

WALKS in GLEN NEVIS



A selection of low-level walks in Glen Nevis

Welcome to one of the most beautiful glens in Scotland - Glen Nevis.

The magnificent views and the unspoilt beauty will make your trip worthwhile. You will be able to enjoy a variety of stunning scenery with its mountains, valleys, gorge, river and waterfalls. It has many interesting features of historical and geological importance and a varied plant and animal community.

This glen, sculpted by glaciers, has a long history of people's presence, from prehistoric folk, clan battles, the Victorians who built the weather observatory, to the people who work and visit today. As you explore this beautiful area, possibly following one of the suggested walks overleaf, please make sure you are well prepared for all types of weather. It is often very changeable and you may encounter all the seasons in one day!

Useful Equipment:

Waterproof Jacket & Trousers
Walking Boots
Food & Drinks
Warm Clothing
Sun cream
Hat & Gloves

Map Ordnance Survey Leisure Map No 38
"Ben Nevis & Glencoe" or
Ordnance Survey Landranger Map No 41
"Ben Nevis, Fort William & Surrounding area"
Compass

THE NEVIS CODE

As well as being a beautiful, wild area that people enjoy using for recreation, Glen Nevis is also a living and working environment. To protect the area and cause as little disturbance as possible please behave responsibly and follow these guidelines.

- Take your litter with you.
- Keep your dog under close control.
- Leave all gates as you find them.
- Do not damage the landscape by cutting firewood, cairn building or by disturbing historic places.
- Do not light fires.
- Do not disturb wild birds, animals and plants.
- Do not pollute the watercourses.
- Drive slowly and considerately, especially on the single-track road.
- Park responsibly, do not park in passing places and bear in mind the need to maintain access to homes and crofts in the areas visited.

Public toilet facilities are available at the Glen Nevis Visitor Centre, please use them before you leave as there are no other public facilities in the glen.



FOR MORE INFORMATION CONTACT
Glen Nevis Visitor Centre
Glen Nevis
Fort William
PH33 6PF

Telephone 01397 705922 e-mail glen.nevis@highland.gov.uk www.highland.gov.uk



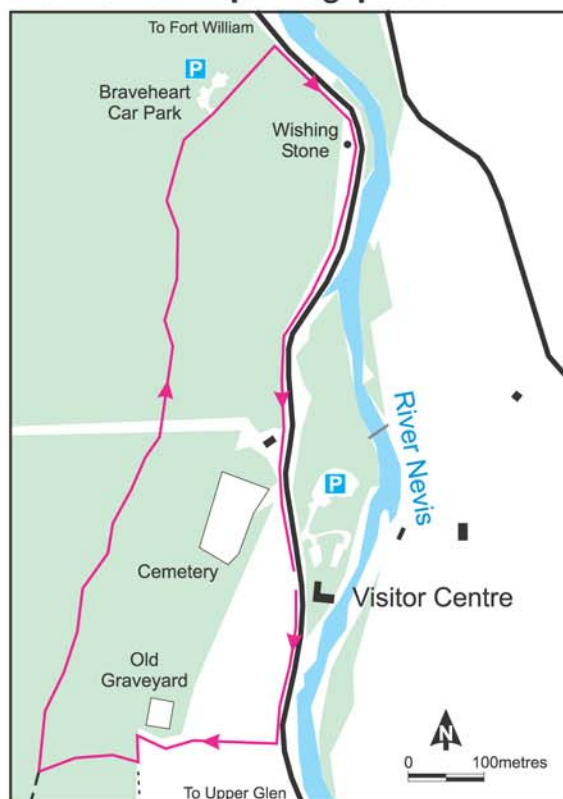
1 WISHING STONE WALK

2.5KM, ALLOW 1 HOUR

This short walk has an easy gradient and gives you the opportunity to enjoy views of the surrounding glen. It passes the old Nevis graveyard underneath mature beeches before entering a forest of spruce and pine. On your return along the road you will pass "The Wishing Stone". This stone has many stories and legends attributed to it and has been called Samuel's Stone (Clach MicShomhairle) and the Counsel Stone (Clach Chomhairle). It is thought that this stone would answer questions asked by elders who consulted it at certain times of the year when it supposedly revolved. Nowadays, people hop around it three times and make a wish, why don't you have a try!

