

# walkwild Scotland



Walking Holidays in Scotland's Secret Places

[www.walkwild.org](http://www.walkwild.org)

tel +44 (0)1360 870476

[office@walkwild.org](mailto:office@walkwild.org)

## The Southern Highlands

### Walking Holiday for Women

in Loch Lomond & Trossachs National Park

#### Dates 2020:

- 31. May (women only)
- 06. September (women only)

Price: £1085, single supp £225

#### What's included:

- 6 Guided Walking Days
- 5 Nights Bed & Breakfast
- 6 x Picnic Lunch
- 3 Boat Trips
- Minibus Travel from Glasgow

Start: Glasgow Central Station, 11:15 h/ Glasgow Airport 11:30 h

Return: Glasgow Airport 5pm/ Glasgow Central Station 5:15pm

#### Booking:

**email:** [office@walkwild.org](mailto:office@walkwild.org)

**online:** <https://www.walkwild.org/Book-Your-Holiday.php>

# Trip Summary

## Embracing Diverse Landscapes

This hiking trip in Scotland's first National Park embraces diverse landscapes of Scottish scenic splendour: the queen of all Scottish lakes, romantic Loch Lomond with its many forested little islands is surrounded by the beacon of its namesake mountain Ben Lomond and the peaks of the Arrochar Alps, lush forests, green valleys and the fjord - like sea lochs of Argyll.

**Beautiful views, waterfalls, mysterious ruins**, wild roaming goats and deer accompany you on your journey; refreshing streams and lovely beaches may entice you for a dip and, because water is so much part of the scenery, we include a boat ride or two along the way, some island exploration, a sailing on a Victorian steamer and a scenic cycle ride along the shore of Loch Katrine.

**Ideal for walking at an easy level** these versatile terrains provide an excellent introduction to walking in Scotland and the Scottish Highlands.

**Sightseeing most days en route** to the starting points of your walks will give you a sense of the surrounding area without spending much of your time on a bus.

Your Accommodation - local hospitality at its best

During your holiday you are based in the tiny hamlet of Balmaha on the picturesque eastern shore of Loch Lomond.

**Your Guesthouse** is Bay Cottage where Liz Bates looks after all her guests with the most warm hearted hospitality you can imagine.

## Your walking group - small is beautiful

Our groups are of a personable size of no more than 8 and accompanied by an experienced and knowledgeable guide to make your time with us as interesting and enjoyable as possible..

## Your walking day - taking it easy

Generally, a day includes 4 - 5 hours walking, a relaxing lunch break and delicious picnic and, occasionally, we will celebrate our walking day in one of the old Scottish pubs we will be passing on the way home.

## Evening Meals

Across from your guesthouse in Balmaha you find the cosy Oak Tree Inn for delicious food, local ale and maybe you like to try a 'wee dram' of whisky, too!

Scottish Wildlife, History & Nature

On the way, you can find out as much as you would like about wild goats with spectacular horns, how the Vikings carried their boats over mountains, stories of local clans and their warfare or the history behind the coppiced oak forests along the shores of Loch Lomond and the people who lived here not so long ago.

### **What you need**

Please bring walking boots or sturdy footwear with good profiled soles, a day rucksack, clothing for sun and rain including a waterproof jacket, a hat, a spare light pullover (fleece), as well as a container for drinking water and a foam mat to sit on during breaks. Please take a look at the kit list we sent you.

### **Level of fitness**

This holiday is designed for people with a good basic level of fitness and mobility. But please note that paths may be muddy and are, at times, rough. You should be sure footed and be prepared to hike on uneven terrain with occasional elevations up to 280m per day.

## Your Itinerary

### **Day 1 - From Glasgow to the Foothills of Ben Lomond**

We meet in Glasgow City from 11:15 hrs.

Following our arrival at Balmaha around 1 pm and a brief stop with picnic lunch we explore the gentle hillside at the foot of the lake's big mountain, Ben Lomond (974m) and the remains of an ancient settlement, Ardess, which reveals traces of a remarkably industrious and industrial past. Back towards Balmaha we join Scotland's most famous long distance trail, the West Highland Way.

A super introduction to Highland landscapes and not too taxing for a first day's hike.

