

# Torridon Guided Trail

**Tour Style:** Guided trails

**Destination:** Scotland

**Trip code:** TDLDW

**Trip Walking Grade:** 4



## HOLIDAY OVERVIEW

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Explore Eilean Donan Castle before making your way on wild mountain paths up into the heart of the majestic sandstone peaks of Torridon. Take a journey through glens with stunning waterfalls, cross high mountain passes with remote lochans and amazing views, and explore a coastline well away from any roads. Follow the celebrated Mountain Trail to the viewpoint which looks into the heart of the Torridon mountains as well as back across Loch Maree to Slioch and the hills of Fisherfield. Be inspired by one of the most exciting landscapes in Scotland.

## WHAT'S INCLUDED

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- Group transfers from Inverness railway station or airport
- Full Board en-suite accommodation
- Experienced HF Holidays Walking Leader
- All transport to and from the walks
- Luggage transfers between accommodation
- For 2022 we're offering a with-flight package, including flights from London Gatwick

## HOLIDAY HIGHLIGHTS

- Discover the fairy tale Eilean Donan Castle
- Follow Highland glens, waterfalls and cross high mountain passes
- Be awed by majestic peaks of Torridon and the shores of Loch Maree

## TRIP SUITABILITY

The Torridon trail is graded 4, with walks/hikes in remote countryside, largely following rough and rocky mountain paths, occasionally off-path, and possibly requiring river crossings. Sustained ascents and descents and occasional sections of rocky and steep ground are encountered. Weather can be unpredictable. You will require a good level of fitness as you will be walking every day. It is your responsibility to ensure you have the relevant fitness and equipment required to join this holiday. A sustained effort is required to complete each walk and provision cannot be made for anyone who opts out. Please be sure you can manage the mileage and ascent detailed in the daily itineraries. Each walking day on this holiday will vary between approximately 4 and 7½ hours and it is important for your own enjoyment, and that of your fellow guests that you can maintain the pace. It makes a lot of sense to spend time getting some additional exercise before your holiday. We suggest that you try to fit in a number of longer walks, including some on hilly and rough terrain. Other exercises such as cycling, jogging and swimming are also excellent for developing increased stamina.



## ITINERARY

### Day 1: Arrival Day

Transfer from Inverness rail station and airport. Your leader will be at reception at 18:30 to meet the group and for a quick introduction to the holiday before dinner.

### Day 2: Eilean Donan Castle To Glen Elchaig

Our first day starts with a couple of viewpoints overlooking the famous Eilean Donan Castle and Loch Long, then a lovely walk up the An Leth-allt river with its many waterfalls. Higher up the glen we head north on an

historic path which heads towards Glen Elchaig and the start of tomorrow's walk. After crossing the pass, we turn west to follow the attractive valley of the River Glennan down to the end of the road and the short walk back to Eilean Donan. This walk offers solitude, wild countryside and splendid views.

9.5 miles (15km) with 2050 feet (630m) of ascent.

### **Day 3: Glen Elchaig To Attadale**

From Glen Elchaig we ascend beside the steep-sided Glen Ling, then leaving the river we follow a path across wild open country before descending through forest to the Attadale River and on to the coast at Loch Carron. If time permits there may be an opportunity to visit Attadale Gardens.

8½ miles (13.5km) with 1,400 feet (400m) of ascent.

### **Day 4: The Coulin Pass To Glen Torridon**

Today we head up towards Torridon, leaving Glen Carron at Achnashellach and heading up towards the Coire Lair surrounded by big mountains. Once over the pass we descend to the Easan Dorcha waterfall, then past Lochs Coulin and Clair to reach Glen Torridon. The views across to Beinn Eighe and Liathach are excellent.

9½ miles (15½km) with 1,560 feet (475m) ascent.

### **Day 5: The Heart Of Torridon**

Starting near the famous Ling climbing hut, we ascend the path between Liathach and Beinn Eighe, initially quite steeply but the gradient soon eases. At the top of the pass we take the path heading up into Coire Mhic Fhearchair, with stunning views of the Triple Buttress. Returning to the main path we continue west around the back of Liathach to reach the coast near Torridon House. Although we are on paths throughout, the going is rough and dramatic, with steep sandstone buttresses above us. It is possible to omit the section up into Coire Mhic Fhearchair and avoid 200m of ascent, but the drama is well worth the climb.

