

# Contents

Foreword to the 5th edition	4
1 Planning to walk the Way	5
How long will it take?	6
Terrain and gradients	7
Planning your travel	8
Weather and best time of year	8
Walking, cycling and other activities	9
Experience and daily distances	9
Waymarking	10
The Scottish Outdoor Access Code	11
Dogs	11
Accommodation and refreshments	12
What to bring	14
Packing checklist	15
Pronunciation guide	15
2 Background information	
2-1 Loch Lomond	16
2-2 Historical background	22
2-3 Munros, Corbetts and Grahams	25
Ben Lomond	26
2-4 Habitats and wildlife	27
3 The Way in detail	
From Glasgow to Milngavie	31
3-1 Milngavie to Drymen	32
3-2 Drymen to Rowardennan	38
3-3 Rowardennan to Inverarnan	45
3-4 Inverarnan to Tyndrum	52
3-5 Tyndrum to Kingshouse	56
3-6 Kingshouse to Kinlochleven	64
3-7 Kinlochleven to Fort William	68
Fort William	74
Postscript: Ben Nevis	76
4 Reference	
Caring for the Way, SOAC and Bothy Code	78
Useful websites, accommodation and visitor centres	78
Public transport, weather, books and credits	79
Index	80