

172. Loch Muick

Distance **7.5 miles/12km**

Ascent **592 metres**

Start/Finish **Spittal of Glenmuick, AB35 5SU**

Run up the path heading south-west to the eastern corner of Loch Muick. Turn R and follow the lochside path around the loch past the boathouse at the northern tip then down the northern shore to Glas-allt-Shiel at NO 276823. To extend this route and increase its challenge level, turn R here and follow the path north-west up Glas Allt. Bear R to the cairn at Cac Carn Mor where you turn R following the edge of the cliff north to the trig point at 1155 metres on the summit of Lochnagar. Return to Loch Muick by the same route. This detour is an extra 7 miles/11.2km and adds 769 metres of ascent. Continuing around Loch Muick from Glas-allt-Shiel, follow the path to the southern end and turn L along the loch shore to the south-western point. Turn L here and trace the shore north-east back to the start.

Miles	Km	Directions
0.0	0.0	Run up the path heading south-west to the eastern corner of Loch Muick.
0.7	1.2	Turn right and follow the lochside path around the loch past the boathouse at the northern tip then down the northern shore to Glas-allt-Shiel at NO 276823.
3.3	5.3	Follow the path to the southern end and turn left along the loch shore to the south-western point.
4	6.5	Turn left here and trace the shore north-east back to the start.