ROUTE: Turn left on leaving the visitor centre car park. Cross the road and walk to the end of the field. Turn onto the path signposted "West Highland Way".

Continue up this path. Pass the old graveyard on the right and carry on into the forest until you reach the forestry road. Turn right and then continue on past the "Braveheart" car park until you meet the Glen Nevis road. Turn right and continue along the pavement which will take you past the wishing stone and return you to the visitor centre.



2 DUN DEARDAIL WALK

9KM, ALLOW 3 TO 4 HOURS

This walk follows a forest road up to a height of 340m where you will arrive at the ruins of an iron-age fort, Dun Deardail. It is believed to have been built during the 7th century BC and its stone ramparts have been vitrified. This means the walls were fired which fused the inner stones together. The remains are now mainly grassed over, occasionally you will still find signs of the vitrification which leaves the stones with a glassy surface. As you stand on top of this site you are met with dramatic views of Meall an t-Suidhe, Ben Nevis, Sgurr a'Mhaim and Stob Ban. As you gaze down into the glen below try to imagine what life must have been like for the people who built this fort. The glen would have been surrounded with forests of pine, oak and birch, and in these woods, wild boar, wolves and bears would have roamed.



ROUTE: Turn left on leaving the visitor centre car park. Cross the road and walk to the end of the field. Turn onto the path signposted "West Highland Way" and continue until you meet the forest road. Turn left and continue until fork in the road, take the upper road and continue for approx. 3km to a stile. After crossing, follow the path to the left which brings you to a grassy mound - the site of the old fort.



