheduled during the summer by the National Trust for Scotland at their Morvich Countryside Centre (visit www.nts.org.uk for more details). Route devised by Fiona Bartrop



Route and gradient profile created using Anquet Maps v06. Download more maps from www.Anquet.co.uk