

174. Lairig Ghru

Distance **18.5 miles/29.5km**

Ascent **855 metres**

Start **Glenmore Lodge, PH22 1QZ**

Finish **Linn of Dee car park, AB35 5YG**

From the Lodge head south and cross a footbridge in the forest, turning R at the track junction and following this to the road. Turn L on the road heading south then bear R onto a path following the Allt Mor. Once above the forest, turn R and cross a footbridge and head south-west up and over the Chalamian Gap. Drop down into the valley and turn L following the Lairig Ghru up to the Pools of Dee (7.1 miles/11.5km). Continue down the valley trending L below Carn a Mhaim and following the Allt Preas nam Meirleach down to Lui Water. Turn R, descending to reach the Linn of Dee.

Miles	Km	Directions
0.0	0.0	Head south and cross a footbridge in the forest, turning right at the track junction and following this to the road.
1	1.6	Turn left on the road heading south then bear right onto a path following the Allt Mor. Once above the forest, turn right onto a footbridge.
2.1	3.3	Cross and head south-west up and to the Chalamian Gap.
4	6.4	Drop down into the valley and turn left following the Lairig Ghru up to the Pools of Dee.
7.1	11.5	Continue down the valley trending L below Carn a Mhaim and following the Allt Preas nam Meirleach down to Lui Water. Turn right, descending to reach the Linn of Dee.