3 GLEN NEVIS FOREST AND RIVER WALK

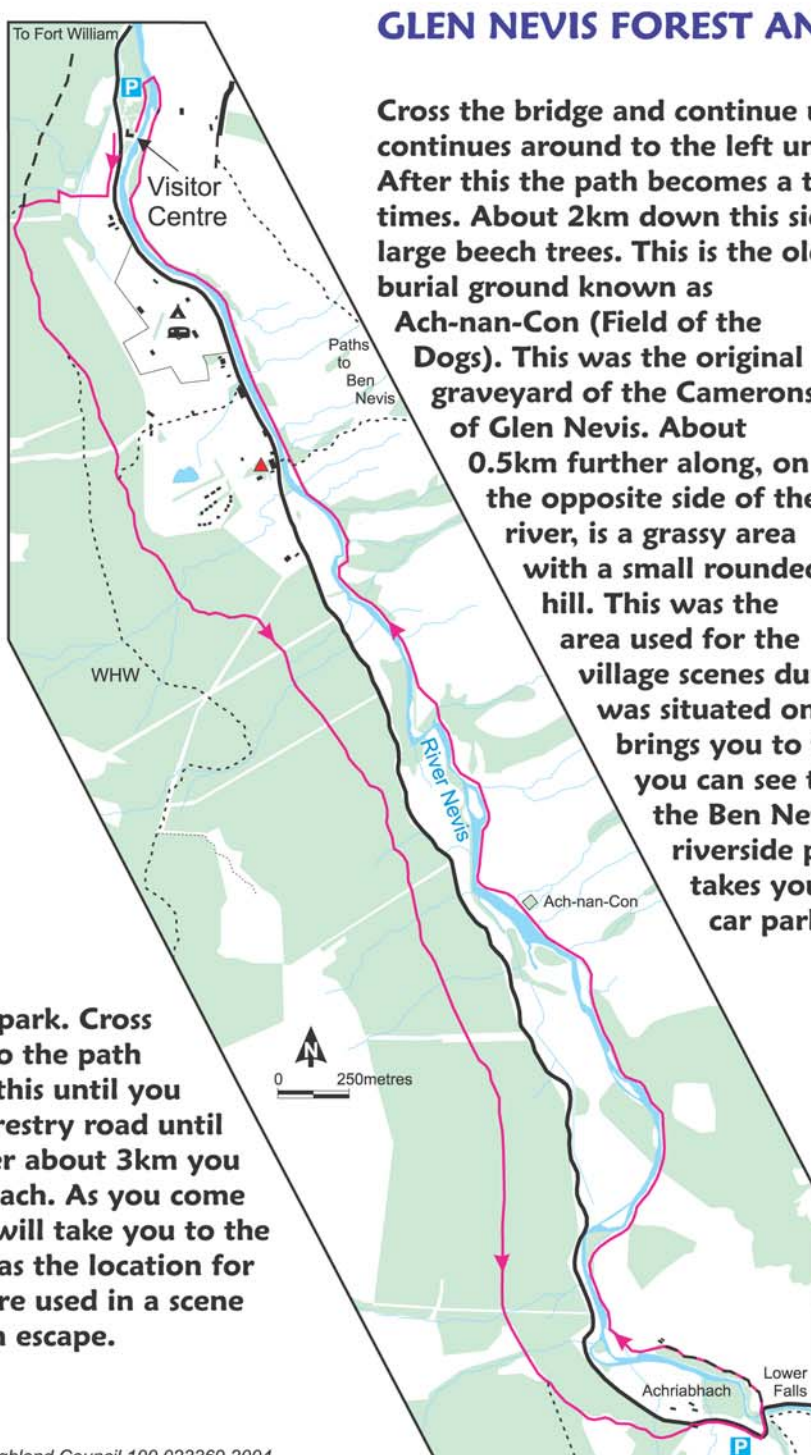
12 KM, ALLOW 4 TO 5 HOURS

This enjoyable walk through spruce and pine forest returns to the visitor centre following the riverbank. Although this is a low level walk it will take several hours to complete so please take waterproofs, food and drinks with you.



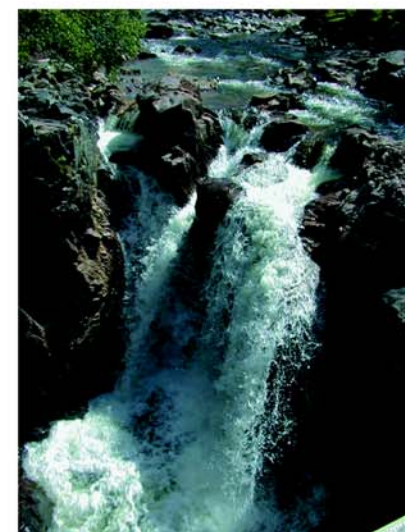
ROUTE: Turn left on leaving the visitor centre car park. Cross the road and walk to the end of the field. Turn onto the path signposted “West Highland Way” and continue on this until you meet the forestry road. Turn left and follow the forestry road until the fork and then continue on the lower road. After about 3km you will come to the end of the forest road at Achriabhach. As you come onto the Glen Nevis road again turn right and this will take you to the bridge over the lower falls. The area to the right was the location for the village in the Rob Roy film. The Lower Falls were used in a scene at the end of the film where Rob Roy attempted an escape.

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GLEN NEVIS FOREST AND RIVER WALK continued

Cross the bridge and continue up towards the sheep fank the path continues around to the left until you come to the stone cottages. After this the path becomes a trodden route which can be very wet at times. About 2km down this side of the river is an area sheltered by large beech trees. This is the old burial ground known as **Ach-nan-Con (Field of the Dogs)**. This was the original graveyard of the Camerons of Glen Nevis. About 0.5km further along, on the opposite side of the river, is a grassy area with a small rounded hill. This was the area used for the village scenes during the filming of Braveheart; the fort was situated on top of the hillock. Another 1.5km brings you to the bridge at the Youth Hostel where you can see the path going steeply up the hill to join the Ben Nevis footpath. Continue along the riverside path until you come to the bridge that takes you across the river to the visitor centre car park.



