



The West Highland Way

The West Highland Way was Scotland's first official long distance route. Originally conceived in the 1960s, it was completed in October 1980. The Way takes you from Milngavie to Fort William, a distance of 96 miles (154 km). The route leads you 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 to the Scottish Highlands. The Way follows ancient and historic routes of communication and makes use of Drove Roads, 18th Century Military Roads and Disused Railway Tracks.

The Way passes through a wide range of different terrains, ranging from lowland moors, through dense woodland and rolling hills, to high mountainous regions. This variety of environments provides habitats for a diverse range of wildlife species, both flora and fauna. Some species are more common than others and some are rarely seen.

The Way is a magnificent walk and gives you the opportunity to enjoy some of the best scenery and sights that Scotland has to offer. We hope you have a great and memorable walk and that our hand-picked accommodation adds to your experience on the Way.

PLEASE NOTE THAT THIS INFORMATION WAS CORRECT AT TIME OF PRINTING BUT MAY BE SUBJECT TO CHANGE.

Milngavie

Milngavie lies about 10 miles/16 km north west of Glasgow and is on the edge of its conurbation. Milngavie (pronounced "Mull-guy") has become best known as the start of the West Highland Way, the 96 mile/154 km Long Distance Route to Fort William. The history of Milngavie dates back to at least 1600, when there was a mill here in a village known at the time as 'Mullgay': Gaelic for 'David's Mill'. The town's early growth owed much to the textile industry, James Watt was experimenting with chlorine bleaching here by 1780s. Milngavie's more recent development has owed more to its proximity of Glasgow and its excellent transport links. It had a railway connection to Glasgow by 1871 and the city's trams reached out as far as Milngavie in 1924. The trams were only a relatively temporary feature and service ceased in 1956. Today, Milngavie is a thriving and bustling place. Stand in the main street for more than a few minutes and you will be approached by someone carrying a backpack, asking you to take a photograph of them as they stand next to the obelisk marking the official start of the Way!

ATM/Cash Point: RBS & Clydesdale (Closed on Saturday & Sunday)

Taxis: Ambassador Taxis: 0141 956 2956, Station Taxis: 0141 956 6111

Other Services: railway station, post office, police station national non-emergency number 101 (Overseas Clients call 0044 1786 289070).

Places To Eat:

Café Alba 0141 956 1163

Garvie & Co 0141 956 4111

Classic India 0141 956 6360

Fantoosh Nook 0141 956 6060

Andiamo 0141 956 7346

Beefeater West Highland Gate 0141 956 7835

Finsbay 0141 956 6016

There is a good selection of shops including: the bakers, pharmacies, cafes, newsagents, supermarkets & general Stores.

Police Station National Non-Emergency Number 101 (overseas clients call 0044 1786 289070).

Closest Medical Facility: The Queen Elizabeth University Hospital, 1345 Govan Road, Govan, Glasgow, G51 4TF. Telephone 0141 201 1100. <http://www.nhsggc.org.uk/patients-and-visitors/main-hospital-sites/queen-elizabeth-university-hospital-campus/the-queen-elizabeth-university-hospital-glasgow/queen-elizabeth-university-hospital> (7 miles, approximately 20 minutes by car).

Drymen

Drymen is a small village in the west of Scotland forming the gateway to East Loch Lomond. In the 1700's Drymen found itself on the route of the military road from Stirling to Dumbarton. The Clachan Inn, on a corner of The Square, dates back to this period and carries signs proclaiming that it was first licensed in 1734.

The area - steeped in history - is Clan Buchanan country. Rob Roy MacGregor was a 'local' and this is the area in which he carried out his famous (or infamous) exploits against the Duke of Montrose.

Glengoyne Distillery (between Milngavie and Drymen) - distillery experiences from 17th May 2021 onwards.

ATM/Cash Point: cash machine in Spar shop.

Taxi Companies: Billy Robb, Drymen Taxis, Drymen 01360 660077.

Other Services/Shops: Spar shop (sells rolls, drinks, etc), post office, chemist, butcher shop. The Drymen Deli & Bakery (coming soon)

Police Station national non-emergency number 101 (overseas clients call 0044 1786 289070).

