

BEN EIGHE (Fairly strenuous /strenuous)

What you'll see:
Some of the finest mountain scenery in the country

TUCKED away out of sight on the northern flanks of Beinn Eighe in Torridon, lies one of the finest mountain views in the country. The only problem, if indeed it is a problem, is that you have to earn the view and leg it for a couple of hours into the glacial wilderness. But it's well worth it, for the sight that beholds you as you swing around the great rounded flanks of Sail Mhor and rise up beside the burn is truly wondrous.

This is Coire Mhic Fhearchair; a perfect corrie bowl, gouged out by glaciation, with a fabulous lochan on its floor and a jumble of debris left over from the last Ice Age lying sandwiched between towering mountainsides of rock and scree. All of it backed by the impressive sheer rock faces of the mighty Triple Buttress which rise full height up the back wall of the corrie.

Coire Mhic Fhearchair is accessed from the car park in the middle of Glen Torridon where Coire Dubh Mor provides a route through, between Beinn Eighe and one of the most picturesque of all Scottish mountains; Liathach.

Much of the approach is on the Trust land, including all of Liathach whose great northern corries are another highlight of this walk. A good path climbs the hillside, then heads through

the gap at an easier angle. Where the path forks go right and follow this



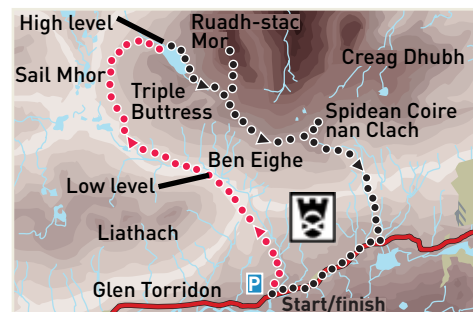
Picture by David Robertson
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as it traverses around the flanks of Sail Mhor, Beinn Eighe's north-western peak. Many will be content to explore the corrie and the lochside environs for a while but others will wish to ascend to the heights.

A mountain path continues upwards beside the idyllic pools and streams that feed the lochan to climb steeply up scree towards what at first sight looks like an intimidating shallow gully leading through the rocks to a notch at the back left side of the coire; the only real chink in the armour

hereabouts. The angle is not so severe though and with care the going is fine and the ridge soon gained. The ensuing walk out north to Ruadh Stac Mor (1010m) is a delight and the first of Beinn Eighe's two Munros is overcome.

Return to the col then ascend the path up the other side onto the main ridge and follow this easily, if somewhat airily at times, around the head of another great corrie, all the way along to the trig point on Spidean Coire nan Clach. The highpoint (993m) of this Munro



actually lies 200m to the north-east. Once back at the trig point, descend due south, then drop off the spur into Coire

an Laoigh and follow the path steeply down to the road where a 1½ mile walk leads back to the car park.

The essentials

MAP OS LANDRANGER SHEET 25 & 19
DISTANCE: 8 MILES (13 KM) OR 11 MILES (17.5KM)
GRADE: FAIRLY STRENUOUS TO STRENUOUS
APPROX TIME: 4 – 7 HOURS
START/FINISH: COIRE DUBH MOR CAR PARK (NG 958 569)

