

1 SETTING THE SCENE

Maps

The walks are described with reference to the Ordnance Survey *Landranger* maps, and the *OS Maps* online facility for use with tablets and mobile phones, etc. Full details of the *OS Maps* facility are available on a website.

www.ordnancesurvey.co.uk/shopos-maps-online.html

As an aid to setting the most appropriate section of *OS Maps*, the chapters in this *Guide* give the best Central Grid Reference to enter on screen for each walk.

Time of Year

In order to get a *Charles-eye view* of the terrain, the best time to do these walks is early May to late September. It is also the time when the Highlands are free of snow. As this period also includes the deer-stalking season, it is important not to intrude on these activities. Information about critical dates and locations for stalking, as well as all rights of access, can be obtained from a website.

www.outdooraccess-scotland.com

The Walks

The walks can be completed by people of reasonable fitness. The times quoted to complete the routes are calculated using Naismith's rule, i.e. 1 hour for every 3 miles (5 km), plus 30 mins for every 1000 feet (300 metres) of ascent. However, these times should be used only as a guide, not as a definitive statement. Individual people will already know, or will soon learn, how their own times compare with Naismith times.

Almost all the walks start at one location, and finish at another some miles away. As far as possible,

the walks are structured so that transport is available, or can be arranged, at each destination. Usually, hotel or bed-and-breakfast accommodation is close by. In Knoydart and Badenoch, the only forms of accommodation are the very basic bothies.

Generally, the walks do not go very high. They climb only two Munros, i.e. Sgurr nan Coireachan and Sgurr Thuilm. There are no narrow ridges or other forms of difficult terrain. However, the routes certainly visit some remote areas, where it is unusual to encounter other people. These particular routes require good navigational skills. Weather forecasts can, and should, be obtained from the website of the Mountain Weather Information Service.

www.mwis.org.uk

Gaelic Place Name Details

The route descriptions and Ordnance Survey maps refer to places with orthodox Gaelic names. As a reading aid, each chapter includes a list of the names it contains, together with phonetic description of their pronunciation, and English translation. The list was compiled by the late John Angus MacLeod. The author would like to record his sincere thanks for this invaluable assistance.

Names that are anglicised corruptions of Gaelic names, and names that have a Norse or unknown origin are omitted. The Gaelic names reproduced here are printed, as they appear, on the Ordnance Survey maps. Unfortunately, some of the names on these maps are spelt incorrectly, or contain grammatical errors.