Places To Eat:

Clachan Inn 01360 660824

Drymen Inn 01360 660123

Winnock Hotel 01360 660245

Buchanan Arms Hotel 01360 660588

Closest Medical Facility: Vale of Leven District General Hospital, Main Street, Alexandria, G83 0UA. Telephone 01389 754121. <http://www.nhsggc.org.uk/patients-and-visitors/main-hospital-sites/vale-of-leven/vale-of-leven-hospital> (10 miles, approximately 15 minutes by car).

Balmaha, Rowardennan & Loch Lomond

Balmaha:

The name Balmaha derives from the Gaelic Bealach Mo-Cha, 'the pass of Saint Mo-Cha'. The pass referred to is now named The Pass of Balmaha, a narrow route between hills at the north end of the village, carrying the road north along Loch Lomond. It is a picturesque village situated at the foot of Conic Hill and is popular with daytrippers and walkers alike.

Loch Lomond is the largest freshwater body of water in Britain, is over 23 miles/37 km long and 5 miles/8 km wide at its widest point. The Scottish Highlands and Lowlands are separated by the Highland Boundary Fault Line which traverses Loch Lomond itself. Loch Lomond's beauty has drawn visitors from all over the world. Famous writers such as Boswell, Johnson, Sir Walter Scott, William Wordsworth and John Keats have all visited its shores. The small village of Rowardennan nestles at the foot of Ben Lomond (3,193 feet/974 metres, Scotland's most southerly Munro).

ATM/Cash Point: Cash Machine in Balmaha Village Shop. 01360 870270

Taxi Companies: Closest service is Drymen Taxis, Drymen 01360 660077

Balmaha Facilities: village shop (sells maps, groceries, gifts etc), St Mocha coffee shop & ice cream parlour.

Place to Eat in Balmaha:

Oak Tree Inn 01360 870357

Public Telephone in Balmaha and Rowardennan (and in the Rowardennan Hotel).

Places to Eat in Rowardennan:

Rowardennan Hotel 01360 870273.

Rowardennan Youth Hostel 01360 870259 (closed until 27th May 2021)

Police Station national non-emergency number 101 (overseas clients call 0044 1786 289070).

Closest Medical Facility: Vale of Leven District General Hospital, Main Street, Alexandria, G83 0UA. Telephone 01389 754121. <http://www.nhsggc.org.uk/patients-and-visitors/main-hospital-sites/vale-of-leven/vale-of-leven-hospital> (approximately 13 miles, 25 minutes by car for Balmaha & 20 miles, approximately 40 minutes for Rowardennan).

Inversnaid & Inverarnan

Inversnaid:

The West Highland Way continues northwards from Rowardennan along the "bonnie banks" of Loch Lomond and through the tiny village Inversnaid. Just prior to Inversnaid you will pass the lovely Arklet Falls. The Inversnaid Hotel marks this stage and sits right on the banks of Loch Lomond.

Inverarnan:

The village of Inverarnan is situated at the south end of Glen Falloch and just beyond the northern point of Loch Lomond. It sits on the banks of the River Falloch which flows into Loch Lomond. The Most famous landmark at this stage is the 'Drovers Inn' one of the best known pubs in Scotland. The Drovers Inn was originally used by Highland Drovers who drove their cattle down the side of Loch Lomond to the markets. Beinglas takes its name from Ben Glas, Gaelic for Grey Mountain, down which the dramatic 'Grey Mare's Tail' waterfall thunders.

Inversnaid Facilities:

Inversnaid Hotel 01877 386223

Inversnaid Bunkhouse & Top Bunk Bistro 01877 386249

Taxi Companies:

Inversnaid: Buchanan Cabs (15 miles from Inversnaid) 01877 382666/285666

Inverarnan facilities:

Crianlarich Taxis in Crianlarich 01838 207211

Public Telephone: Beinglas Farm & Drovers Inn at Inverarnan.

Places to Eat in Inverarnan:

Drovers Inn 01301 704234.

Beinglas Farm 01301 704281 — shop, bar & restaurant.

