

## 186. Glen Affric

**Distance**      **11 miles/17.5km**

**Ascent**        **521 metres**

**Start/Finish**   **Glen Affric car park, near IV4 7LN**

Note, the postcode is for Cannich village, from there follow the signed road up Glen Affric along the northern shore of Loch Beinn a' Mheadhoin to the car park at the end of the road.

This route circumnavigates Loch Affric in an anti-clockwise direction. Start by heading north out of the car park and following the driveway to Affric Lodge. Turn R onto a smaller path around to the north of this and then onto a larger track going west above the loch. Follow this to Loch Coulavie where the path becomes less distinct. Continue to a junction with the Affric Kintail Way at NH 127208 (5.4 miles/8.7km). Turn L onto this clearer track and follow it south-east across a bridge and past Athnamulloch then L onto a larger track along the southern shore of the loch, then head north-east above the loch and into woodland. Take the large trail L at the eastern end of the loch, crossing a bridge and turning R up a hill back to the start.

Miles	Km	Directions
0.0	0.0	Head north out of the car park and following the driveway to Affric Lodge.
1	1.6	Turn right onto a smaller path around to the north of this and then onto a larger track going west above the loch. Follow this to Loch Coulavie where the path becomes less distinct. Continue to a junction with the Affric Kintail Way at NH 127208.
5.4	8.7	Turn L onto this clearer track and follow it south-east across a bridge to Athnamulloch.
5.8	9.4	Continue past the buildings and up onto a larger track along the southern shore of the loch.
6.2	10	Turn left and head north-east above the loch and into woodland. Continue to a large track junction at NH197231.
10.5	16.9	Turn left and follow the large trail left at the eastern end of the loch, crossing a bridge and turning right up a hill back to the start.