

3·4 Rowardennan to Crianlarich

Map	panels 2, 3 and 4 (outside and inside back cover)
Distance	20½ miles (33 km)
Terrain	some rugged walking along undulating lochside path; last section easier, with final two miles on an old military road
Grade	low-level but strenuous along lochside, where care is needed; good paths in Glen Falloch
Food and drink	Rowardennan (hotel), Inversnaid (hotel), Beinglas Farm, Inverarnan, Crianlarich
Side-trip	Ben Lomond: see page 26
Summary	remote and demanding section, especially north of Inversnaid; fine scenery, falls and rapids in Glen Falloch



Ben Lomond from the south-west



Opposite Inversnaid, the pipes of Sloy power station

- The minor road towards the youth hostel passes between the Visitor Centre and the start of the main path up Ben Lomond: see page 26.
- To visit the Ben Lomond National Memorial Park sculpture, representing a rifle sight, instead walk around the lochside promontory.
- The Way continues along the road, soon passing the youth hostel entrance. The track forks almost at once: bear left to follow the Way through oak woodlands.
- After a short lochside stretch, the Way crosses a small headland near Ptarmigan Lodge. The next three miles are on a forest road, with loch views limited by the trees. Two miles after the Lodge, there's a memorial seat on a headland, with a fine view across the loch to the Cobbler, a landmark rugged mountain.
- After the road gives way to a path, the going becomes slower, meandering through woodland with some hilly sections and some streams to cross. After Cailness Burn and Cottage, you pass an information board about the protection of Craigrostan Woods. This is an ancient oakwood area, threatened by non-native species, and an important habitat for pine marten, pied flycatcher and wood ants.