Closest Medical Facility: Vale of Leven District General Hospital, Main Street, Alexandria, G83 0UA. Telephone 01389 754121. <http://www.nhsggc.org.uk/patients-and-visitors/main-hospital-sites/vale-of-leven/vale-of-leven-hospital> (33 miles, approximately 55 minutes by car for Inversnaid & 27 miles, approximately 40 minutes for Inverarnan).

Crianlarich

Crianlarich (Gaelic: A' Chrìon Làraich for "Low Pass") is a village in the Stirling district of Scotland about 6 miles/9.5 km north-east of the head of Loch Lomond. Crianlarich has been a major crossroads for north and westbound journeys in Scotland since mediaeval times. In the 1750's, two military roads met in the village and in the 19th Century it became a railway junction on what is now the West Highland Line. In the 20th Century it became the meeting point of the major A82 and A85 roads. It is a primary destination in Scotland and signposted from as far as Glasgow in the south, Perth in the east, Oban in the west and Fort William in the north. With a population of circa 200 the village calls itself "The Gateway to the Highlands." Crianlarich lies in the glen of Strathfillan at the north western extent of the Trossachs, lying in the shadow of several Munro peaks, notably Ben More, Stob Binnein and Cruach Ardrain.

ATM/Cash Point: Londis Crianlarich Licensed & General Store - accepts most UK & overseas debit & credit cards (Post Office times).

Taxi Companies: Crianlarich Taxis 01838 207211.

Other Services:

Post Office in Crianlarich Store 01838 300245 (see www.crianlarichstore.co.uk for opening times).

Railway Station & Tearoom. (closed on Sundays)

Crianlarich Police Station & national non-emergency number 101 (overseas clients call 0044 1786 289070).

Places to Eat:

Rod & Reel Pub 01838 300271

Ben More Lodge 01838 300210

Crianlarich Hotel 01838 300272

Closest Medical Facility: Vale of Leven District General Hospital, Main Street, Alexandria, G83 0UA. Telephone 01389 754121. <http://www.nhsggc.org.uk/patients-and-visitors/main-hospital-sites/vale-of-leven/vale-of-leven-hospital> (34 miles, approximately 50 minutes by car).

Tyndrum

Tyndrum, Taigh an Droma in Gaelic, translated as "the house on the ridge" lies in Strathfillan at the southern edge of Rannoch Moor. Overshadowed by Ben Lui, one of the Munros (Scottish mountains over 3000 feet/914.4 metres), the village has historic connections with both Robert the Bruce and Rob Roy MacGregor. In 1306 Bruce suffered one of his rare defeats at nearby Dal Righ, the King's Field. Local tradition tells of his retreating soldiers throwing their heavy weapons into Lochan nan Arm. The defeat came at the hands of his rivals the MacDougall's, during the battle, Alastair MacDougall ripped a brooch from Bruce as he made off and the Celtic "Brooch of Lorne" (pictured) is still in the possession of the MacDougall family today. Another Scottish hero, Rob Roy, had a close call escaping from the rear window of the old village inn while his pursuers were entering the front door. Tyndrum is a gold, silver & lead mining centre and the old mining cottages can be seen at 'Clifton' (the row of cottages over the A82 from the Green Welly Stop). Up on the hillside beyond Clifton the tailings of a former lead mine can be seen on Sron nan Colan hill. The current gold mine is a couple of miles/km to the south and west of Tyndrum at Cononish

ATM/Cash Point: ATMs (charges apply) at Green Welly Stop Filling Station.

Taxi Companies: Crianlarich Taxis on 01838 207211.

Other Services Include:

Brodies Mini Market (daily 0700—1800 hrs).

Post Office (Mon-Fri 0930-1330 hrs and Sat & Sun 0900 hrs—1200 hrs) 01838 400275.

Green Welly Stop & Outdoor Store: gifts, walking gear, food, newspapers & much more.

Green Welly Stop Filling Station—licensed and sells all sorts of handy items including batteries, mobile phone chargers. Also has showers available. 01838 400271.

www.thegreenwellystop.co.uk.

Police National Non-Emergency Number 101 (Overseas Clients call 0044 1786 289070).

