

Trekking in Scotland

A hiker with a backpack is walking away from the camera on a dirt path through lush green ferns. In the background, there is a large blue lake surrounded by rolling green hills and mountains under a cloudy sky. The hiker is wearing a light blue shirt, dark pants, and a blue cap.

By Sheri Goodwin of Transformational Journeys

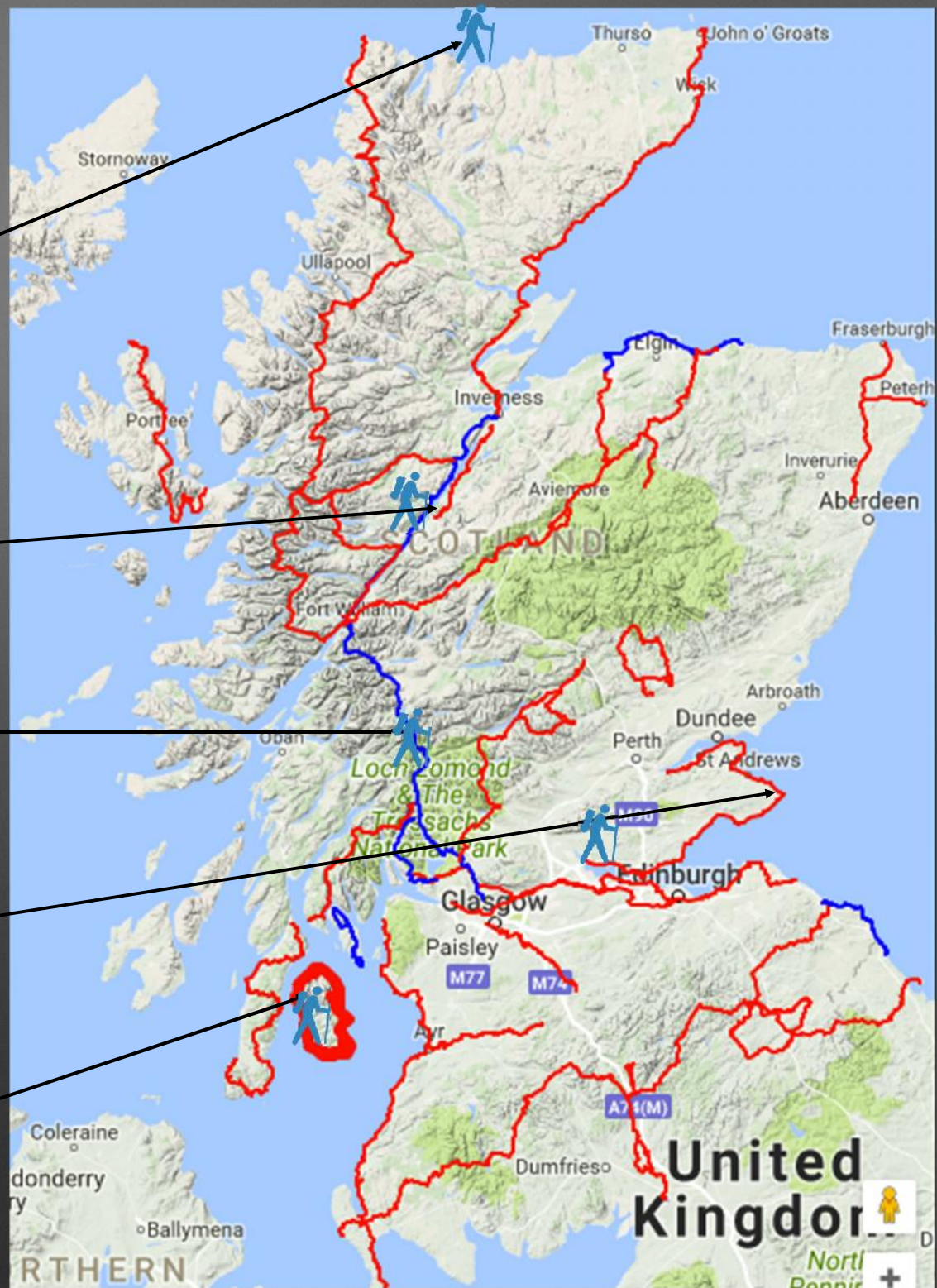
Outline of Presentation

- Various long distance trails of Scotland + Logistics
- West Highland Way: 96 miles, 7-10 days
- Great Glen Way: 79 miles, 6-8 days
- Arran Coastal Way: 67 miles, 7 days
- Fife Coastal Path: 114 miles, 8-9 days
- Day hikes of the Orkney Isles
- 3 Ways to Thrive!

32 Distance Trails of Scotland

walkhighlands.co.uk

- Orkney Isles
- Great Glen Way
(Fort William to Inverness)
- West Highland Way
(Milngavie to Fort William)
- Fife Coastal Path
(Kincardine to Newburgh)
- Arran Coastal Route
(Brodick to Brodick)



Trail Signs



- Not all trails are marked well or at all, research your trek don't wing it!
- GPS Tracks or UK Maps App
- Print each day's stage and the sections of each stage (written directions of your trek via Walk Highlands website)
- Purchase books & maps for your trek, bring a compass



Examples of Accommodations



Bothy



Camping



Hostel



B&B



Hotel



Scottish Pub
of the Year...
1705
www.thedroversinn.co.uk



Traditional Scottish Meals



Modern Scottish Meals



Lunch!





platypus

BIG ZIP LF
2.0L | 70 OZ.

platypus

Nalgene

drinking
UP

Common trail challenges

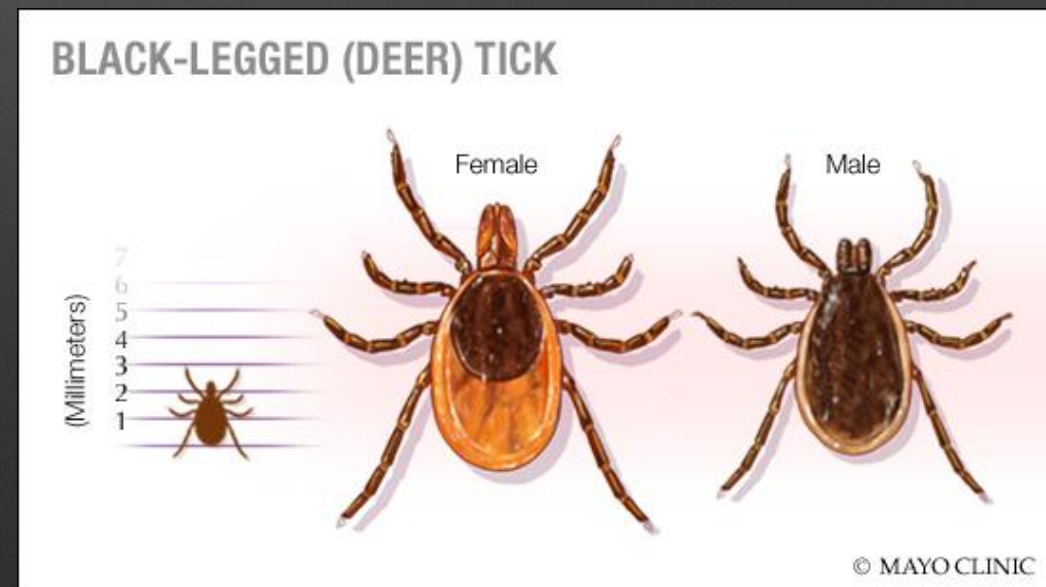


Midges and Ticks!



