

190. Ben Hope**Distance** **5 miles/7.5km****Ascent** **961 metres****Start/Finish** **Layby north of Alltnacaillich, IV27 4UL**

From the layby at NC 461476 follow the path signed to Ben Hope heading north-east uphill. Follow the signed path as it climbs up to the ridge then turns L and leads to the trig point at 927 metres on the summit. The return is by the same route, taking in fast, technical terrain to return to the start.

Miles	Km	Directions
0.0	0.0	Follow the path signed to Ben Hope heading north-east uphill. Follow the path as it climbs up to the ridge then turns left and leads to the trig point at on the summit.
2.3	3.7	Turn around and descend by the same route.