Places to Eat:

The Real Food Café (no advanced bookings taken) 01838 400235

Green Welly Stop Restaurant 01301 702083

Tyndrum Inn 01838 400219

TJ's Diner 01838 400557

Closest Medical Facilities:

Lorn & Islands Hospital, Glengallan Road, Oban, PA34 4HH. Telephone 01631 567500. www.nhshighland.scot.nhs.uk/Services/Pages/LornIslandsDistrictGeneralHospital.aspx (37 miles, approximately 1 hour by car)

The Belford Hospital, Belford Road, Fort William, PH33 6BS. Telephone 01397 702481. <http://www.nhshighland.scot.nhs.uk/Services/Pages/BelfordHospital.aspx> (46 miles, approximately 1 hour & 5 minutes by car)

Vale of Leven District General Hospital, Main Street, Alexandria, G83 0UA. Telephone 01389 754121. <http://www.nhsggc.org.uk/patients-and-visitors/main-hospital-sites/vale-of-leven/vale-of-leven-hospital> (38 miles, approximately 55 minutes by car).

Bridge of Orchy & Inveroran

The story of Bridge of Orchy and the Inveroran area is a story of travel and of travellers. In the years after the 1715 and 1745 Jacobite uprisings the Government put a huge amount of effort into building roads and bridges over the length and breadth of the Highlands.

Until then drove routes had existed to move cattle to the lowland markets. However, most travel took place by sea and most significant settlements hugged coasts or major rivers. A bout of road building during the 18th Century was intended to provide a means of moving troops quickly around the interior to suppress rebellion. These were the military roads built by General Wade and later by Major Caulfield. They built some 1200 miles/1930 km of road and 700 bridges in the years from 1725 and 1767 and in doing so transformed the Highlands.

The old military road crosses the A82 at the crossroads in the centre of Bridge of Orchy, before descending past the hotel to the 1751 bridge over the River Orchy, also built by Major Caulfield. The bridge gave the village its name and from it the old road carries on round the western end of Loch Tulla to Forest Lodge. In doing so it passes the Inveroran Hotel which can trace its origins back even further than the bridge to 1708. Beyond Forest Lodge the old road is closed to motorised traffic as it carries on to Glen Coe though it now provides a path for walkers on the West Highland Way.

Bridge of Orchy Facilities:

Closest taxi service is Crianlarich Taxis, Crianlarich on 01838 207211

Other Services Include:

Railway station

Public telephone outside and inside of the Bridge of Orchy Hotel.

Places to Eat: Bridge of Orchy Hotel 01838 400208 (advance booking for meals essential).

Inveroran:

Crianlarich Taxis in Crianlarich 01838 207211, Glencoe Taxis 01855 811764, Levenside Taxi 07786 863230, West Highland Taxis 01855 831495.

Places to Eat in Inveroran: Inveroran Hotel 01838 400220, bar food & coffee shop

Closest Medical Facilities:

Lorn & Islands Hospital, Glengallan Road, Oban, PA34 4HH. Telephone 01631 567500. www.nhshighland.scot.nhs.uk/Services/Pages/LornIslandsDistrictGeneralHospital.aspx (38 miles, approximately 1 hour & 5 minutes by car)

The Belford Hospital, Belford Road, Fort William, PH33 6BS. Telephone 01397 702481. <http://www.nhshighland.scot.nhs.uk/Services/Pages/BelfordHospital.aspx> (40 miles, approximately 55 minutes by car)

Vale of Leven District General Hospital, Main Street, Alexandria, G83 0UA. Telephone 01389 754121. <http://www.nhsggc.org.uk/patients-and-visitors/main-hospital-sites/vale-of-leven/vale-of-leven-hospital> 45 miles, approximately 1 hour by car)

Kingshouse Hotel

Built in the 17th Century, the Kingshouse Hotel was completely renovated in 2018/2019 and all but a small part of the original building remains. It is believed to be one of Scotland's oldest licensed inns. The building was used after the Battle of Culloden (16th April 1746) as a barracks for troops of George III, hence the name Kings House. Nearby is Glencoe (Gleann Comhann in Gaelic) one of the most spectacular places in Scotland. With a wild and haunting beauty Glencoe is often said to mean 'Glen of Weeping' perhaps with some reference to the infamous Massacre of Glencoe which took place there in 1692. However, 'Gleann Comhann' does not translate as 'Glen of Weeping' rather the Glen is named after the River Coe which runs through it, and bore this name long prior to the 1692 incident.

