

## Recommended Walks from the Highland Hotel

### *Steall Falls and the Nevis Gorge*

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- Distance: 3.5km / 2.25 miles
  - Time: 1.5 – 2 hours
  - Ascent: 220m
  - Good footwear essential
  - Terrain: clear, well-walked path but rocky
  - Public Transport: Bus service May-September to bridge at lower falls
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#### STAGE 1

Start at the car park at the very end of the road up Glen Nevis. There is a large water slide descending from Ben Nevis here. The path begins at the far end of the car park, and has a signpost for Spean Bridge, Corrour Station and Kinlochleven. This also marks the start of this popular short walk. It heads at once into attractive deciduous woodland. The rocky path through the gorge is maintained by the John Muir Trust who cares for the land here.

#### STAGE 2

The path soon becomes rough and rocky. At one stream, the way has been cut out of the rock and heads round the corner on a wide ledge; beyond here there is a first glimpse of the white line of Steall Falls through the gorge. The valley now narrows considerably and the river can occasionally be seen below, crashing over and round huge fallen boulders. The path climbs up a rocky section with the aid of steps and a wooden hand-rail, before reaching the top of the gorge.

#### STAGE 3

Leave the trees behind and the glen suddenly broadens out to form a grassy meadow decorated with wild flowers and is surrounded by wooded mountainsides. Steall Falls can now be seen directly ahead across the meadow. Continue along the path towards it.

## STAGE 4

Continue on the main path until it reaches a bend where the glen curves round to the left and the path is close to the river. This is the best spot for admiring the great falls. They are the third highest falls in Scotland, cascading 105 metres down the rockface. Rising above the falls is the Munro of An Gearanach, the first peak on the Ring of Steall, and this is the starting point for many mountain excursions. Unless embarking on a long walk, return by the same route you came.

## STAGE 5

Before returning, you may want to follow the branch path to the right for a short distance. This leads to the notorious wire-bridge across the river. It can be crossed with great care using the top two wires for handholds and balancing the feet on the lower wire; you'll have to come back though!

## Achriabhach Forest Walk, Glen Nevis

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- Distance: 3.5km / 2.25 miles
  - Time: 1.5 – 2 hours
  - Ascent: 190m
  - Good footwear essential
  - Terrain: well-walked path and tracks through forest. Steep ascent at first
  - Public Transport: Bus service May-September
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### STAGE 1

Start in the car park above the Glen Nevis road just before reaching the bridge at Polldubh. It is worth walking over to this bridge before starting the walk to have a good look at the Polldubh Falls (also known as the 'Lower Falls'). Begin the route by heading the opposite way up the road, back towards Fort William. After a couple of hundred meters the road passes the white cottage at Achriabhach on the right, and just beyond this there is a track heading into the forest on left. Turn up this track.

### STAGE 2

As the track enters the trees, take a path off to the left. This climbs up close to the edge of the conifers, soon reaching a large ladder stile. Cross this and continue up the path, which ascends steeply and is close enough to the forest edge to give views across the glen. Further up, the path passes a waterfall on the Allt a'Choire Dheirg. Further on the path forks; both rejoin further on but the left branch gives a view of waterslides. Continue the ascent until the path reaches a forest track at a sharp bend. From here you will have a great view of Coire Dearg high above.

### STAGE 3

Don't continue along the track but take the path opposite to continue the ascent. After a short distance, there is a seat on the left with a magnificent view up Glen Nevis towards the Nevis Gorge. Continue up the path until a flight of stone steps brings you up to another forestry track.

### STAGE 4

Turn right along this track for great views of Glen Nevis. Follow the track gently downhill until it meets a junction with another track. Turn sharp right here, and continue down this new track to reach the sharp bend the path briefly crossed earlier. This time continue on the track which swings sharply to the left.

### STAGE 5

The descent continues on the track to another junction. As before, turn sharp right for this final zig-zag, and follow the track back down to the road at Achriabhach and the start.