4 GLEN NEVIS RIVERSIDE FOOTPATH

4,5KM, ALLOW 1.5 HOURS

Enjoy a lovely riverside walk among the alders, listening to the rippling waters of the Nevis. On occasions the river may be a torrent, this is because a heavy downpour can cause sudden dramatic rises in its water level. The solitary, hunched grey heron can often be seen peering into its depths as can the bobbing and diving actions of the dipper as it searches for prey. Other visitors to the river include the sandpiper, grey and pied wagtails. Brown trout and salmon live in the river and otters use it regularly but are seldom seen.

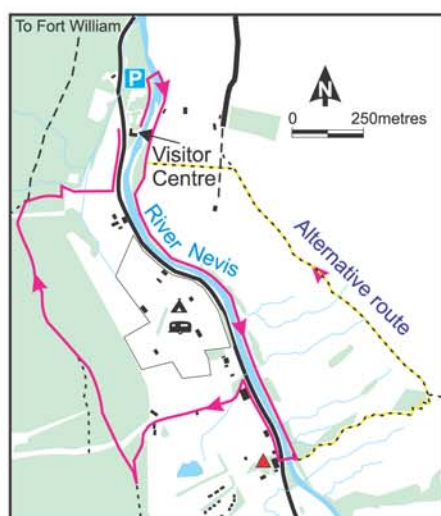
ROUTE: From the visitor centre, cross the river using the bridge at the far end of the car park. Follow the river upstream. In the distance is the mountain Sgurr a'Mhaim, it's distinctive summit slopes of white scree can look like snow which often leads people to mistake it for Ben Nevis. When you reach the bridge at the Youth Hostel you can choose which route you would prefer to return by.



Cross over and then continue along the pavement to your right until you reach the Glen Nevis Restaurant. Then follow the road up to the left until you meet with the forestry road which is behind the wooden houses. Follow the forestry road to the right until you meet the junction for the peat track. Take the path to your right down through the wood, to meet with the road. The visitor centre is across the road to your left.

ALTERNATIVE ROUTE

You could cross the stile and continue uphill following the steep path to meet the Ben Nevis footpath. At this point turn left and follow it back towards the visitor centre.



5 NEVIS GORGE AND STEALL FALLS

4.5KM, ALLOW 1.5 HOURS

Following this walk offers you some spectacular scenery. Take time to view the amazing waterslide on the hillside overlooking the car park. It careers for more than 350m down slabs of the inner Ben Nevis granite. If you decide to walk up its side, please take care as fatal accidents have occurred here before. The path starts from the car park at the very end of the Glen Nevis road. During peak periods parking here can be limited so an alternative would be to park in the Lower Falls car park and walk the additional mile to the Upper car park.

ROUTE: From the visitor centre car park turn left and follow the road for approx. 5.5km where the road crosses the Lower Falls. Continue on the single track road to the end where you will find a small parking area. At the far end of the car park you will find the start of the Gorge path. The track guides you through a beautiful, natural wood of birch, hazel, oak, willow, and Scot's pine. The path is narrow and steep-sided in places and over-hung by cliffs. At first the churning river can only be heard but further on you will see the deep, hollowed out pools where the riverbed has been eroded away. The path then opens out into the meadow and you are greeted by breathtaking views of the waterfall An Steall (the spout). A wire bridge allows you to cross the river if you wish. This path continues all the way through to Corroul Station, but for those who aren't planning this long trek, a walk to the ruins is worthwhile. Sometimes golden eagles can be seen in this area flying high above the crags. Return to the car park by the same route.