- Midges don't like...
 - Sun
 - Wind
 - Rain

- Protect yourself from ticks...
 - Cover your skin
 - Tick check after hiking
 - Bring a tick kit



Weather Apps

Met Office Weather Forecast



Lightening Alarm
by Weatherplaza



West Highland Way - 96 Mile Trek



- Scotland's 1st & most popular Trek - opened in 1980
- Milngavie - Fort William

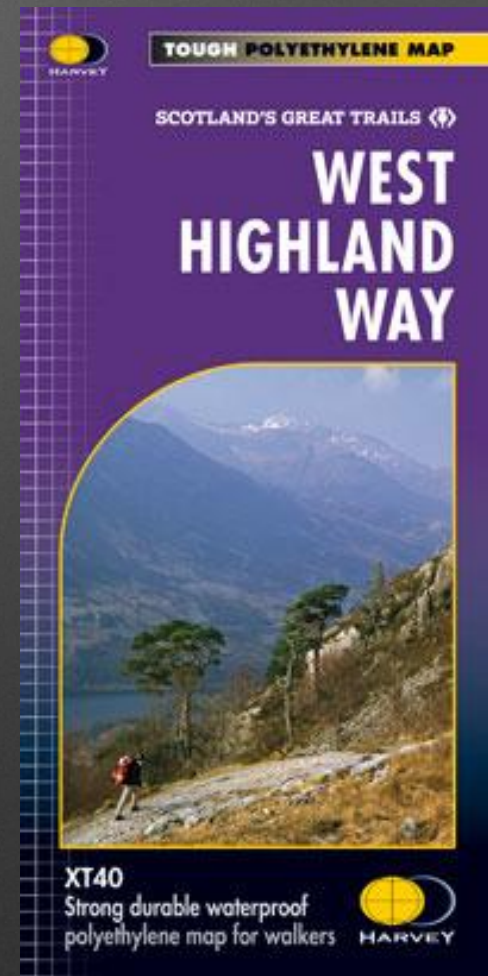
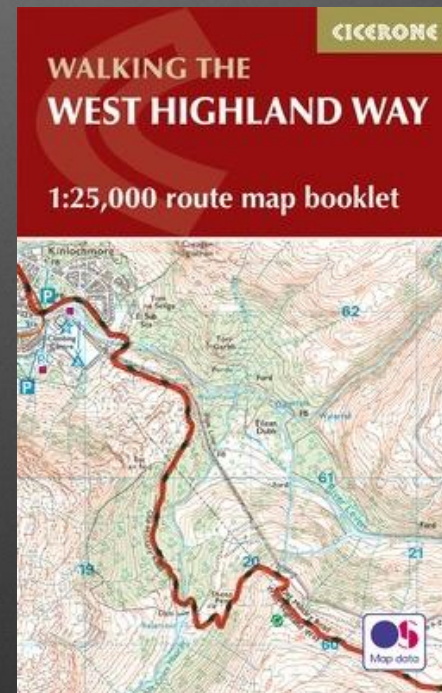
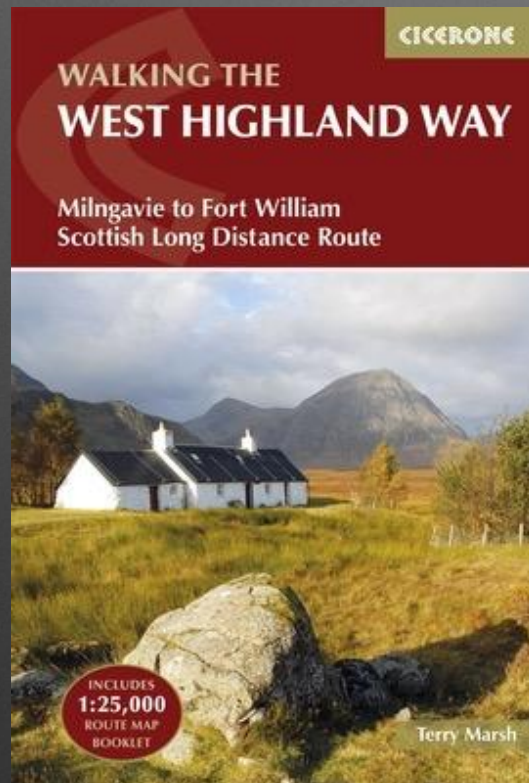
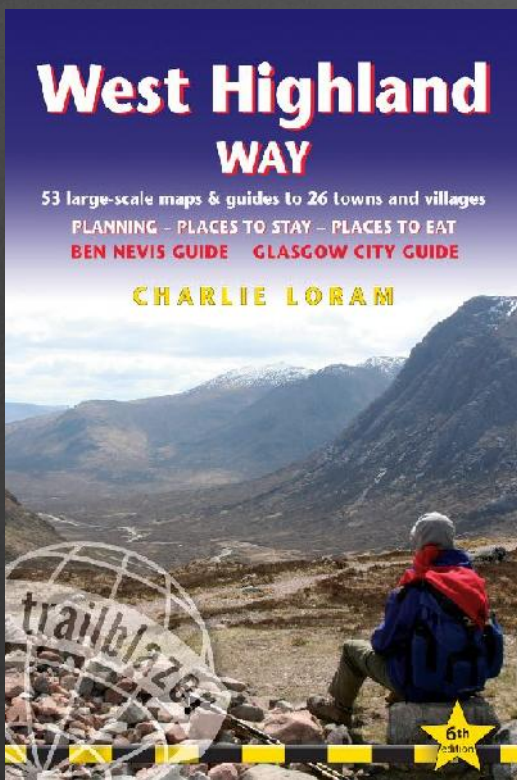
- 7 - 10 day trekking options

Possible WHW Itinerary

	<u>Towns/Villages</u>	<u>Daily Miles</u>	<u>Ascent/Descent (Feet)</u>
Day 1:	Milngavie to Dryman	13.0	889/869
Day 2:	Drymen to Balmaha	7.5	1246/1368
Day 3:	Balmaha to Rowardennan	7.5	987/984
Day 4:	Rowardennan to Ardlui Crossing	11.0	1437/1443
Day 5:	Ardlui C. to Tyndrum	14.5	2244/1742
Day 6:	Tyndrum to Inveroran	9.0	1053/1243
Day 7:	Inveroran to Kings House Hotel	10.0	1030/711
Day 8:	Kings House H. to Kinlochleven	9.0	1368/2132
Day 9:	Kinlochleven to Fort William	15.5	2037/2043



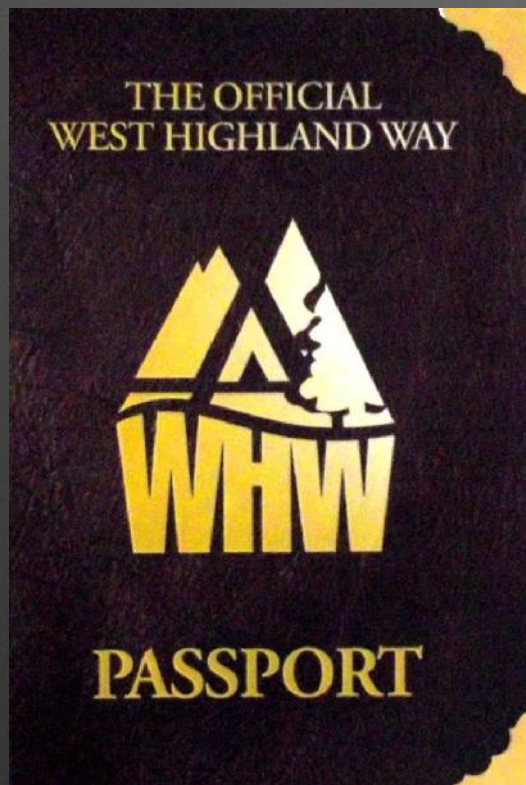
Guide Books & Maps for planning & to use on your trek



Waymarkers



Passport Booklet



Purchase
in Mulngavie

Certificate of Completion



Purchase in Fort William

The Start and Scenery & Sites along the West Highland Way





Riverside Path to Allander Park

Mugdock Road Barloch Moor 1/4

West Highland

Clyde Coastal Path

RUN ROUTE

Mugdock Castle

Stronghold of Clan Graham

14th Century



20 min walk from trail
(significant ruins)

Campsie Fells



Bring Your Rain Gear!