Taxi Companies:

Glencoe Taxis 01855 811764 or 07793 258335.

Levenside Taxi 07786 863230.

West Highland Taxis 01855 831495.

Places to Eat at Kingshouse:

Kingshouse Hotel & Way Inn 01855 851259. (advance booking for restaurant and bar essential—book on-line but no bookings taken for the Way Inn bunkhouse bar).

Glencoe Mountain Resort Café Bar 01855 851226

Places to Eat in Glencoe:

Glencoe Inn 01855 811245

Laroch Restaurant 01855 811940

Clachaig Inn 01855 811252 (requires a taxi if staying in Glencoe Village)

Closest Medical Facility:

The Belford Hospital, Belford Road, Fort William, PH33 6BS. Telephone 01397 702481.

<http://www.nhshighland.scot.nhs.uk/Services/Pages/BelfordHospital.aspx> (28 miles, approximately 45 minutes by car)

Kinlochleven

Kinlochleven has a population of just over 1000. It is located at the head of Loch Leven and developed in the 1900's when the North British Aluminium Company built a hydro scheme and smelter in the area. As the smelter developed, so the population grew. At its peak the smelter employed over 800 people. The smelter closed in June 2000 but a sense of community continues. Now the growing popularity of the West Highland Way brings a steady stream of visitors to the village. Loch Leven is one of the most attractive lochs in Scotland and the village is frequented by climbers heading the for nearby Mamores.

ATM/Cash Point:

In Post Office at the Aluminium Store 01855 831021

Co-op Food Store. Co-op offers cash-back if purchase made with debit card.

Taxi Companies:

Glencoe Taxis 01855 811764 or 07793 258335.

Levenside Taxi 07786 863230.

West Highland Taxis 01855 831495.

Other Services Include:

Shop

Newsagent

Post Office in the Aluminium Store.

Police Station national non-emergency number 101 (overseas clients call 0044 1786 289070).

Places to Eat:

The Highland Getaway 01855 831506/258.

MacDonald Hotel & Bothy Bar 01855 831539.

Tailrace Inn 01855 831777.

Riverside Chippy Fish & Chip Takeaway 01855 831349. (hours/days subject to change — Tuesday to Saturday at present).

Closest Medical Facility:

The Belford Hospital, Belford Road, Fort William, PH33 6BS. Telephone 01397 702481.

<http://www.nhshighland.scot.nhs.uk/Services/Pages/BelfordHospital.aspx> (22 miles, approximately 40 minutes by car)

Fort William

Fort William sits on Loch Linnhe with the majestic Ben Nevis, at 4409 feet/1344 metres, UK's highest mountain, as its backdrop. The town takes its name from the fort that William Prince of Orange built in 1690. Fort William was successfully held by government troops during the Jacobite uprisings of 1715 and 1745. However, the surrounding area saw great turmoil. Today such a bloody past is difficult to imagine and the town is the main centre for visitors to Lochaber and the Western Highlands.

Ben Nevis (Gaelic: Beinn Nibheis)

The highest mountain in the United Kingdom, located at the western end of the Grampian Mountains in the Lochaber area of Scotland, close to the coastal town of Fort William. Known simply as "The Ben" to many walkers and climbers, it attracts an estimated 100,000 visitors a year, around three-quarters of whom use the well-constructed track from the Glen Nevis Youth Hostel. For climbers the main attraction lies in attaining the summit by the Carn Mòr Dearg Arête. The summit at 4409 feet/1344 metres above sea level, features the ruins of an observatory which was permanently staffed between 1883 and 1904. The scenic West Highland Railway runs from Fort William to Mallaig. Just north of Fort William lies the original medieval Inverlochy Castle. A little further north still you will pass Neptune's Staircase, the flight of eight locks near the southern end of the Caledonian Canal on the Great Glen Way.