11 miles (17.5km) with 1,900 feet (580m) of ascent.

### **Day 6: Torridon To Diabaig**

While still very much in mountain scenery, today we leave Glen Torridon to follow the shore of Loch Torridon northwards. Our path takes us on quite challenging and undulating terrain through rugged and rocky coastal scenery to reach Lower Diabaig, below the slopes of Beinn Alligin.

7½ miles (12.5km), 1,345 feet (410m) ascent.

### **Day 7: Mountain Path To Kinlochewe**

Back in the heart of the Torridon mountains, we follow the rocky mountain trail from the shore of Loch Maree up to the viewpoint looking across to the dramatic scree slopes at the back of Beinn Eighe. Then we cut across open country for a short while before picking up the path which takes us back to Kinlochewe.

6 miles (9.5km), 1,850 feet (560m) ascent.

### **Day 8: Departure Day**

Transfer back to Inverness rail station and airport

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## ACCOMMODATION

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### **Plockton Hotel - Torridon**

Situated on the waterfront, the Plockton Hotel boasts stunning views and traditional Highland hospitality. All rooms are en-suite with a television and tea and coffee making facilities, and include free WiFi.

### **Tigh An Eilean Hotel - Torridon**

Tigh an Eilean Hotel is a small family-run hotel located in the picturesque fishing village of Shieldaig in Wester Ross. All rooms are en-suite, with hairdryer and tea and coffee making facilities. There is Wi-Fi throughout the Hotel and a laptop for guest use. There are three sitting rooms for guests to relax in.

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## USEFUL HOLIDAY INFORMATION

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### **Holiday Information**

We try to create a relaxed atmosphere on the walk but please listen to safety instructions from your leader.

Keep members of the group in view especially when weather or visibility is poor. If you leave the group, then your leader will no longer have responsibility for you. Our leaders consider the safety of the group as a whole and are likely to be more cautious over potential risks such as bad weather.

### **Food & Transport**

#### **Packed lunches**

Our packed lunches will be too much food for some and not enough for others, if you feel you might need more food during the walk, please bring a supply of snacks to supplement this – it won't always be possible to buy these on the route. Your packed lunches will include: bread sandwiches or rolls with a choice of filling; some fresh fruit; fruit cake/flapjack or similar, crisps and/or yoghurt, fruit, biscuits.

#### **Dietary Requirements**

Our partner hotels can cater for most dietary requirements, but it is important you advise us of any allergies and dietary restrictions you have at the time of booking.

#### **Luggage Transfers**

When you change from one Hotel to another we will arrange for your luggage to be transferred for you. This is included in the cost of your holiday. Please remember that other people will need to move your suitcase so please pack thoughtfully with a maximum of 20 kilos. If you can limit your luggage to one bag, rucksack or suitcase that would be very helpful. Please make sure your bags are clearly labelled with your name and "HF Holidays".

#### **Luggage Transfers**

We will arrange for your luggage to be transferred for you. This is included in the cost of your holiday. Please remember that other people will need to move your suitcase so please pack thoughtfully with a maximum of 20 kilos. If you can limit your luggage to one bag, rucksack or suitcase that would be very helpful. Please make sure your bags are clearly labelled with your name and "HF Holidays".

## Joining Instructions

### Holiday Start

Your holiday starts in Inverness. Our group transfer will collect guests from Inverness Rail Station at:

- 2.30pm. Your HF Holidays leader will be at the meeting point in the station near WHSmiths.

A pick-up is also available from Inverness Airport (2:00pm) - this is **only available if you have pre-booked an airport transfer**. To pre-book, please let us know at least 8 weeks before your holiday start date, by contacting us on 0208 732 1250 or email [trails@hfholidays.co.uk](mailto:trails@hfholidays.co.uk). The airport pick-up point is in front of the Terminal Building. Look out for someone holding a HF Holidays sign.

