

Walks around ASSYNT



THE ASSYNT FOOTPATH GROUP

Other Walks

In addition to these walks are the popular hill walks of Assynt, including Ben More Assynt and Conival, Glas Bheinn, Quinag, Braebag, Canisp, Suilven and other peaks. These are for experienced hillwalkers. Further information on these climbs can be obtained in guidebooks available locally.

A custom of Access

Most of these walks exist through the goodwill of the local crofters and landowners. We ask all visitors to take care to respect the needs of those seeking to make a living in the countryside.



Altnabrachan mill

Please keep dogs under tight control

especially from March to May. A playful dog, even at a distance, can unwittingly cause deaths when pregnant ewes panic and run.

During the deer stalking season (20th Aug to 20th Oct for stags and hinds during the winter) we ask all visitors to proceed with caution. To check if a stalk is in progress you should phone the estate.

A word about safety

Remember to check your map and route before you go. If you are going alone let someone know where you are going and when you will return. Always check the weather forecast.

Please follow the country code...and enjoy your walk!

The walks in this Leaflet....

The walks in this leaflet are designed to offer a wide range of scenery and distance to suit your tastes and ability. These summaries outline the terrain, location and distance of some of the most popular walks in Assynt. There are over 100 miles of walks recommended here.

Greater detail of the walks can be obtained from the booklet: "Making more of Assynt" by the Assynt Mountain Rescue Team, "Walk Sutherland" by Tom Strang and the CD Rom in the Assynt Visitor Centre. Both books as well as maps are available from Achins bookshop, Inverkirkaig, and at the Newsagents and Tourist Information Centre in Lochinver.

The walks on this leaflet are covered by the OS Landranger Map 15.

For more information :
Contact the Assynt Visitor Centre, Lochinver:
Tel: 01571 844330 or at the Assynt website
www.assynt.co.uk
or
Contact the Highland Council Ranger Service:
Tel: 01571 844654 or e-mail
andy.summers@highland.gov.uk



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(The Assynt Footpath Group has representatives from the local estates, Assynt Community Council and The Highland Council Ranger Service)

Designed by The Planning and Development Service, The Highland Council. Photography: Lorraine Campbell and The Highland Council

Walk Grades

GRADE "A"
Walking on established paths on various surfaces and slopes.

GRADE "B"
Walking over paths and rough/boggy ground at low level - a reasonable level of fitness is required.

GRADE "C"
Walking over rough/boggy ground and some hills - a reasonable level of fitness is required.

GRADE "D"
Walking through and over mountainous terrain - a good level of fitness is required.

23 Clacholl Broch
Start/Finish: Clacholl beach (NC039 272).
Lovely walk to the old Iron-age fort. Keep to the shore edge as much as possible. You may wish to go on to Stoer Green and return by the road. 5km return trip. **Grade B.**

22 Loch Cui Fraioch
Start/Finish: Culkein Stoer (NC032 329)
This path is one of the local Peat roads and used by anglers for access to the loch. There is limited parking so please do not block local access. 4km return trip. **Grade B.**

21 Gleann Leiveag
Start: Tumore (NC183 267)
Finish: Road near Nedd (NC156 313). A cross-country route through wild country that benefits from arranged transport at each end. Great views of the towering bulk of Quinag. 8km. **Grade C.**

20 The Marble Road
Start: Ardveck Castle (NC242 237)
Finish: Unapool House. This is the line of an old road leading from the marble quarries of Ledmore to Kylesku where the stone was loaded onto ships. Little remains of the road but it can be followed with the aid of a map. 10km. **Grade D.**

19 Clashnessie Waterfall
Start/Finish: Clashnessie Carpark (NC058 309)
Short walk to a beautiful waterfall. There are a number of houses here so please respect their privacy. 2km return trip. **Grade B.**

26 Inchnadamph to Eas a Chual Aluinn
Start: Inchnadamph (NC252 218)
Finish: Eas a Chual Aluinn. This is an alternative route to the waterfalls through the hills 10km. A long circular walk via the waterfalls returning by the marble road (walk 20) can be recommended. 24km. **Grade D.**

25 Eas a Chual Aluinn Waterfall
Start/Finish: Loch na Gaimhich (NC238 284)
A popular walk to the highest waterfall in Britain. The last section of the walk is through deep peat and it is easy to get lost so make sure you have a map and compass. Be very careful near the top of the waterfall. 11km return trip. **Grade D.**

24 Aeroplane Flats
Start: Inchnadamph (NC252 218)
Finish: Memorial (NC295 232)
A lovely hill walk to the scene of the 2nd world war aeroplane crash. There is a stalkers path most of the way but good navigation skills are needed. Suitable for hill walkers only. 13km round trip. **Grade D.**

31 Suileag Bothy
Start: Little Assynt A837 (NC158 246)
Finish: Suileag bothy
This is a rough path through wild country linking to the Glencanisp bothy at Suileag. There is a river crossing which maybe difficult after heavy rain. **Grade B.**

30 Glencanisp-River Inver Loop
Start/Finish: Lochinver
A circular path initially along the single track road to Glencanisp and then over the back past the clearance village of Dubh Clais and returning along the river Inver. 6km. **Grade B.**

29 Falls of Kinkaig
Start: Inverkirkaig (NC086 193)
Finish: Kinkaig Falls
This is a very popular walk which gives great views of the Falls and the mountain of Suilven. 8km return trip. This path is also used by climbers on approach to Suilven. **Grade B.**

