

# 23 LOCH ARKAIG to GLEN KINGIE

There is no record as to which part of Glen Kingie Charles actually reached. The routes described here lead to Lochan nan Sgùd (NN 065 995) at the east end of Glen Kingie.

Most people will require two days to walk there, and back to Loch Arkaig. Accommodation is available only in Glen Garry. To reach it, requires a detour of about three miles to Tomdoun Hotel or the Garrygualach bunk-house.

## Loch Arkaig to Meall an Tagraidh

*Landranger Map: 34*

*OS Maps Central Grid Reference:  
NN 170 920*

The route begins at the bridge over Abhainn Chia-aig, just beyond the west end of Mile Dorcha. This place is well known because of the impressive waterfall, that cascades into the pool on the north side of the road.

The route follows a path northwards into the trees. After about half a mile, it joins a forestry track from the right, and continues through the forest. It emerges from the trees about two and half miles further on. At this point, Meall an Tagraidh is on the skyline ahead. The route continues by the side of the stream, and the final ascent to the summit is easy, if a little strenuous.

*Distance: 3.5 miles (6 km)*

*Height of ascent: 2310 feet (700 m)*

*Naismith time: 2 hours 22 mins*

## Meall an Tagraidh to Lochan nan Sgùd

*Landranger Maps: 34, 33*

*OS Maps Central Grid References: NN 170  
920, NN 150 970, NN 110 980*

The route begins as a north-west descent from Meal an Tagraidh, before climbing over Meall na h-Eilde, to Meall Coire nan Saobhaidh. Then, the simplest way is to descend north-westwards to Allt Ailein, where a path over undulating moorland skirts the eastern flank of another Glas Bheinn. The choice of route for the next stage depends upon whether it is intended to go direct to Lochan nan Sgùd, or stay overnight in Glen Garry on the way.

## Direct route

Having passed Glas Bheinn, the easiest plan is to follow a line due west for about two miles in order to cross the Allt Choire a' Bhalachain high up on the hillside, where the stream is narrow. From here, a path descends through a gate in the plantation perimeter fence. Lower down, it joins the forestry road to Glen Kingie. Eventually, the road crosses the Kingie by a bridge, and continues along the northern bank all the way to Lochan nan Sgùd.

*Distance: 11 miles (17.5 km)*

*Height of ascent: 1580 feet (480 m)*

*Naismith time: 4 hours 18 minutes*

## Via Glen Garry

The path from Glas Bheinn is followed all the way to the forestry plantation, and through a large gap in the plantation fence. About a mile further on, at the Allt Choire a' Bhalachain, it is important to use the wooden bridge. Otherwise, it is very difficult to cross lower down. Once over the stream, a good path leads down to the bridge over the Garry. From here, it is a walk of two miles down the metalled road to the Tomdoun Hotel. The walk to

Lochan nan Sgùd may be resumed at the bridge over the Garry, from where a Forestry Commission road follows Glen Kingie all the way to Lochan nan Sgùd.

*Distance: 12.5 miles (20.5 km)*

*Height of ascent: 1580 feet (480 m)*

*Naismith time: 4 hours 54 mins*

## Glen Kingie to Loch Arkaig

*Landranger Maps: 33, 34*

*OS Maps Central Grid References:*

*NN 110 980, NN 150 970, NN 170 920*

For the return journey from Lochan nan Sgùd, there is an interesting alternative to reversing the two routes previously described. It starts from the bridge over the river at the east end of Glen Kingie.

First, it is necessary to walk westwards

along the south bank of the Kingie to the end of the plantation, about half a mile from the bridge. From there, a grassy gully climbs between the fence and Allt Doire Huah to the open moorland above Glen Kingie. Then, the route is east, over Allt Choire a' Bhalachain, to the south side of Glas Bheinn, where it meets the path previously described as the way from Meall an Tagraidh. This path is followed up Allt Allein to Bealach Carn na h' Urchaire, from where there is an easy descent to Gleann Tarsuinn.

One continuation follows Allt Dubh to Achnasaul, where the road leads directly to Gleann Cia-aig Falls. Another follows Gleann Tarsuinn, and descends Gleann Cia-aig on the east side of the river.

*Distance: 14.5 miles (23.5 km)*

*Height of ascent: 2180 feet (660 m)*

*Naismith time: 5 hours 48 mins*

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## Gaelic Place Name Details

<i>Name</i>	<i>Pronunciation</i>	<i>Translation</i>
Allt Ailein	alt elen	Allan's stream
Allt Dubh	allt doo	black stream
Allt Choire a' Bhalachain	alt khora a valakhin	stream of the corrie of the little boy
Bealach Carn na h-Urchaire	byalakh carn na hoorakhar	pass of the carn of the shot
Glas Bheinn	glas vehn	grey mountain
Loch an Sgùd	lokh an skooch	lake of the dirty waters
Meall Coire nan Saobaidh	myowl kora nan serv-ee	hill of the corrie of the foxes' dens
Meall na h-Eilde	myowl na h-eld-eh	hill of the hind
Meall an Tagraidh	myowl an tagree	hill of the pleading