

• Distance 10km/6 miles • Time 4hrs • Type Forest and waterfall

**1** NAVIGATION LEVEL 1 **2** FITNESS LEVEL 2



Plan your walk



**WHERE:** Circular walk from Inverfarigaig to the Falls of Foyers.

**START/END:** Forestry Commission car park, Inverfarigaig (NH522238).

**TERRAIN:** Waymarked paths, forestry tracks and minor roads, with some steep sections and areas of boggy, heathery moorland.

**MAPS:** OS Explorer 416; Landranger 26.

**GETTING THERE:** D&E Coaches' bus number 302 from Inverness to Inverfarigaig runs every day except Sunday (© 01463 222444, www.decoaches.co.uk). Inverness is well served by trains from all over the UK.

**EATING & DRINKING:** Waterfall Café, Foyers (© 01456 486233).

**SLEEPING:** In Foyers, there's Craigdarroch House Hotel (© 01456 486400, www.hotel-loch-ness.co.uk) and Foyers Bay Country House (© 01456 486624,

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The Falls of Foyers are a must-see on any visit to Loch Ness. Robert Burns, visiting the area on the then newly built military Wade road, called the Falls a "horrid cauldron". Today's visitors have the benefit of well-made wooden steps and safety railings from which to admire this series of impressive falls, including one drop of more than 100ft. This lovely circular walk – which includes short sections of the South Loch Ness Trail – takes you through conifer plantations to viewpoints over the loch and on to the falls (and an adjacent café). Although you may not spot Nessie, there's a good chance of seeing red squirrels en route.

**1. START** from the Forestry Commission Scotland car park at Inverfarigaig (NH522238) and follow the blue South Loch Ness Trail (SLNT) waymarker steeply upwards for a short distance,

before leaving it by taking a sharp R at a signpost for a Loch Ness viewpoint. After taking in the view, continue along the path up through woods before descending sharply down to the main trail. Turn L, as if going back to the car park, for a short distance before turning R and following the yellow waymarkers.

**2.** Follow this wide track up through trees for about half a mile. You will come to another great viewpoint overlooking Loch Ness and the massive rock buttress of Dun Deardail. From here, continue for a short distance and you will come to the small, picturesque Lochan Torr an Tuill. Past the lochan, the track meanders slowly downhill for half a mile before emerging at the side of the road through Gleann Liath. At this point, stay on the track-side of the road and head back into the woods

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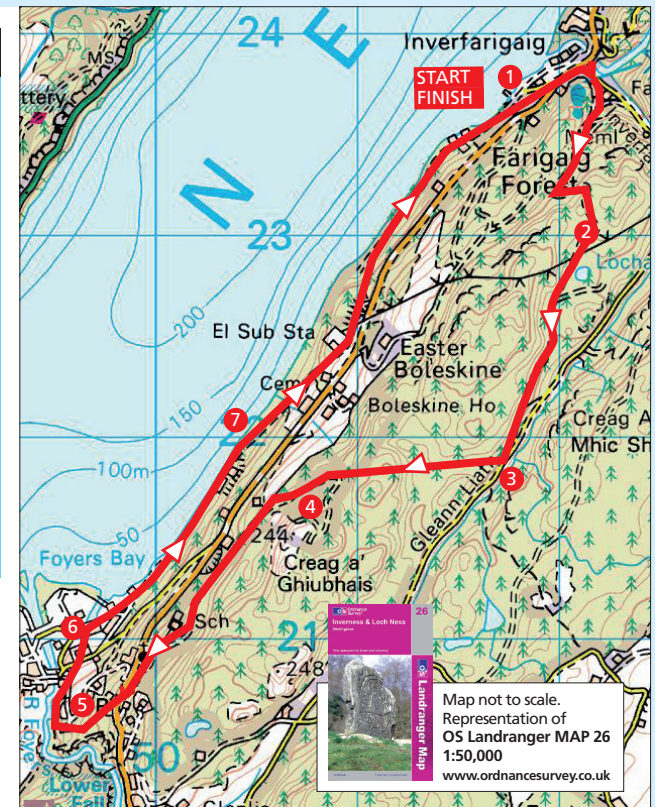
www.foyersbay.co.uk).  
**VISITOR INFORMATION:** Fort Augustus TIC (© 01320 366779, www.visitscotland.com).  
**GUIDEBOOKS:** *South Loch Ness* by the South Loch Ness Heritage Group (£3 plus p&p, www.southlochnessheritage.co.uk); *A Country Called Stratherrick* by Alan B Lawson (£9.99, South Loch Ness Heritage Group, ISBN 9780955318801). Both on sale at Waterfall Café, Foyers.  
**LOCAL RAMBLERS GROUP:** Inverness Ramblers (© 07821 936297, www.highlandramblers.org.uk/inverness).

on a much narrower and steeper path.

**3.** The path makes its way up through trees before emerging into a more open area. Shortly after the path splits, take a L and follow the red waymarkers. The path rises steeply through dense woods before emerging into heather and small trees. This is the highest point on this walk, with views of Loch Ness and the Monadhliath Mountains.

**4.** From here, the path descends steeply until you reach a forestry track. At this point, turn R and follow it down past a hydro service tunnel, until you pass the back of a primary school on your R and come out on to the road. Turn L here, at the SLNT waymarker, and walk a short distance uphill to the Waterfall Café and shop.

**5.** Directly opposite is the gated path down to the Falls of Foyers. There are two viewpoints. After your visit, climb back up to a junction in the path. Follow the one



signposted for Lower Foyers. It meanders along the edge of the gorge before emerging at the Foyers Bay Country House. There are some blue markers (not SLNT ones) for guidance.

**6.** From the entrance to the guest house, turn L and descend to the road. Here, turn L again, past the medical centre and down to where the road splits again. At this point you will see a large stone building: the old aluminium works. Follow the road past this and, immediately after the fish hatchery, look out for a blue waymarker (again, not an SLNT one). Turn R here and then, at the first bend, turn L and follow the track uphill to the road.

**7.** At the road, turn L for a short distance past Foyers Lodge.

Immediately after the lodge, take the path to the L, signed to Inverfarigaig, and descend through mixed woodland to a single-track road. Turn R here and walk up past the electrical substation. Just past here, turn L on to a path that descends gradually, almost to loch level, before emerging beyond a house on the R. (A short distance past the house, there is a small track down to the shore of the loch with a seat.) Back on the path – now a rough track – you pass a few more houses before coming out at Inverfarigaig Pier. From the pier, head up the tarred track to join the B852. At the road, turn L and then first R, signed to Errogie, to return to the car park.

Route devised by Graeme Ambrose of Destination Loch Ness (www.visitlochness.com)

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