28 The Bone Caves
Start/Finish: Carpark (NC253 179)
Scenic walk to interesting and accessible caves. Prehistoric animal and human remains were found here. 4km return trip. **Grade B.**

27 Traligill River Caves
Start: Inchnadamph (NC 252 218)
Finish: Cave of the roaring
Beautiful walk through limestone scenery. This is the usual approach to the Muirros of Ben More Assynt and Conival. The caves are for experienced cavers only. 3km. **Grade B.**

Walks

1 Culag Community Woods

Start: Lochinver (NC 093 219) There is a car park behind the Fisherman's Mission or the car park beyond the School. Distance: .50km to the white shore and .50km to the viewpoint. **Grade A.**

Note: The Culag woods are managed as a Community Woodland by a local trust. There is a good network of paths to explore and a secluded pebble beach at the White Shore.

2 Brackloch to Little Assynt

Start: Brackloch (NC116 239)

Finish: Little Assynt (NC154 251)

Scenic walking along sections of the old road with views of the River Inver. Beware of fast traffic when coming out onto the existing main road. 5km. **Grade A.**

3 Stoer Radio Mast

Start: Stoer lighthouse (NC005 328)

Finish: Radio Mast (NC015 334)

A rough road leading to the radio mast above the lighthouse. Great views to sea and back to the hills of Assynt. 2km. **Grade A.**

4 Kylesku Bridge

Start: Bridge carpark (NC228 337)

Finish: Bridge carpark

A short circular walk giving good views of the Kylesku bridge and taking in the Hotel en route. Steep in places. ½km. **Grade A.**

5 Oldany Island

Start/Finish: B869 near Oldany (NC103 331)

Short easy walk giving good views of Oldany Island and sheltered coastline. Lots of Common Seals can be seen. 1km. **Grade A.**

6 Rubha Dunain

Start/Finish: Culkein Stoer (NC038 331)

Short coastal walk to a natural archway in the cliffs and the site of an old Iron-age Fort. Excellent views out to Handa. 2km. **Grade B.**

7 Benmore Lodge to Kylesku

Start: A837 (NC296 083) Finish: Kylesku

This is a major cross country route linking Strathoykel with Glencoul and Kylesku. This is a wild and remote area. In some places the path is vague. The first bit as far as Benmore Lodge (9km) is easy along a private road. Total 37km. **Grade D.**

8 River Inver

Start: Inver Bridge (NC097 231)

Finish: Footbridge (NC123 238)

This path is much used by salmon anglers. Take great care when walking near anglers to avoid getting hooked. A nice sheltered walk in poor weather. Can join this walk with No. 30 Glencanisp. 3km. **Grade B.**

9 The Old Man of Stoer

Start/Finish: Stoer Lighthouse (NC005 328)

Open walking along the cliff top across moorland leading to the spectacular pinnacle of the Old Man of Stoer. Muddy in places. The walk can be difficult in poor weather. 7km. **Grade B.**

10 Clachtoll/Stoer peat roads

Start: Clachtoll (NC045 270) or: Stoer (NC041 295)

There are many such peat roads in Assynt giving crofters access to peat banks. You can do either peat roads and return the same way, or with the aid of a map and navigation skills you can link them together to make a round trip. 10km. **Grade C.**



11 Drumbeg Peat roads

Start: Drumbeg (NC122 325) or: B869 (NC109 328)

There is a short cross-country route linking the two peat roads but it can be quite wet and you will need a map. 5km. **Grade C.**

12 Achmelvich to Altanbradhan

Start: Achmelvich beach (NC055 246)

Finish: Altanbradhan (NC053 263)

A very picturesque walk along the beautiful coast to the old meal mill. Please respect the privacy of the holiday chalets at Altanbradhan. 3km. **Grade A.**

13 Baddidarach to Achmelvich

Start: Baddidarach (NC085 231)

Finish: Achmelvich Road (NC071 248)

An excellent route from Lochinver to the Youth Hostel at Achmelvich, which mostly avoids the road. Superb views of Suilven. 5km. **Grade A.**



Old man of Stoer

14 Lochinver to Elphin

Start: Assynt Visitor Centre (NC094 225)

Finish: Elphin (NC229 121)

One of the great long distance walks of Northern Scotland. Remember you are a long way from help if anything goes wrong. 19km. A good shorter walk as far as Suileag bothy (NC149 211) is also recommended. 6km. **Grade D.**

15 Loch Glendhu

Start/Finish: Kylestrome (NC226 345)

Good views of Quinag and possibility of seeing otters and seals make this an interesting walk. The waterfalls on the way can be impressive. 12km return trip. **Grade A.**



Seal

16 Caves of Knockan (Uamh an Tartair)

Start/Finish: Knockan (NC214 105)

The limestone areas of Inchnadamph and Elphin are renowned for caves. This easy walk takes you to the entrance of a fairly large cave system. Only experienced cavers should go any further. 4km return trip. **Grade B.**

17 Loch an t-Sabhail

Start/Finish: Little Assynt (NC154 251)

Beautiful walk through the community owned Little Assynt Estate. The route is marked with posts but is quite rough and we would recommend you take a map. 4km round trip. **Grade C.**

18 Loch Crocach

Start/Finish: Rhicarn (NC 082 252)

This path takes you to one of the North Assynt Estate fishing lochs. There is limited parking so please do not block local access. 4km return trip. **Grade B.**