*(B/L) Dinner at the Oak Tree Inn, Balmaha*

**3 hrs walk, 5 km + 2 km, undulating, 60m alt**

### **Day 2 - Waterfalls, Wild Goats and Kilts in Glen Falloch**

This delightful and gentle walk along an old cattle drovers' path takes us past the great Ben Glass waterfall to the rugged hills of Loch Lomond's northern end. Wild goats are roaming these lovely forests of birch -, oak - and hazel trees and ruins of old settlements point to a lively history of the area. There are grand views, particularly when Loch Lomond appears like a discovery. Once at the shore of the loch we signal the ferryman who is to rescue us back to civilization. You benefit from a drive along the complete length of Loch Lomond's western shore and you have the opportunity to enjoy a pint or a wee dram in one of Scotland's oldest and most popular pubs, the Drovers' Inn. Here the sight of a Highlander dressed in a kilt is guaranteed!

We turn in for our evening meal and maybe sample some traditional Haggis!

*(B/L) Dinner at the Oak Tree Inn, Balmaha*

**Walking 4 hrs walk, 8 km, undulating**

### **Day 3 - Primrose Hill in the Trossachs & Loch Katrin's shores**

We hike a superb trail high in the woods on the north side of this lake made famous by Walter Scott in his ballad 'Lady of the Lake' enjoying beautiful views across the water as far as the Arrochar Alps beyond Loch Katrine.

*(B/L) Dinner at the Oak Tree Inn, Balmaha*

**Drive 40 mins each way, 4 hrs walk, 11 km, 300m ascent**

#### **Day 4 - The Arrochar Alps - Craggy Peaks and Glaciated Valleys**

Highland scenery at its best: we drive along the high road and the bonny banks of this largest of freshwater stretches in Britain enjoying wide views across to the grandiose heights of Ben Lomond, the most southerly of the 'Munros'.

Straight from the sea rise the bizarre and domineering formations of the Arrochar Alps to the west of Loch Lomond. Unconquerable as they seem it is a delight on relatively good paths to hike amongst this mass of rock and experience a whole array of different landscapes with spectacular views across the wide estuary of the Clyde and wild mountains to the west.

In the afternoon, a visit to the picturesque small Highland town Inveraray introduces you to some Scottish history and Clan politics.

To offer you a true Scottish dining experience we stop at the famous Loch Fyne Oyster Bar for dinner on the way back to Balmaha.

*(B/L) Dinner at Loch Fyne Oyster Bar, Cairndow*

**4 - 5 hrs walk, 6 km, 250m**

#### **Day 5 - The Trossachs and Loch Katrine**

The lush and dense Trossachs forests, dotted with picturesque lakes, were the home of Scotland's famous Rob Roy who roamed the area to rob from the rich and provide for the poor. Loch Katrine, the biggest of the Trossachs lakes, is set amidst rugged hills and features as the romantic backdrop in Walter Scott's 19th century legends and poems.

The day begins with a drive through this beautiful area to Loch Katrine where you board the 19th century steamship "Sir Walter Scott". Following the 45 minutes sailing to the northern end of the lake is a brief journey to Loch Lomond. After lunch we spend the afternoon walking along the shore enjoying magnificent views across the water to the peaks of the southern Highland mountains.

*(B/L) Dinner at the Oak Tree Inn, Balmaha*

**4 hrs walk, 8 km, undulating**

#### **Day 6 - West Highland Way & Inchcailloch Island**

This is a wonderfully relaxing and varied hike. A gentle elevation with ever changing views over the hills and the wide, expansive landscapes changing from the Lowlands to the Highlands. The peak of Conic Hill marks a spectacular geological fault line and offers panoramic views as far as the coast, the Isle of Arran and the Highland mountains. After picnic lunch we take a short boat ride from Balmaha across to the romantic island of Inchcailloch where we walk its magic woods and come across ancient history of local clans and hermit saints - and great views over the loch.

**Walking 3 hrs walk, 6km, 321 m alt + 1 hr walk, 2km, 87m alt**

*(B/L) Departure and transfer to Glasgow Airport/ Train Station for 17.00 hrs*

**Please note that this programme may be changed according to weather conditions and group ability. Safety considerations are paramount.**