

169. Ochill Hills

Distance **6 miles/9km**

Ascent **797 metres**

Start/Finish **The Woolpack Inn, Tillicoultry, FK13 6AR**

From the start follow the road and then path north, following the burn up Mill Glen and bearing L uphill before the burn forks into two. Take the path west, heading up onto the rounded ridge and then bearing R to the top of Wood Burn and up the hill above at 558 metres (1.4 miles/2.2km). Follow this ridge north-west above Calf Craig to Ben Ever at 622 metres. Run around the ridge, curving R down to the col at 584 metres and then up to Ben Cleuch with its trig point at 721 metres (3.2 miles/5.1km). Trace the ridge south-east to the boundary point and junction at NN 910003 (3.7 miles/5.9km). Turn R and head south over The Law at 638 metres then downhill to the confluence of the Gannel Burn and Daiglen Burn. Cross this then bear L onto a higher path than the outbound one, which also returns you to the start.

Miles	Km	Directions
0..0	0.0	Follow the road and then path north, following the burn up Mill Glen and bearing left uphill before the burn forks into two.
0.4	0.6	Take the path west, heading up onto the rounded ridge and then bearing right to the top of Wood Burn and up the hill above at 558 metres.
1.4	2.2	Follow this ridge north-west above Calf Craig to Ben Ever.
2.3	3.7	Run around the ridge, curving right down to the col at 584 metres and then up to Ben Cleuch.
3.2	5.1	Trace the ridge south-east to the boundary point and junction at NN 910003.
3.7	5.9	Turn right and head south onto The Law.
4	6.5	Continue south then downhill to the confluence of the Gannel Burn and Daiglen Burn. Cross this then bear left onto a higher path than the outbound one, which also returns you to the start.