

The Great Glen Way: contents

Long Distance Routes in Scotland	4
1 Planning to walk the Way	5
How long will it take?	6
Planning your travel	7
When is the best time of year?	8
Combining the Way with other activities	8
The Country Code	9
Dogs	10
Camping and low-cost accomodation	10
What to bring	11
Notes for novices	11
Daily mileage	12
Feet	13
Weight	13
The right gear	14
Packing checklist	17
Miles and kilometres, feet and metres	19
2 Background information	
2-1 Loch Ness and the Great Glen fault	20
2-2 The Caledonian Canal	24
2-3 Historical background	27
2-4 Munros, Corbetts and Grahams	30
2-5 Habitats and wildlife	32
3 The Way in detail	
3-1 The starting-point: Fort William	38
3-2 Fort William to Gairloch	40
3-3 Gairloch to South Laggan	42
3-4 South Laggan to Invermoriston	45
Fort Augustus	47
3-5 Invermoriston to Drumnadrochit	50
3-6 Drumnadrochit to Inverness	54
3-7 The destination: Inverness	57
4 Reference	
Contact details	61
Acknowledgements	63
Index	64
Drop-down map of the Way	