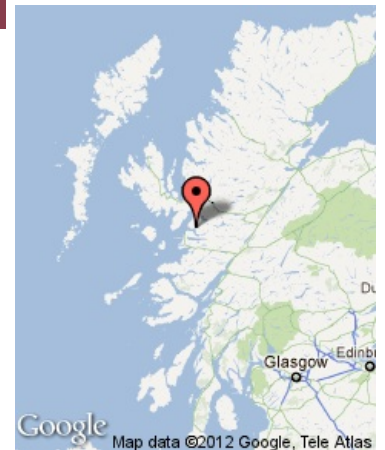


Three Day Knoydart Tour



Highlights

One thing's for sure, you'll definitely be taking the high road on this three-day guided walking tour on the Knoydart Peninsula in the Scottish Highlands. Self-catering accommodation in a cosy bunkhouse near Inverie, the only settlement on the peninsula, and meals supplied by your tour guide-cum-chef, Keith, are all part of the deal, too.

If it's remote you want, it's remote you'll get on this three-day trip. The Knoydart Peninsula is so secluded you can only get there by taking a boat from Mallaig or trekking across countryside for 20 miles. In fact, the closest city to Knoydart is 107 miles away, and the Knoydart population only teeters around the 70-people mark. Here, it's more about the population of the wildlife - deer, sheep, otters, falcons and eagles all call this place home.

You'll need some sturdy walking boots to conquer the three mountains you'll be setting your sights on here. Ladhar Bheinn, Luinne Bheinn and Meall Buidhe are all Munros – that means they soar above 3000 feet above sea level. The first is the western-most Munro on the mainland and it's pock-marked with cavernous corries and pin-thin ridges, and overlooks Loch Hourn. Luinne Bheinn, meanwhile, is a steep, craggy mountain that overlooks Barrisdale Bay. Lastly, there's Meall Buidhe, a big grassy mountain that, together with Luinne Bheinn, embraces a huge rock-strewn amphitheatre deep in the heart of Knoydart.

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 three days. The mountains themselves are steep and rocky so you'll 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 and have plenty of stamina.

Accommodation

You'll be staying in a well-equipped, self-catering bunkhouse in the village of Inverie. Your tour leader, Keith, has used it before and is confident you'll be comfortable here for your three-day trip. 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

The aim of this three-day course is to explore the rough bounds of Knoydart - one of the remotest parts of the Highlands, accessible only by sea or a long walk-in. The main focus will be the ascents of Ladhar Bheinn, Luinne Bheinn and Meall Buidhe. You'll normally take the passenger ferry from Mallaig and your main base will be near Inverie in a comfortable self-catering bunkhouse.

Details

Prices from

350 GBP (3 days) per person

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Getting there

The nearest airport is Inverness. Inverie is about two hours away from Fort William by car

Price includes

Services of a tour guide and self-catering accommodation

When is best

Scheduled walk dates:

Friday 13 May - Monday 16 May 2011

Friday 24 June - Monday 27 June 2011

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

Typical Duration

3 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