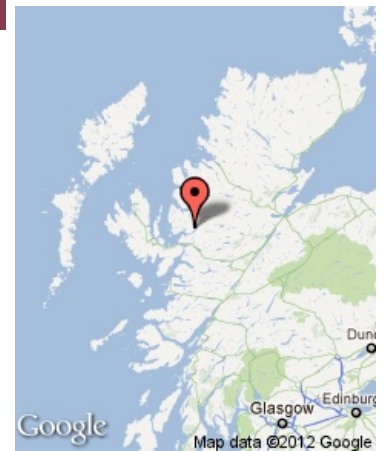


Walk in the Kintail & Torridon Mountains



Highlights

On this six-day guided walking tour you'll explore the Kintail and Torridon mountains in The Highlands. You'll hike up peaks, 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.

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.

If you're the sort of person who loves a challenge – you'll love this tour. The area around Kintail and Torridon is big mountain ridge country and is stacked with 50 Munros and 27 Corbetts. On this six-day tour, the aim is to get you to the summits of the four highest peaks in the Torridon mountains – Beinn Alligin, Liathach, Ben Eithe and Slioch - each one offers a completely different hiking experience. Sweeping views that stretch across distant peaks, shimmering lochs and rolling countryside are all part of the deal – as is a real sense of achievement when you reach the summits.

Is it for me?

You'll need to have plenty of stamina, and 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 eight to nine hours per day. 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 in Lochcarron 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

This is big mountain ridge country and the hill days are characterised by long ridge traverses including the Five Sisters of Kintail, the South Cluanie Ridge and the Forcan Ridge of The Saddle. The area is full of Munros (Scottish mountains over 3000 feet) and some days you'll be walking up to seven Munros - to be climbed along one ridge. The average hill day will be eight to nine hours. Holidays run Saturday-to-Saturday.

Prices from

490 GBP (7 days) per person

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Details

Getting there

Lochcarron is in the North West of Scotland. The nearest airport is Inverness, while Edinburgh and Glasgow are about five hours drive away by car.

Price includes

Services of a tour guide and accommodation

When is best

Scheduled walk dates:

Saturday 21 May - Saturday 28 May 2011

Saturday 28 May - Saturday 4 June 2011

Saturday 27 August - Saturday 3 September 2011

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

Available

Jan—Dec

Typical Duration

1 week

Comfort level

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

Experience required

Some previous experience is needed