Drymen Bagpipe Band

Every Thursday Evening

Mid July - August



Conic Hill

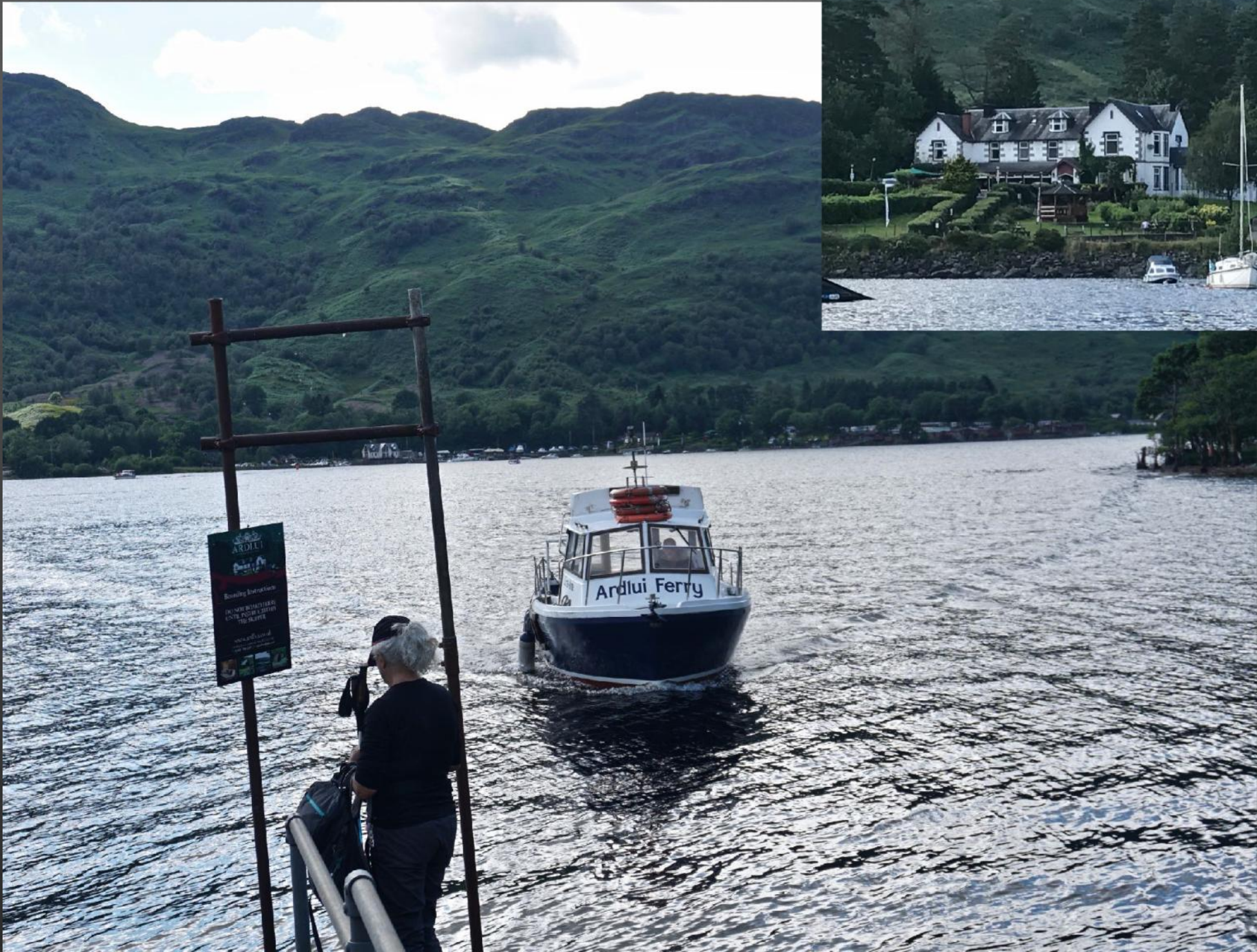




View from Conic Hill









End of Loch Lomond



Site of the 1306 Battle of Dalrigh

Clan MacDougal ambushed
Robert the Bruce & his army



The Lochan of the Lost Sword

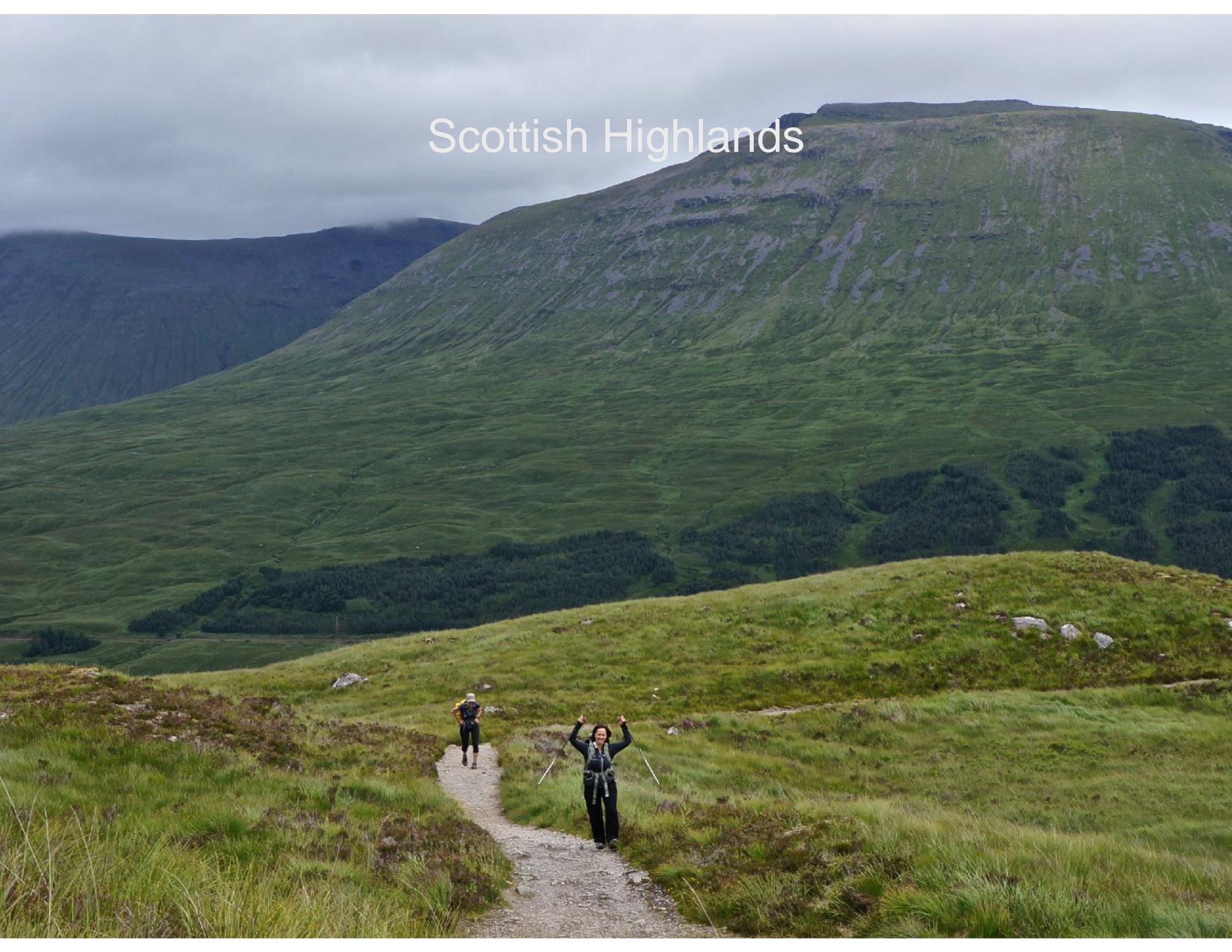


Claymore - famous
lost sword



Bridge of Orchy

Scottish Highlands



Inveroran





Drove Roads through High Moorlands



Glencoe Mountains





