

# Great Glen Way: contents

|  |    |
|--|----|
| <b>Foreword</b>                        | 4  |
| <b>1 Planning and preparation</b>      | 5  |
| How long will it take?                 | 6  |
| Terrain and gradients                  | 8  |
| Navigation and waymarking              | 9  |
| What is the best time of year?         | 10 |
| Accommodation and facilities           | 10 |
| The Scottish Outdoor Access Code       | 12 |
| Planning your travel                   | 13 |
| Dogs                                   | 14 |
| Packing checklist                      | 15 |
| <b>2 Background information</b>        |    |
| 2-1 Loch Ness and the Great Glen fault | 16 |
| 2-2 The Caledonian Canal               | 20 |
| 2-3 Historical background              | 24 |
| 2-4 Hill and mountain side-trips       | 27 |
| 2-5 Habitats and wildlife              | 32 |
| <b>3 The Way in detail</b>             |    |
| 3-1 The starting-point: Fort William   | 38 |
| 3-2 Fort William to Gairloch           | 40 |
| 3-3 Gairloch to Laggan Locks           | 43 |
| 3-4 Laggan Locks to Fort Augustus      | 46 |
| Fort Augustus                          | 47 |
| 3-5 Fort Augustus to Invermoriston     | 50 |
| Invermoriston                          | 53 |
| 3-6 Invermoriston to Drumnadrochit     | 55 |
| Drumnadrochit                          | 59 |
| Urquhart Castle                        | 60 |
| 3-7 Drumnadrochit to Inverness         | 61 |
| 3-8 The destination: Inverness         | 66 |
| <b>4 Reference</b>                     |    |
| Accommodation and services             | 69 |
| Further reading                        | 70 |
| Acknowledgements                       | 71 |
| Index                                  | 72 |