Memorial Park sculpture, Rowardennan

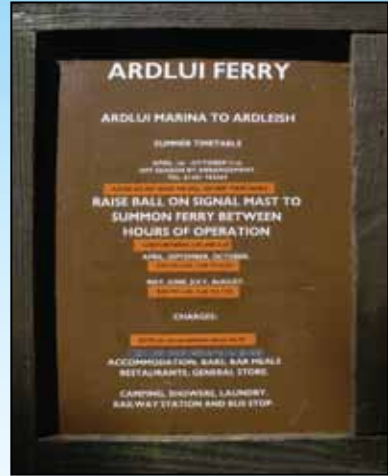


Inversnaid falls

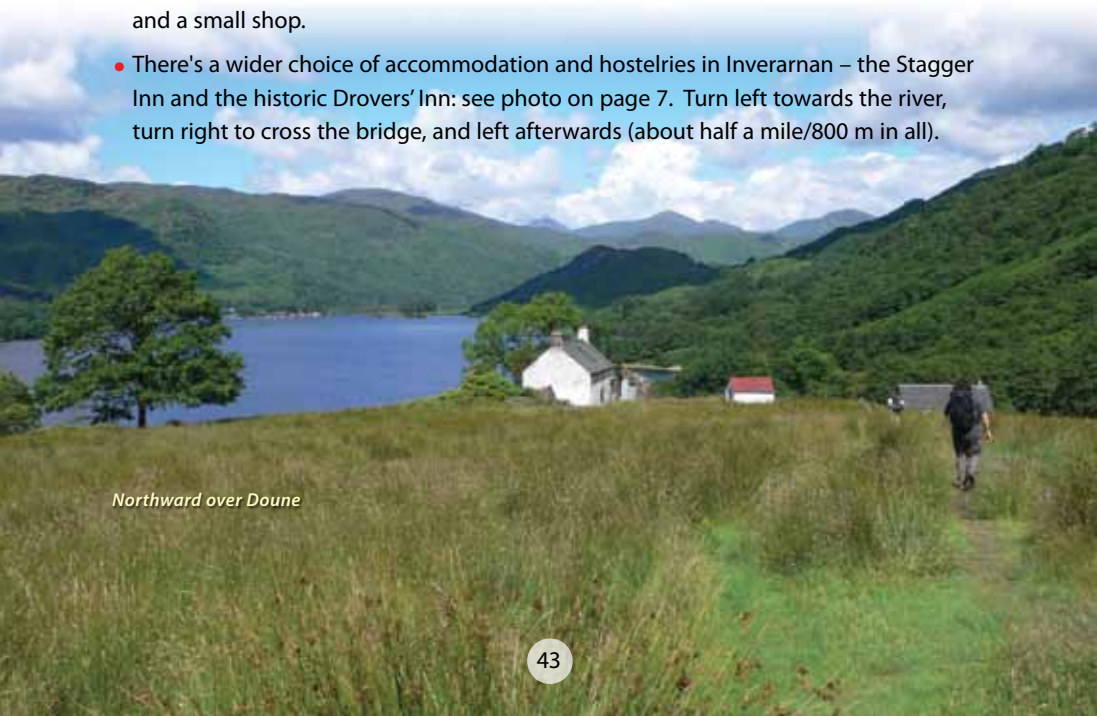
- After two further miles (3 km) of undulating path from Cailness, two footbridges cross the Snaid Burn above its impressive falls, signalling your arrival at Inversnaid.
- The hotel has a separate walkers' entrance, with space for leaving rucksack and boots, and makes a good picnic or lunch stop. It operates a ferry to Inveruglas: see page 21.
- Inversnaid was popular with 19th-century tourists and has many literary associations, for example with Coleridge and the Wordsworths. G M Hopkins wrote about the Snaid Burn in his poem that ends 'Long live the weeds and the wilderness yet.'
- The Way crosses in front of the hotel, soon passing its boathouse. Notice the information board showing the RSPB nature trail, a detour which rejoins the Way slightly further north. Consider this short diversion even if you are not a bird-watcher, as the view from its high point is superb: it's signposted off to the right.
- Shortly after the RSPB trail rejoins the Way, the path becomes rough and craggy, with tree-roots and other obstacles. Expect progress to be slower, and enjoy being closer to nature, away from vehicle noise and civilisation at last.



- After descending some stone steps, you'll see a sign pointing left for Rob Roy's Cave, where the famous outlaw allegedly held his kidnap victims: see page 23. Although it's close by, it's an unimpressive cleft in the rocks identified by a huge white painted CAVE sign. Unless you enjoy rock-hopping, you may prefer to skip this detour.



- For two miles after the Cave, the path twists, weaves and undulates amongst the old hard Highland rock. You emerge at a small beach, where the loch is barely 400 m wide. The fine view includes a lone island, 'Island I Vow'.
- After a small footbridge, the Way bears right inland across a welcome grassy open section for 1 mile. It descends to a few buildings at Doune (the bothy is to the right) and returns to the waterside.
- Half a mile after Doune, another footbridge and stile signals that Ardleish is near. A notice explains how to summon the ferry to Ardlui: see page 21. Follow the Way as it climbs the shallow glen, with good views of the hills to the north.
- Cross the broad saddle east of Cnap Mor, descending past the ruins of Blarstainge and across the burn at Beinglas Farm, which has accommodation, food and drink and a small shop.
- There's a wider choice of accommodation and hostleries in Inverarnan – the Stagger Inn and the historic Drovers' Inn: see photo on page 7. Turn left towards the river, turn right to cross the bridge, and left afterwards (about half a mile/800 m in all).



Northward over Doune



River Falloch

- The Way veers north-east upstream, undulating and approaching the River Falloch to your left. There are fine mountain views, rapids and falls, but the main Falls of Falloch (marked on many maps) is not visible from the Way.
- Over 3 miles (5 km) after Beinglas Farm, you pass the whitewashed farm of Derrydaroch. Cross the river by a bridge, and turn right upstream on a gravel path.
- After a rise and fall, the Way goes under the railway by a 'sheep creep'. A path leads up to a short stretch of old road, then you pass under the A82 by a larger tunnel.
- Follow the track uphill to the right to reach another military road: turn right. The Way climbs gently for 2 miles (3 km) towards woodland.
- At a tall timber gate, a fingerpost points left for the Way to Tyndrum, or right for the path to Crianlarich which after 1 km downhill emerges opposite the railway station. Cross the A82 for the footpath under the railway to the village centre.

Scots pines in Glen Falloch