Devil's Staircase (military road) 850ft climb
to the highest point 1797ft









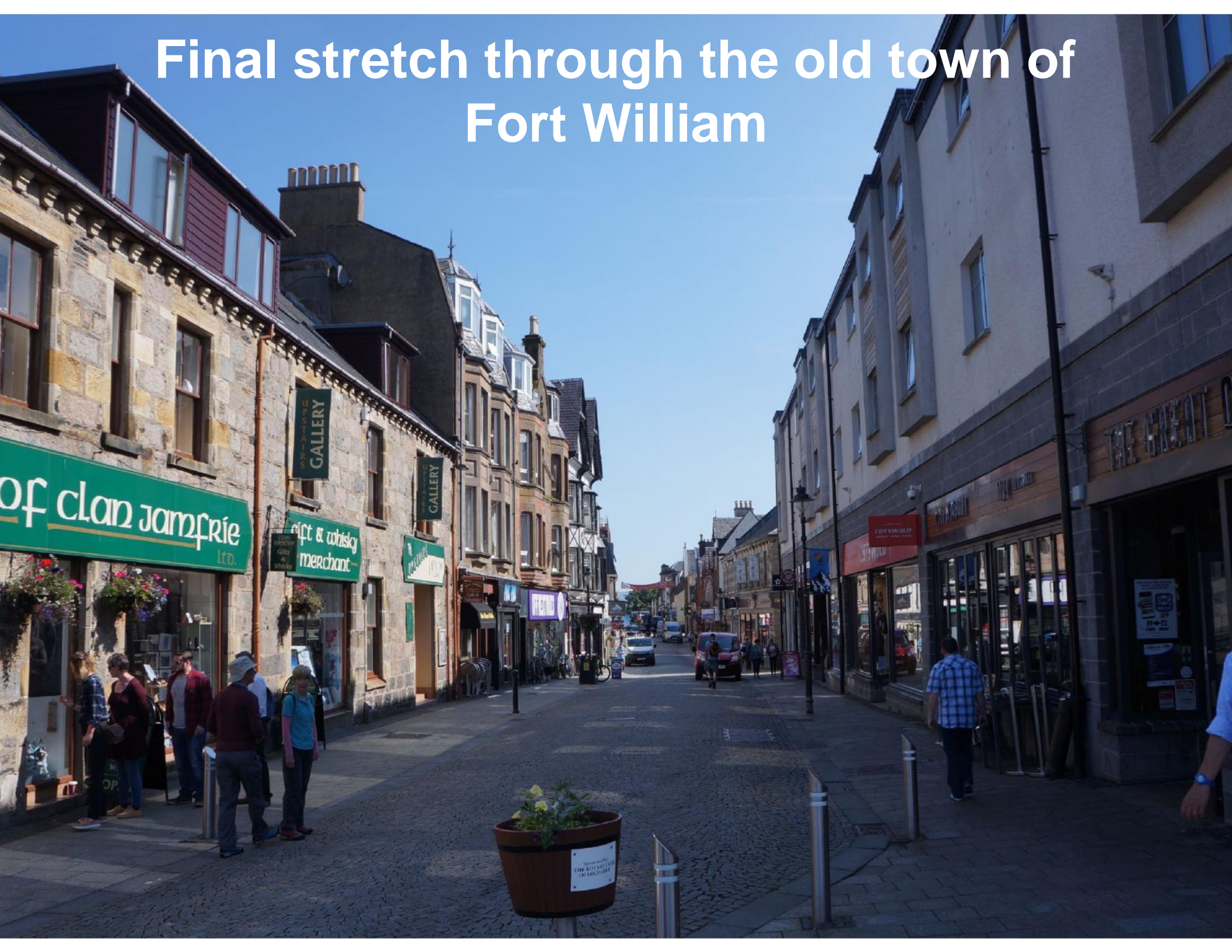
Ben Nevis



Heading into Fort William



Final stretch through the old town of Fort William



The End - Fort William



The Great Glen Way

79 miles
Scotland's 4th distance
trek



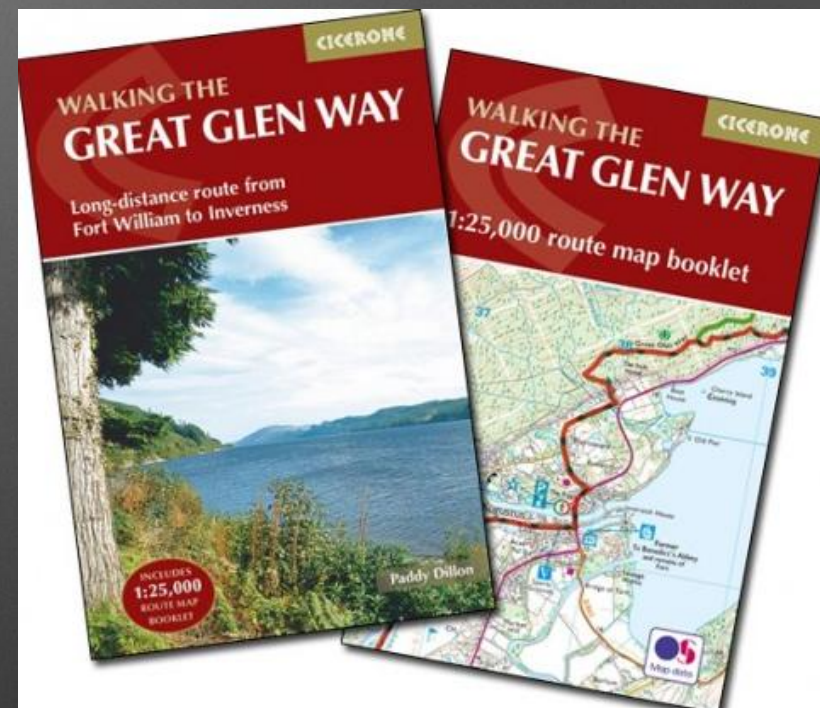
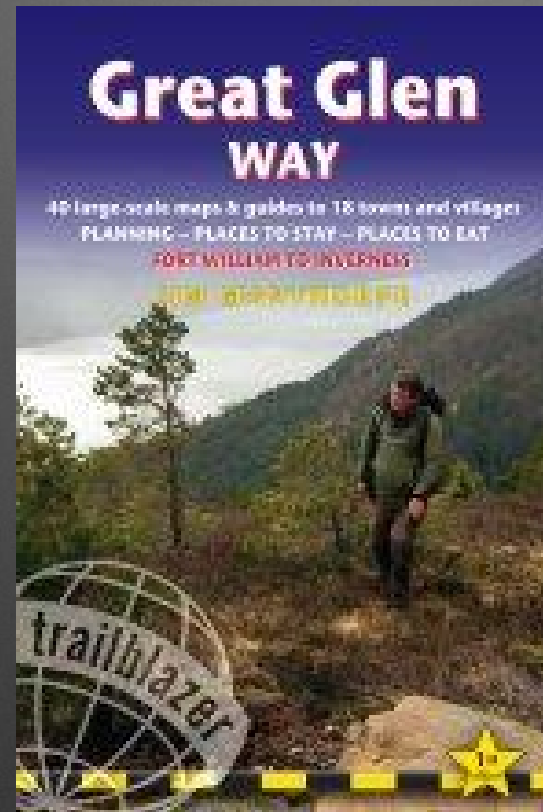
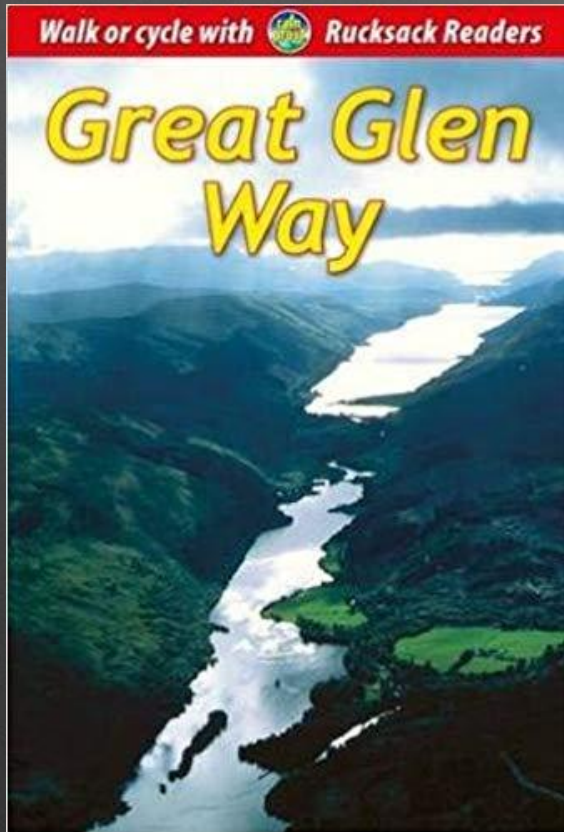
Great Glen Way Possible Itinerary

