

## 180. Ben Lawers

**Distance**        **7 miles/11km**

**Ascent**            **1038 metres**

**Start/Finish**    **Ben Lawers car park, FK21 8TY**

A truly outstanding mountain run. From the car park cross the road and follow the signed path north-east through the gated Ben Lawers nature reserve and out onto the mountainside above. Stay R on the main path zig-zagging uphill to the first summit of Beinn Ghlas at 1103 metres. Run down the wonderful, exposed ridgeline and then up the steeper rocky path to the trig point at 1214 metres on the summit of Ben Lawers (3.2 miles/5.2km). Turn around and return along the ridge to Beinn Ghlas, then turn R and descend to the col below Meall Corranaich. Turn L and run on a superb path down the Burn of Edramucky to the outbound trail. Turn R and return through the nature reserve to the start.

<b>Miles</b>	<b>Km</b>	<b>Directions</b>
0.0	0.0	Head north-east across the road and follow the signed path through the gated Ben Lawers nature reserve and out onto the mountainside above.
1.1	1.8	Stay right on the main path zig-zagging uphill and then trending left to the first summit of Beinn Ghlas.
2.3	3.7	Run down the wonderful, exposed ridgeline and then up the steeper rocky path to the trig point on the summit of Ben Lawers.
3.2	5.2	Turn around and return along the ridge to Beinn Ghlas.
4.2	6.8	Turn right and descend to the col below Meall Corranaich.
4.6	7.4	Turn left and follow the path down the Burn of Edramucky to the outbound trail.
5.6	9	Turn right and return through the nature reserve to the start.