

## 184. Great Glen Way

**Distance**        **75 miles/121km**

**Ascent**            **2863 metres**

**Start**              **Fort William Station, PH33 6TQ**

**Finish**             **Inverness Station, IV1 1LF**

This route is well waymarked and shown on OS maps.

Join the waymarked Great Glen Way north of the station and follow it along the coast to the mouth of the Caledonian Canal. Turn R inland on the southern bank past the series of lochs known as Neptune's Staircase to join the B8005 and cross the canal at Gairloch (10.4 miles/16.7km). Turn R and follow the trail north-east along the west shore of Loch Lochy to the Laggan Locks at the northern end (22 miles/35.3km). Cross at the loch and turn L along the eastern bank of the Caledonian Canal, heading north-east to the southern end of Loch Oich. Cross the A82 and follow the eastern shore of the loch to the A82 at the Bridge of Oich (27.8 miles/44.8km). Cross the bridge and follow the canal north on the western bank to the A82 in Fort Augustus (33 miles/52.5km). Turn L onto the road and follow roads then forest trails slightly west but keeping to the edge of Loch Ness. The trail diverts away from the loch in Invermoriston at about 40 miles/65km and Drumnadrochit at about 56 miles/90km, but generally follows Loch Ness north-east. Head inland on the trail at Abriachan at 61 miles/97.5km and from here stay on the higher ground to the north of the loch into Inverness, descending to follow the River Ness to the station in Inverness.

Miles	Km	Directions
0.0	0.0	Join the Great Glen Way north of the station and follow it along the coast to the mouth of the Caledonian Canal.
3	4.9	Turn right inland on the southern bank past the series of lochs known as Neptune's Staircase to join the B8005 and cross the canal at Gairloch.
10.4	16.7	Turn right and follow the trail north-east along the west shore of Loch Lochy to the Laggan Locks at the northern end.
22	35.3	Cross at the loch and turn left along the eastern bank of the Caledonian Canal, heading north-east to the southern end of Loch Oich.
23.4	37.7	Cross the A82 and follow the eastern shore of the loch to the A82 at the Bridge of Oich.
27.8	44.8	Cross the bridge and follow the canal north on the western bank to the A82 in Fort Augustus.
33	52.5	Turn left onto the road and follow roads then forest trails slightly west but keeping to the edge of Loch Ness. Follow the trail along Loch Ness and then north-west away from the loch and up into some woodland to reach the River Moriston.
40.4	65	Turn right and follow the trail through Invermoriston and back to Loch Ness.
43.5	70	Follow the trail north-east above the loch trending uphill into the woodland to a sharp left where the trail moves away from the loch to a road in Grottaig.
51.1	82.3	Turn left and still on the trail follow the road north-east until a left turn off the road on the hill above Drumnadrochit.
54.1	87.1	Turn left and follow the trail down to the A82. Turn left and follow this through Drumnadrochit and right at the junction with the A831 to return to Loch Ness in Urquhart Bay.

57.8	93.1	Follow Loch Ness and the Great Glen Way north-east then head left away from the loch again up through woodland to a road crossing above Abriachan.
63.3	101.8	Cross and continue on the trail through woodland and trending right and downhill to the A82 in Inverness.
73.4	118.1	Cross and turn left following the River Ness to the station in Inverness.