	<u>Towns/Villages</u>	<u>Daily Miles</u>	<u>Ascent/Descent (Feet)</u>
Day 1:	Fort William to Gairlochy	10.75(T)	334/262
Day 2:	Gairlochy to Junction by Laggan Locks	12.0(T)	1,558/1,312
Day 3:	Laggan Locks to Fort Augustus	10.75	360/425
Day 4:	Fort Augustus to Invermoriston	7.50(H)	1,837/1,493
Day 5:	Invermoriston to Drumnadrochit	14.0(H)	2,329/2,133
Day 6:	Drumnadrochit to Blackfold	11.0(T)	1,640/771
Day 7:	Blackfold to Inverness	8.0(T)	164/1,099

T = Transfer Ride at the end of the day to your B&B

H = High Route

Map & Guide Book



Types of Terrain



Low Route Terrain



High Route Terrain







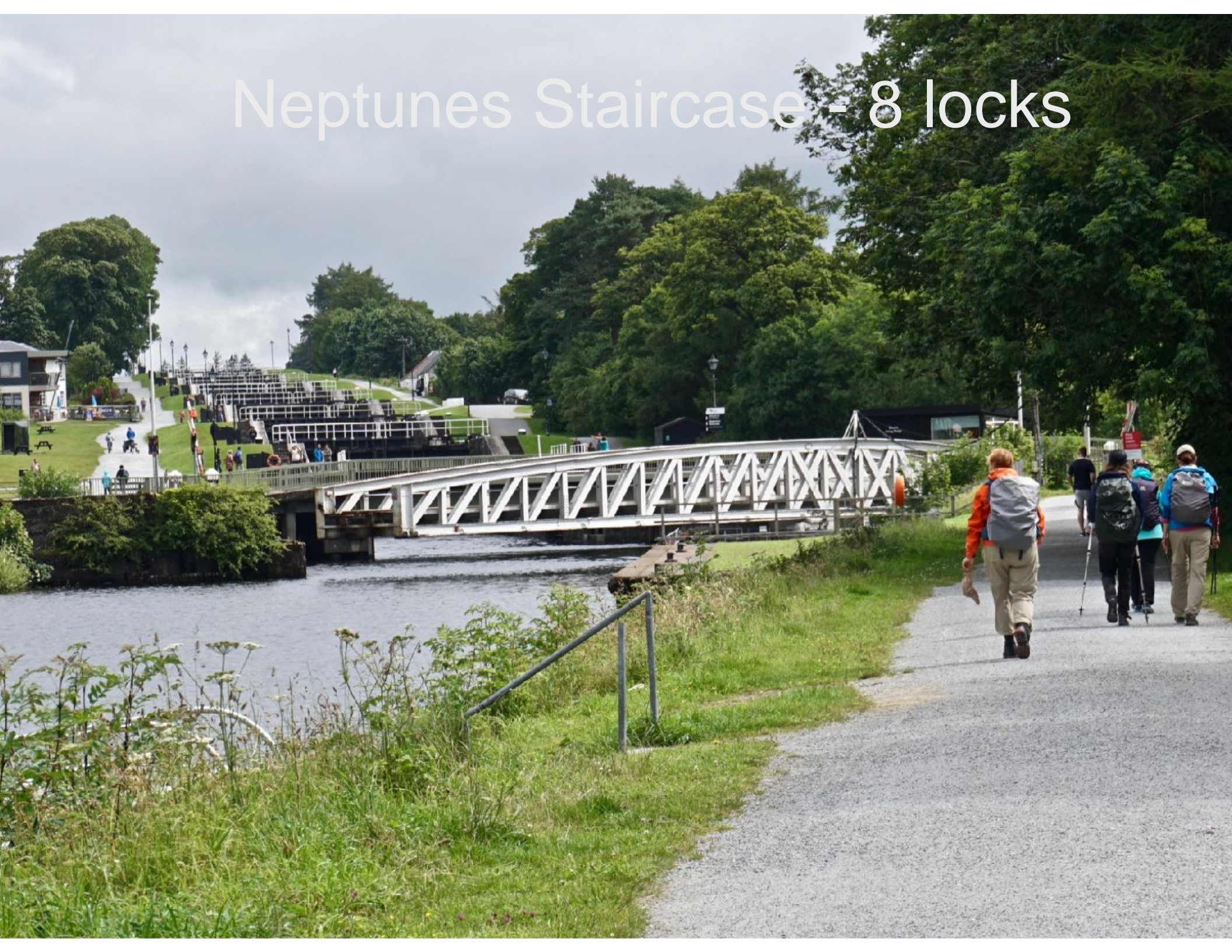
Caledonian Canal -1822

29 lochs, 4 Aqueducts & 10 bridges



Fort Augustus

Neptunes Staircase - 8 locks



Locks & Swing Bridge





Loch Ness Center in Drumnadrochit



Nessie in Fort Augustus

Urquhart Castle 13th Century



2 miles from Drumnadrochit

INVERNESS - THE END!



Arran Coastal Way

Scotland in Miniature

67 miles





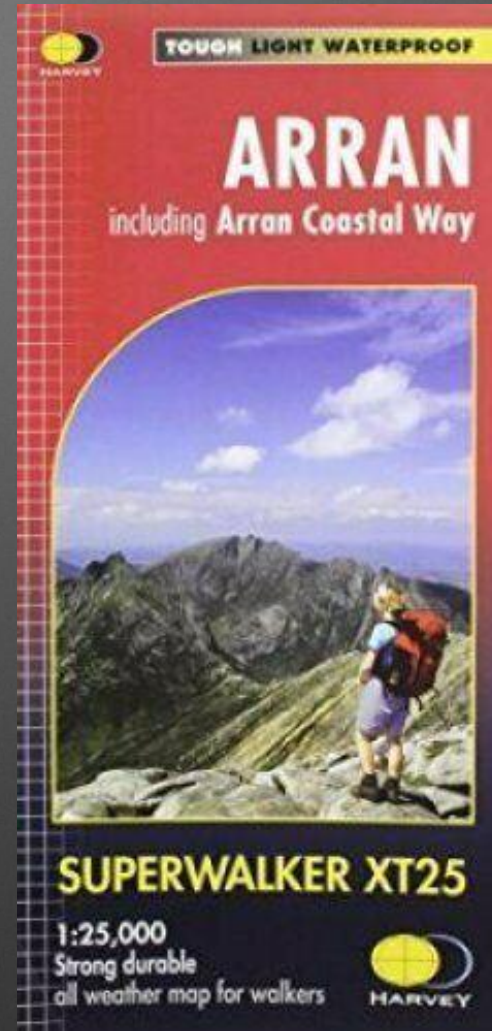
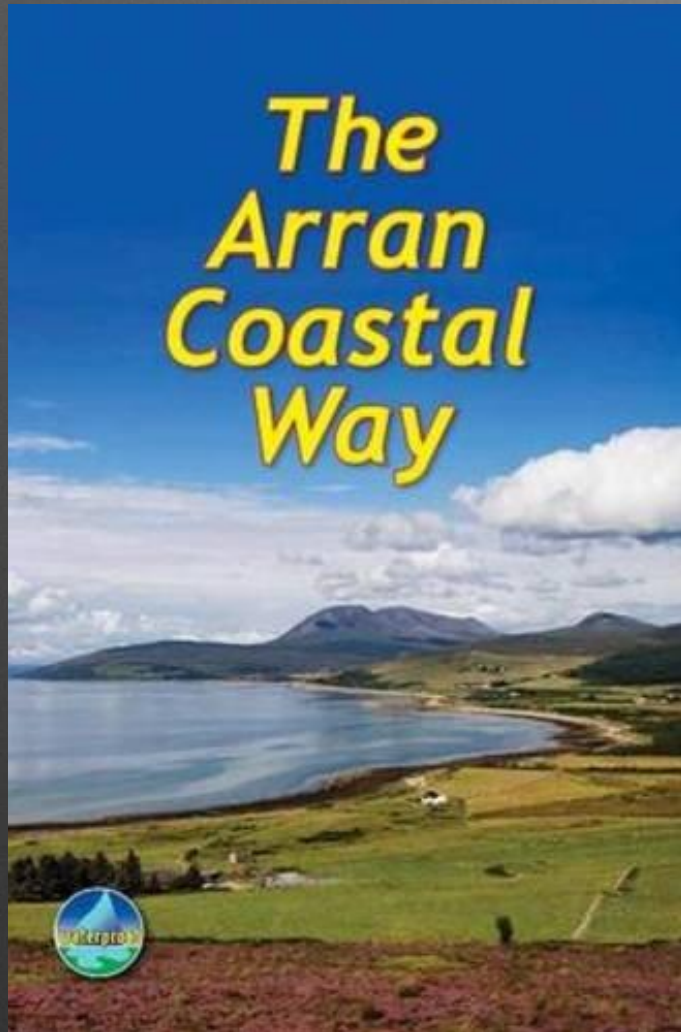
Possible Itinerary



