

26 LOCH ERICHT to GLEN SPEAN

It is possible to complete the route comfortably in one day. Unfortunately, there is no accommodation available at the end of the route.

Ben Alder Bay to Culra

Landranger Map: 42

OS Maps Central Grid Reference:

NN 530 720

The path begins up the hillside directly behind Ben Alder Cottage, and climbs by the side of the stream. From the summit of Bealach Breabag, the path descends to Loch Bealach Beithe, and then continues all the way to Culra.

Distance: 6.5 miles (10 km)

Height of ascent: 1550 feet (520 m)

Naismith time: 2 hours 52 mins

Culra to Glen Spean

Landranger Map: 42

OS Maps Central Grid Reference:

NN 490 800

Between Culra and Loch Pattack, the route follows a cart track, which becomes just a

footpath once it turns left at Loch Pattack. About a mile after the loch, the path meets the Allt Cam. The only way to cross is to wade.

Thereafter, the path climbs steadily up the opposite slope. Just before Loch a Bhealaich Leambain, the path divides. Either of the two branches may be used to pass the loch on the north and south sides, respectively. At the top of Bealach Leambain, the view ahead is dominated by the massif of Creag Meaghaidh.

The descent westwards follows a path along the banks of the Allt Coire Pitridh. At the bottom, the path swings right and away from the direct line to Loch Laggan. Moreover, it is important to follow this detour to the end of Lochan na h-Earba, and not to try and force a more direct route way across the marches. The remaining three miles are a steady descent into Glen Spean at the southern end of Loch Laggan.

Distance: 10 miles (16 km)

Height of ascent: 860 feet (260 m)

Naismith time: 3 hours 38 minutes

Gaelic Place Name Details

<i>Name</i>	<i>Pronunciation</i>	<i>Translation</i>
Allt Cam	alt kam	crooked stream
Allt Coire Pitridh	alt kora peetree	stream of the pitted corrie
Loch a Bhealaich Leambain <i>should be</i>		
Loch a Bhealaich Lean Bhan	loch a vyalich lyen vaan	lake of the pass of the white meadow
Loch Bealach Beithe	lokh byalach beh-eh	lake of the pass of a beech tree
Lochan na h-Earba	lokhan na herba	small lake of the roe deer