

193. Paps of Jura

Distance **11 miles/17km**

Ascent **1562 metres**

Start/Finish **Layby at Corran River bridge, near PA60 7XZ**

From the layby follow the path north-west to Loch an t-Siob'. Turn R at its eastern tip and head north on vague paths to the east of Beinn Shiantaidh. Turn L onto a better path around to its south and up to the summit at 757 metres (3.2 miles/5.1km). Descend to the west and then climb up Beinn an Oir to the north-eastern summit at 763 metres then run along the ridge to the trig point at 785 metres (4.8 miles/7.7km). Descend the south-west ridge on indistinct paths to reach the valley floor south of Na Garbh-lochanan. Cross the valley to the east of Beinn a' Chaolais and turn R, heading straight for the summit at 733 metres (6.3 miles/10.2km). Follow the same path back to the valley but continue east down Gleann an t-Siob to Loch an t-Siob. Take the path around the south of the loch back to the outbound track. Turn R onto this to return to the start.

Miles	Km	Directions
0.0	0.0	Follow the path north-west to Loch an t-Siob'.
1.8	2.9	Turn right at its eastern tip and head north on vague paths to the east of Beinn Shiantaidh follow this to a path junction.
2.5	4	Turn left onto a better path around to its south and up to the summit.
3.2	5.1	Descend to the west and then climb up Beinn an Oir to the north-eastern summit, then run along the ridge to the trig point at 785 metres.
4.8	7.7	Descend the south-west ridge on indistinct paths to reach the valley floor south of Na Garbh-lochanan.
5.5	8.8	Cross the valley to the east of Beinn a' Chaolais and turn right, heading straight for the summit.
6.3	10.2	Follow the same path back to the valley but continue east down Gleann an t-Siob to Loch an t-Siob.
8	12.9	Take the path around the south of the loch back to the outbound track. Turn right onto this to return to the start.