	<u>Towns/Villages</u>	<u>Daily Miles</u>	<u>Daily Ascent (Feet)</u>
Day 1:	Brodick to Corrie via Goat Fell	8.5	2799
Day 2:	Corrie to Lochranza	10.0	390
Day 3:	Lochranza to Imachar via Pirnhill	9.0	564
Day 4:	Imachar to Blackwaterfoot	10.0	535
Day 5:	Blackwaterfoot to Lagg	6.5 - 8.0	676
Day 6:	Lagg to Whiting Bay	9.5 or 12	279/1270
Day 7:	Whiting Bay to Brodick	11.5	764

transformationaljourneysblog.wordpress.com

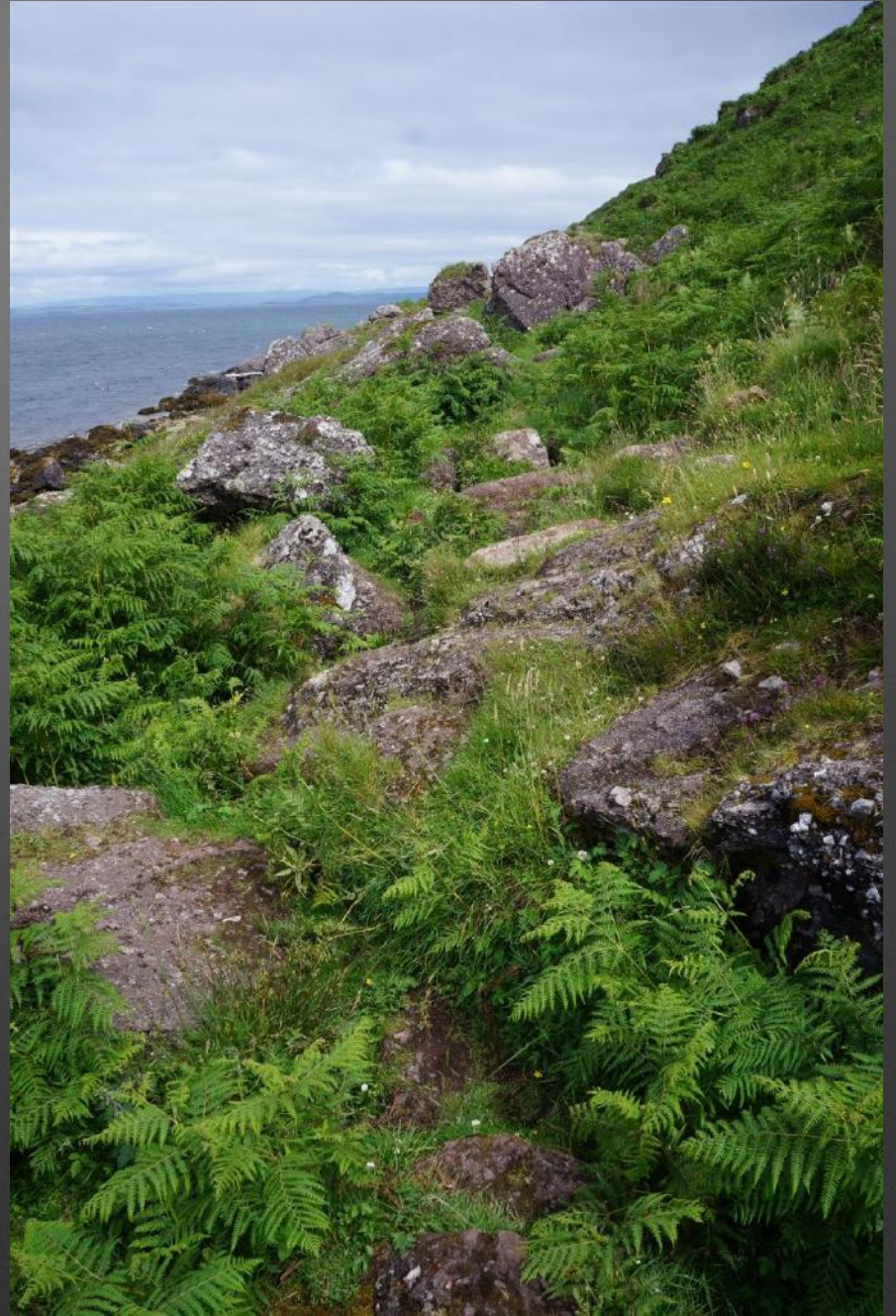
Guide Book and Map



Rucksack Reader
by Jacquetta Megarry

Trail Terrain







Goat Fell











The Highlands?









Machrie Moore



King's Caves



Certificate of Completion

Douglas Hotel -
opposite ferry terminal
in Brodick



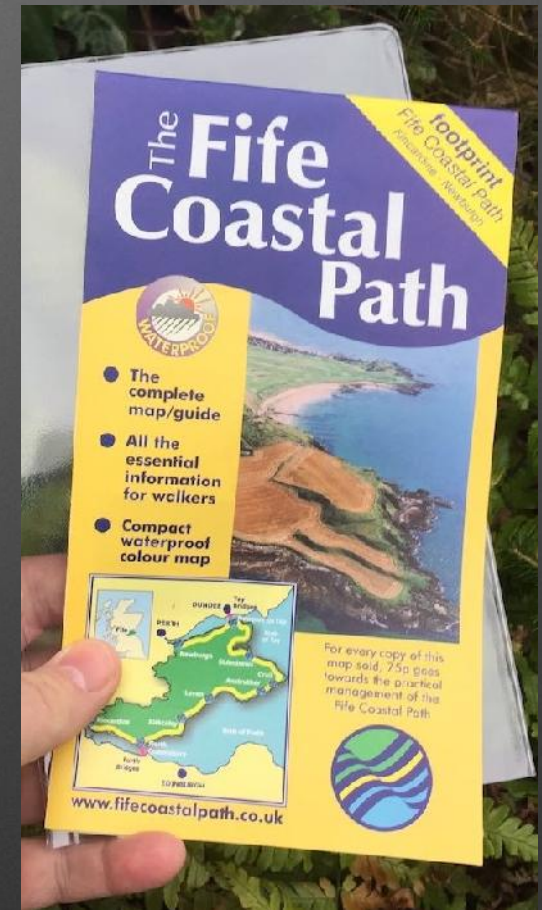
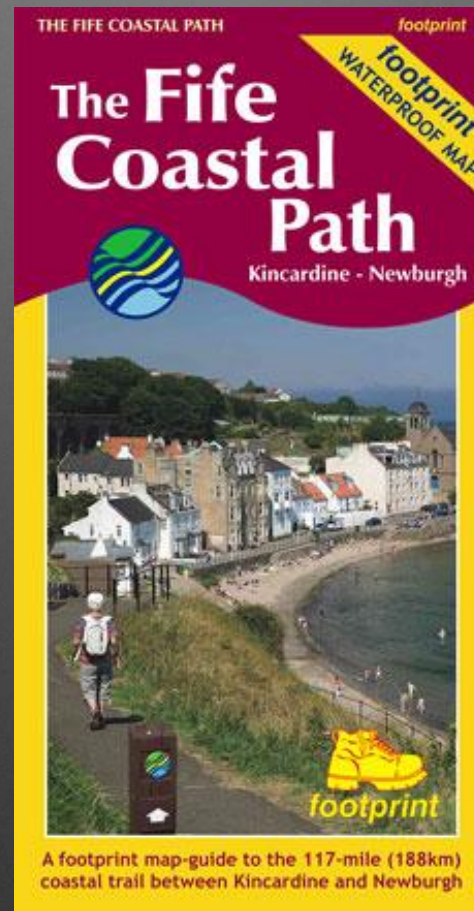
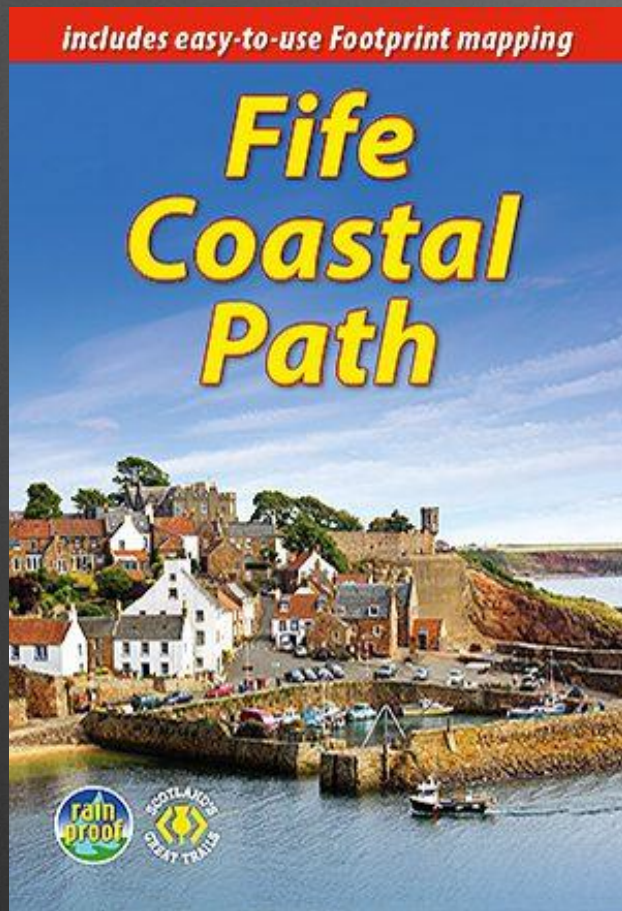
Fife Coastal Path 114 mile trek



