

160. Mabie Forest

Distance **5 miles/8km**

Ascent **316 metres**

Start/Finish **Mabie Forest car park, DG2 8HB**

This run follows the brown waymarkers for the Lochaber trail north out of the car park and then tracing a wide figure-of-eight.

Cross Mabie Burn and run up to a footbridge near Larch Hill. Turn L here and head south, re-crossing Mabie Burn and heading south. Head R around Cragbill Hill to a main track junction at NX 927704 (2.7 miles/4.3km). Turn R and then trend L to the summit and trig point of Marthrown Hill at 249 metres. Turn around and follow the same path back initially then bearing L around to Dalshinnie Loch. Take the track east from here, crossing the outbound path and returning to the start.

Miles	Km	Directions
0.0	0.0	Cross Mabie Burn and run up to a footbridge near Larch Hill.
0.4	0.7	Turn left here and head south to re-crossing Mabie Burn.
0.9	1.4	Follow the path south then trend right around Cragbill Hill to a main track junction at NX 927704.
2.7	4.3	Turn right and then trend left to the summit and trig point of Marthrown Hill.
3.4	5.4	Turn around and follow the same path back initially then bearing left around to Dalshinnie Loch.
4.1	6.6	Take the track east from here, crossing the outbound path and returning to the start.