ATM/Cash Point:

Many banks & supermarkets with ATM/Cash Points.

Taxi Companies:

Mhor Cabs 07479 266932

Lochaber Taxis 01397 706070 or 01397 703334

Speeders Cabs 01397 704000

Other Services include:

VisitScotland Fort William iCentre 01397 701801.

Ben Nevis Visitor Centre 01397 705922 or 01397 781401.

Good selection of shops, chemists, newsagents, baker, post office, general stores.

Morrisons & Tesco Superstores, McDonalds, public toilets, public telephones.

Police Station national non-emergency number 101 (overseas clients call 0044 1786 289070).

Car Hire: Easydrive. 01397 701616. www.easydrivescotland.co.uk.

Places to Eat: a good range including:

Grog & Gruel 01397 705078. The Geographer 01397 705011. Garrison West 01397

701873. Nevis Bank Inn & Browns Restaurant 01397 705721. Tavern 01397 703600.

The Ben Nevis Inn 01397 701227 at the foot of Ben Nevis. Crannog Seafood

Restaurant on waterfront 01397 705589 (reopening mid-May 2021)

There are many takeaways in Fort William as well.

Closest Medical Facility:

The Belford Hospital, Belford Road, Fort William, PH33 6BS. Telephone 01397 702481.

<http://www.nhshighland.scot.nhs.uk/Services/Pages/BelfordHospital.aspx>

Transport & General Information

Transport & General Information

Abellio but known as Scotrail: Fort William to Glasgow & Glasgow to Milngavie

Contact Details: www.scotrail.co.uk. Tel: 0344 811 0141 or www.travelinescotland.com.

Bus Fort William to Glasgow. Daily from 13th July 2020 (temporary timetables). See www.citylink.co.uk

Departs Fort William	0910	1110	1415	1910
Glasgow Anniesland Cross	1203	—	—	2202
Glasgow Airport	—	1404	1709	—
Glasgow Buchanan Street	1221	1426	1734	2216

Website: www.citylink.co.uk. Tel: 0871 266 3333. Time for journey from Fort William to Glasgow is approximately 3 hours. Cost of a single fare is £26.40 (discounts for advance booking may be available and also over 60 with a bus pass).

If you have left your car at Milngavie at the start of your walk we suggest you get off the bus at Anniesland cross and take a train or taxi to Milngavie to collect your vehicle rather than going into Glasgow City Centre just to come back out again.

BUSES: GLASGOW TO MILNGAVIE - SOUTH EAST & CENTRAL SCOTLAND. Tel: 0345 646 0707.

See www.firstgroup.com or www.travelinescotland.com

BUS TIMES: GLASGOW TO DRYMEN – SOUTH EAST & CENTRAL SCOTLAND. Tel: 0345 646 0707

See www.firstgroup.com or www.travelinescotland.com

Transport & General Information

National Rail Enquiries	03457 484950	www.nationalrail.co.uk
ScotRail	0344 811 0141	www.scotrail.co.uk
Caledonian Sleeper	0330 060 0500	www.sleeper.scot
Citylink Bus/Coach Service	0871 266 3333	www.citylink.co.uk
Citylink General Enquiries	0141-352-4444	
Traveline – Scotland	0871 200 2233	www.travelinescotland.com
Strathclyde Passenger Transport	0141 332 6811	www.spt.co.uk
Glasgow Airport	0344 481 5555	www.glasgowairport.com
Glasgow/Glasgow Airport Bus		www.glasgowairport.com/to-and-from/bus
Edinburgh Airport	0844 448 8833	www.edinburghairport.com
Edinburgh Trams		www.edinburghtrams.com
Tourist Information – Visit Scotland		www.visitscotland.com
Post Office	0345 611 2970	www.postoffice.co.uk
BBC Weather		www.bbc.co.uk/weather
Met Office	Weather Forecast	www.metoffice.gov.uk

Emergency Telephone. For Police, Ambulance or Fire & Rescue Services call 999 (free from call boxes). For Non-Emergency calls to the Police Call 101. (Overseas Clients call 0044 1786 289070).