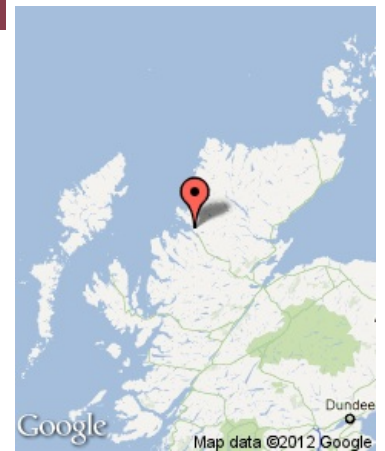


# Walk the Highlands – Assynt and Coigach



## Highlights

**On this six-day guided walking tour you'll explore a pocket of The Highlands around Assynt and Coigach. You'll hike up mountains to the north of Ullapool, stay in comfy self-catered accommodation, and get to know your fellow hill-walkers over shared meals rustled up by Keith – your tour leader and chef extraordinaire.**

Nowhere else in the British Isles quite compares with the Scottish Highlands. Heather-quilted hills, craggy rocky outcrops, and peaks that stagger upwards into wispy clouds all gild this part of the country. The Highlands are undoubtedly Britain's last wilderness – you'll probably spot more wildlife than humans here while you're out walking the crags. And they're steeped in history, too – you'll be treading amongst planet Earth's most ancient rocks, some dating back almost 3000 million years. But perhaps the best – and most comforting – fact of all about this area is that the peaks you'll be exploring never soar above the 3000 feet-above-sea-level mark.

You'll be exploring Scotland's North West Highlands on this tour – in particular, the peaks around Assynt and Coigach. You'll trek along old stalking paths and up mountains like Quinag, Suilven and Stac Pollaidh, the first of which comes scattered with ancient woodlands of rowan, birch and hazel trees and overlooks Loch Assynt. Stac Pollaidh, meanwhile, is crowned with rocky Torridonian sandstone. Climb to the top and you'll be rewarded with sweeping views over Loch Lurgainn and rolling hills and countless lochans that stretch into the distance. Other mountains on your checklist include Cul Mor, Cul Beag and Ben Mor Coigach – a high hilly ridge that hugs the shores of Ardmair Bay and spills right into the sea.

## Is it for me?

You'll need to have a good general level of fitness to enjoy this tour as you'll be climbing peaks on a daily basis for six days – and usually you'll be out walking for around six hours per day. The mountains themselves aren't huge in comparison to others, but you'll still need to be pretty fit to conquer them. In terms of age, people under 18 can join in but they'll need to be accompanied by a parent or guardian, and aside from that it doesn't matter – as long as you're fit and healthy.

## Accommodation

You'll be staying in comfy self-catering accommodation that Keith, your tour guide, has checked out beforehand. He's been running these trips for a while now, and has made sure he's found the best places for you to stay – in terms of comfort and location. He also makes sure that all the accommodation you stay in is clean, comfy and kitted out with all the usual necessities – including a washing machine.

Food-wise, meals are shared. Keith usually does the cooking – because he's a dab-hand at it – but everyone shares with the preparation and the cleaning up. Dishes are of the hearty, traditional fare – casseroles and pasta for instance – and they're exactly what you'll need after a long day's hiking. During the day, you'll have a packed lunch. Special dietary requirements will, of course, be catered for – just let Keith know. The cost of shared meals is split equally between everyone.

## Itinerary

Prices from

**490** GBP (6 days) per person

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Each day will be spent climbing one or more of the shapely hills to the north of Ullapool. These peaks aren't particularly high – there are only two Munros – but despite their size, they still have plenty of character and scenic beauty. Mountains you'll be climbing include Suilven, Stac Polly, Ben Mor Coigach, Cul Mor and Cul Beag. The average hill day lasts about seven hours and holidays normally run Saturday to Saturday with six full walking days.

## Details

### Getting there

Assynt is about four to five hours away by car from Edinburgh and Glasgow. The nearest airport is Inverness.

### Price includes

Guiding services and accommodation.

### When is best

Scheduled walk dates:

Saturday 30 April - Saturday 7 May 2011

Saturday 3 September - Saturday 10 September 2011

Custom walks are available all year round. Please contact us for more information.

### Available

Jan—Dec

### Typical Duration

6 days

### Comfort level

Reasonably comfortable (Inns, B&Bs, luxury camping etc.)

### Experience required

A reasonable level of fitness and interest is all that is needed