Fife Coastal Path - Itinerary

	<u>Towns/Villages</u>	<u>Daily Miles</u>	<u>Ascent (Feet)</u>
Day 1:	Kincardine to N. Queensferry	16.8 (4)	597
Day 2:	N. Queensferry to Burntisland	11.8	814
Day 3:	Burntisland to Leven	16.5	1,125
Day 4:	Leven to Ellie	9.6	459 (aprx)
Day 5:	Ellie to Crail	11.0	433 (aprx)
Day 6:	Crail to St. Andrews	13.3	673
Day 7:	St. Andrews to Leuchars	6.6	98 (aprx)
Day 8:	Leuchars to Newport	12.6	197 (aprx)
Day 9:	Newport to Newburgh	18.3	2,103

Guide Books and Maps



Footpaths



Culross



1597 Palace



Fishing Towns









Ruins in Route

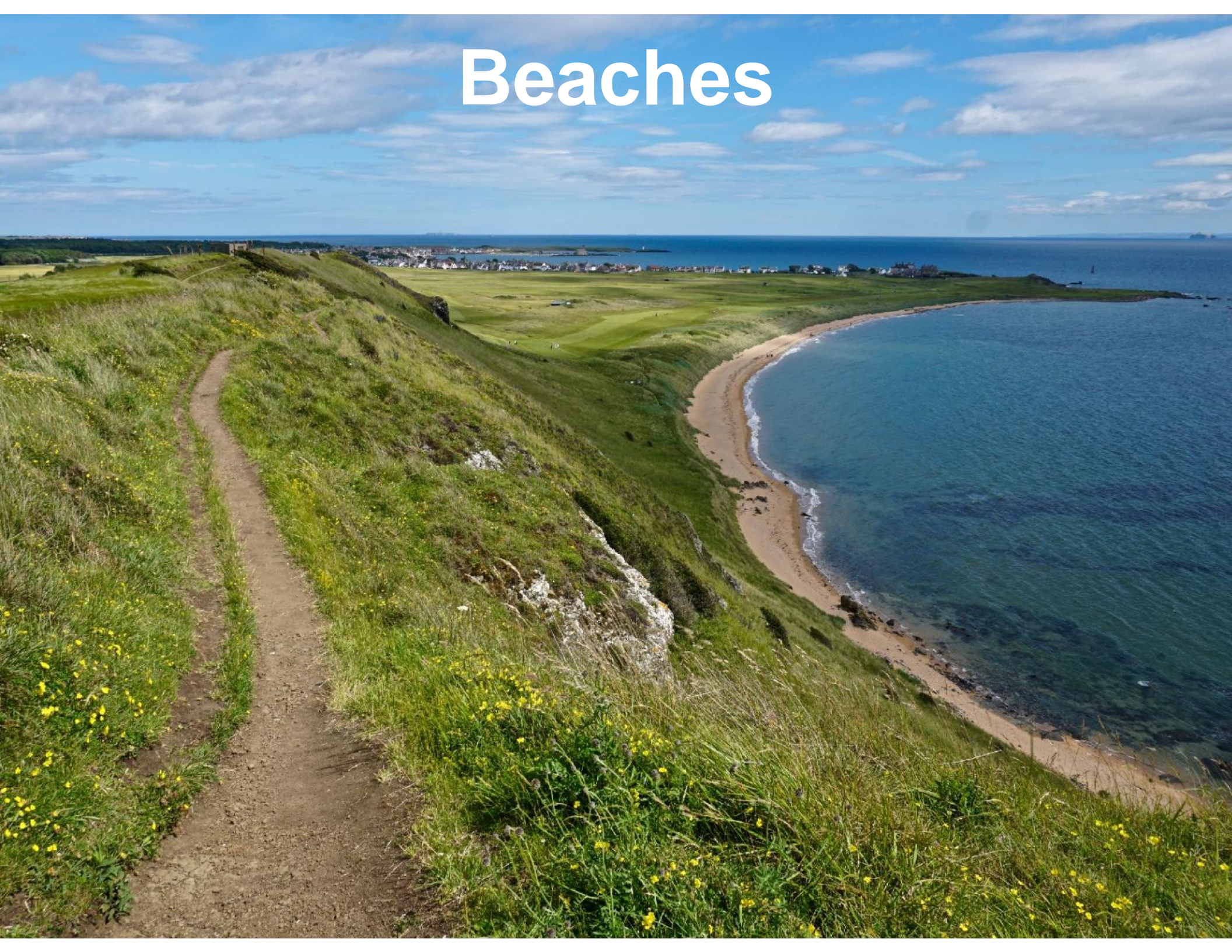


Ladies Tower





Beaches









Land of Golf!



