

185. Glen Shiel

Distance **20 miles/31.5km**

Ascent **1869 metres**

Start **Cluanie Inn, IV63 7YW**

Finish **Shiel Bridge, IV40 8HW**

Cross the road and follow the track south past Cluanie Lodge to a path junction at NH 101072 (4 miles/6.4km). Turn R off the main track and head north-west up onto the ridge to the first summit, Creag Mhaim at 947 metres. Follow the ridge curving to the R over Druim Shionnach at 987 metres then Aonach air Chrith at 1021 metres (7.7 miles/12.4km). Continue over Maol Chinn-dearg at 981 metres to Sgurr Coire na Feinne at 902 metres (9.5 miles/15.3km). Run north-west, detouring north to Sgurr an Doire Leathain at 1010 metres, then carrying on over Sgurr an Lochain at 1004 metres to Sgurr Beag at 896 metres (12 miles/19.3km). Run down through the col and up to Creag nan Damh at 918 metres then north to Sgurr a' Chuilinn at 755 metres (13.5 miles/21.7km). Descend from here north-west along the rounded ridge to join and follow Allt Mhalagain to the car park on the A87 at NG971138 (15.2 miles/24.4km). Turn L and follow the road down to Sheil Bridge where you can get a bus back to the start.

Miles	Km	Directions
0.0	0.0	Cross the road and follow the track south past Cluanie Lodge to a path junction at NH 101072.
4	6.5	Turn right off the main track and head north-west up onto the ridge to the first summit, Creag Mhaim.
5.2	8.3	Follow the ridge curving to the right over Druim Shionnach to Aonach air Chrith.
7.7	12.4	Continue over Maol Chinn-dearg to Sgurr Coire na Feinne.
9.5	15.3	Run north-west, detouring north to Sgurr an Doire Leathain.
10.6	17	Return to the main ridge and carry on over Sgurr an Lochain to Sgurr Beag.
11.9	19.2	Run down through the col and up to Creag nan Damh then north to Sgurr a' Chuilinn.
13.5	21.7	Descend from here north-west along the rounded ridge to join and follow Allt Mhalagain to the car park on the A87 at NG971138.
15.2	24.4	Turn left and follow the road down to Sheil Bridge.