

187. Diabaig Torridon

Distance **8.5 miles/13.5km**

Ascent **780 metres**

Start/Finish **Lower Diabaig, IV22 2HE**

Follow the path from the southern end of the road and turn L up Allt an Uain to the road north of Loch a' Mhullaich. Turn R and follow this road to a fork R onto a path north of Loch Diabaigas Airde, around the north-eastern end of the loch and south down to the road and down Bealach na Gaoithe. Straightline the road's curves and take the first R to Glachacro (3.4 miles/5.5km). Turn R here off the road and follow a path south-west to Rubha na h-Airde Glaise (5.2 miles/8.3km). Turn around and return on the same path to a L turn that follows the coast north-west to Lochan Dubh. Pass to the L or west of this and take the path around to the R, north of Loch a' Bhealaich Mhoir and then north back to the start.

Miles	Km	Directions
0.0	0.0	Follow the path from the southern end of the road and turn left up Allt an Uain to the road north of Loch a' Mhullaich.
0.7	1.2	Turn right and follow this road to a fork right onto a path north of Loch Diabaigas Airde.
1.4	2.2	Follow the path around the north-eastern end of the loch and south down to the road.
2.3	3.7	Follow the road south-east straight lining the road's curves and take the first right to Glachacro. Follow this road down to a right turn onto a path.
3.4	5.5	Turn right here off the road and follow a path south-west to Rubha na h-Airde Glaise.
5.2	8.3	Turn around and return on the same path to a L turn that follows the coast north-west to Lochan Dubh.
7	11.3	Pass to the left or west of this and take the path around to the right, north of Loch a' Bhealaich Mhoir and then north back to the start.