St. Andrews



Orkney Islands (Isles) - Day Hikes



Orkney Isles- Center of Ancient Britain



Ring of Brodgar



Skara Brae



Ring of Brodgar

Skara Brae

You are here

Ness of Brodgar

Stones of Stenness

11 mile hike



Stones of Stenness



Maeshowe



5000 years ago

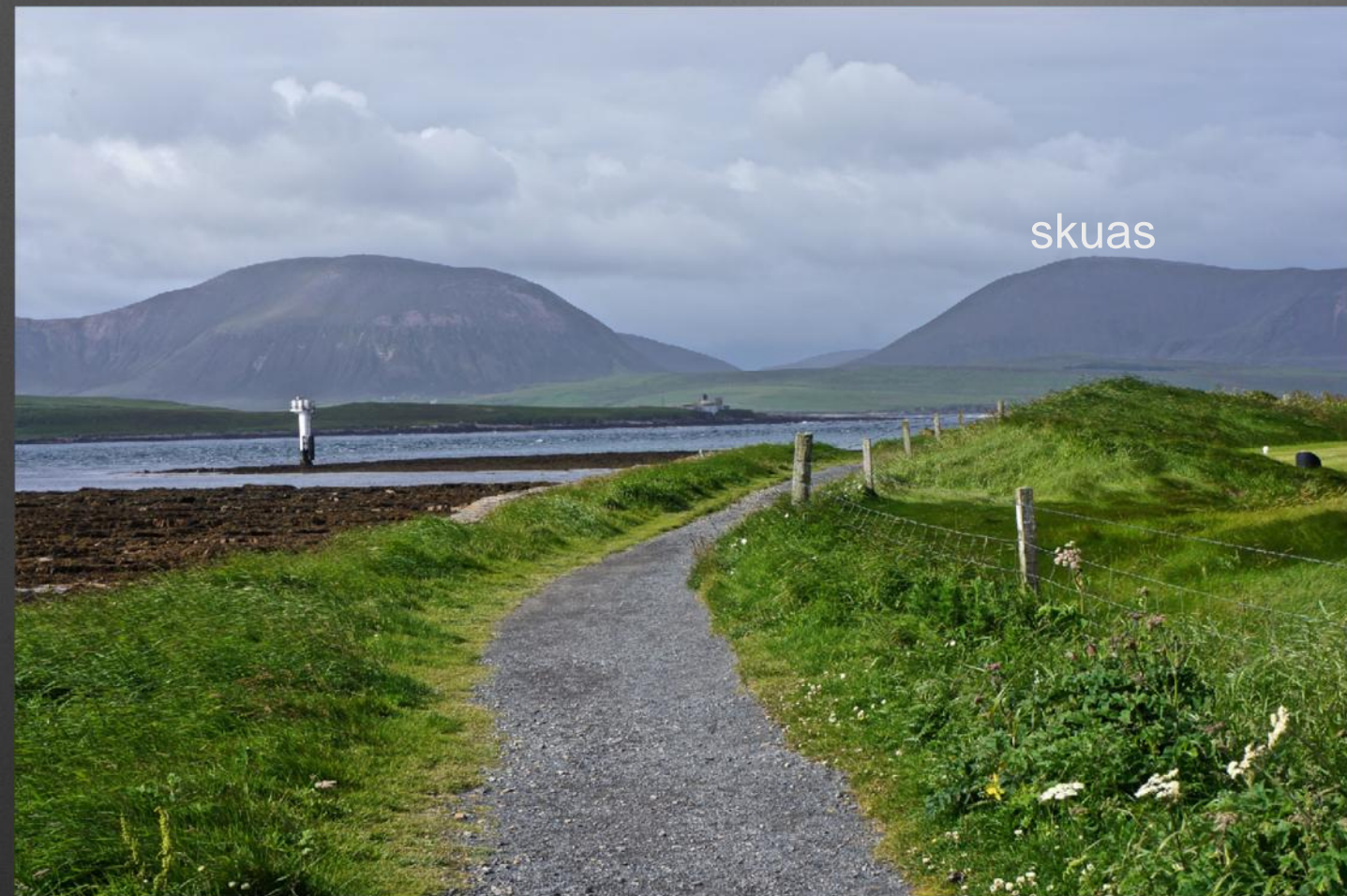
Ness of Brodgar Neolithic buildings



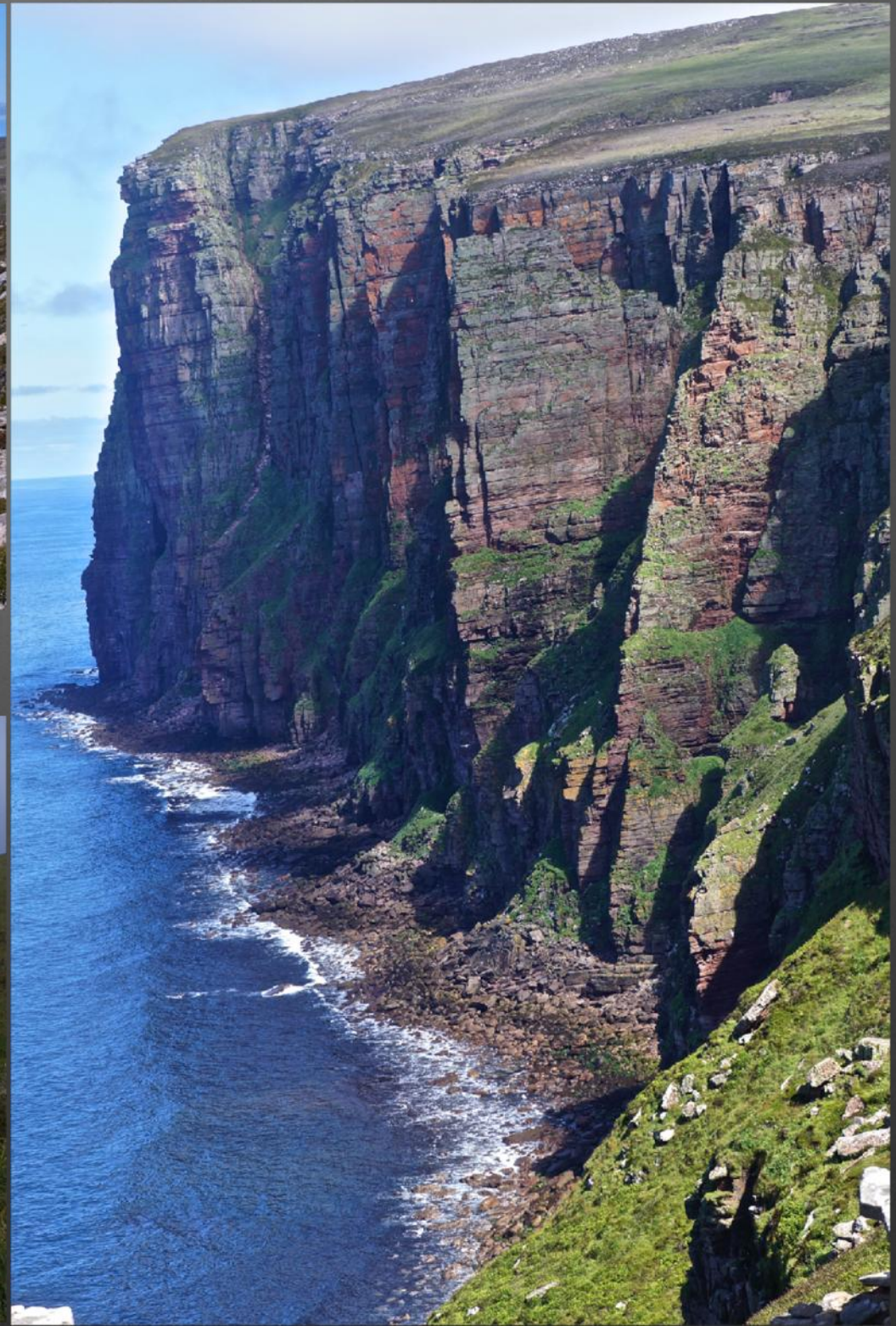
Today

Isle of Hoy (high)

10.25 - 14.75 mile, 1,125ft ascent



Moaness - Rackwick - Old Man of Hoy + Return



Trail to Old Man of Hoy









Beneth'ill Cafe
01825 792 333

Licensed
**CAFE
OPEN**

Puffin Hike on Westray Isle about 4 miles





3 Ways to Thrive on Your Adventure!





Shoes



- Trail runners or boots?
- Spend time trying on shoes
- Inserts
- Break in your boots!

Packing



- Under 20lbs
- Layers of clothes -
 - Top: Dry-fit T-shirts & long sleeve, windbreaker, fleece or down, Rain coat, warm-hat & cool hat, gloves
 - Bottoms: 1-2 pair hiking pants, rain pants, gators, 4-5 pair socks
- First Aid Kit: neosporin & Benedryl or the equivalent, anti-itch cream, tick remover kit, variety of band-aids (blister kit), duck tape, sports med-tape etc

- Big garbage bag
- Personal Hygiene
- Trekking Poles



- Organizational bags

- Water Bladder + smaller bottle for electrolyte mixes (NUUN, Gatorade etc)
- Midge and sun lotions (avon skin so soft)



- Water-proof map bag

Train for your Trek!

- Hike! Start with 30 min around neighborhood parks and build to a 3 day in a row challenge (4-6 hour hikes)
- Strengthening exercises: Lunges, squats, single leg dead-lifts, band-work for hip and knee stabilization, balance work etc
- Hill Interval workouts
- Create warm-up and cool down strategies that will keep you healthy!

For more information on

- Trekking in Scotland
- Individual Trek Training in parks
- Women's Group Trek Training in parks
- Mountaineers hiking training courses in the spring
- Monthly Trekking Newsletter

See the front table

Contact Information

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