If you will not be using our transfer please let us know, so that the group is aware not to wait for you. The transfer from Inverness to Plockton is approximately 2 hours with a short stop on the way.

### Holiday Finish

We will return you to Inverness railway station for 10.00am or to Inverness airport for 10.30am.

### Travel By Rail

There is a regular rail service to Inverness. For train times and route planning by train visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or call 03457 484950.

### Travel By Air

There are a number of low-cost flights from around the UK to Inverness and if you are flying from overseas there are some international flights to Inverness. Contact our Reservations team and we can arrange flights from London Gatwick/Belfast/Birmingham/Manchester on request.

## Essential Information

### Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents
- Waterproof walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares)
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended
- Waterproof jacket and waterproof over trousers
- Warm hat and gloves. Gaiters are an optional but useful extra
- Denim jeans and capes are not suitable on any walks
- Rucksack with a waterproof liner
- Thermos flask for hot drink
- Water bottle (at least 1 litre)
- Spare high-energy food such as a chocolate bar
- Small torch
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed)

## Optional Equipment

- Walking poles are useful, particularly for descents
- Insect repellent
- Sun hat
- Sunglasses
- Sun cream
- Camera

## Trip Information

### Travel Insurance

We strongly recommend that you take out travel insurance and any other personal insurance relevant to you and the holiday. It is particularly important with the possibility of flight changes and cancellations due to the challenging weather conditions that can occur on the islands and might impact your onward travel arrangements.

## Useful Information

Our experienced and knowledgeable volunteer leaders undergo a thorough assessment to lead you on your Guided Walking/Hiking Trail and are delighted to share their knowledge and enthusiasm with you.

Please ensure you complete and hand in your registration form on arrival and let the leader know about any medical problems you may have. This may be useful in the event of a problem on the walk and will be treated confidentially by the leader.

## In The Event Of A Problem

If you become separated from the party, please stay where you are. Your leader will retrace their steps to find you.

All our leaders carry a mobile phone, group shelter, spare maps and a compass. In the unlikely event your leader is incapacitated, please use any emergency kit in their rucksack. Call the emergency services (call 999 in the UK, or 112 overseas).

Please then try to call the hotel where you are staying to let them know there is a problem.

## Ticks

Ticks are tiny creatures that live in vegetation and can attach themselves to passing animals or walkers and may carry a risk of Lyme Disease. Please refer to NHS advice and guidelines for information prior to your holiday.

### Suggested Reading and Maps

Your leader will carry all the necessary maps and guides. For your own interest you may consider looking at some of the following:

[www.undiscoveredscotland.co.uk](http://www.undiscoveredscotland.co.uk)

[www.walkhighlands.co.uk/](http://www.walkhighlands.co.uk/)

<http://www.eileandonancastle.com/>

Ordnance Survey 1:50,000 maps

Landranger 19: Gairloch & Ullapool

Landranger 24: Raasay & Applecross

Landranger 25: Glen Carron

Landranger 33: Loch Alsh, Glen Shiel & Loch Hourn

Walking in Torridon (Cicerone Guide)

Hostile Habitats, Mark Wrightham & Nick Kempe

Hutton's Arse: 3 billion years of extraordinary geology in Scotland's Northern Highlands, Malcolm Rider

Old Torridon, Murdoch MacDonald

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## HOW TO BOOK

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When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 5.30pm, Saturday: 9am – 1pm, Sunday & Bank Holiday Monday: closed

### PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

### NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit [hfholidays.co.uk/membership](http://hfholidays.co.uk/membership) for details.

### BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: National Westminster Bank, Account Name: HF Holidays Limited, Account Number: 48904805, Sort Code: 60-00-01, IBAN: GB90NWBK60000148904805

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

### MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

## YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

## TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit [hfholidays.co.uk/insurance](http://hfholidays.co.uk/insurance)

## PEACE OF MIND

### ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website [atol.org.uk](http://atol.org.uk)

### MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

## TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

## PRICE GUARANTEE

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We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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