

173. Loch an Eilein

Distance **5 miles/7.5km**

Ascent **208 metres**

Start/Finish **Loch an Eilein Gate car park, PH22 1QT**

From the car park pick up the path south to the L of Loch an Eilein and along the north-east shore to a path junction and footbridge. Cross and turn R, continuing south-west through the forest to another path junction and footbridge, over the burn that runs between Loch Gamhna and Loch an Eilein. Turn L and follow the path south-west initially and then bear R around the southern end of Loch Gamhna. Head back north-east up the other side of the loch and then L along the southern shore of Loch an Eilein. Turn R along the shore through a gate and past the castle in the loch. Finally, follow the path back north along the loch shore and back to the start.

Miles	Km	Directions
0.0	0.0	From the car park pick up the path south to the left of Loch an Eilein and along the north-east shore to a path junction and footbridge.
0.7	1.2	Cross and turn right, continuing south-west through the forest to another path junction and footbridge.
1.8	2.9	Turn left and follow the path south-west initially and then bear right around the southern end of Loch Gamhna.
2.4	3.8	Head back north-east up the other side of the loch and then left along the southern shore of Loch an Eilein. Turn right along the shore through a gate and past the castle in the loch. Finally, follow the path back north along the loch shore and back to the start.