



Common plants – The yellow bog asphodel (right), pink common spotted orchid (top left) and star sedge with its star-shaped heads (below left) can all be seen in late summer beside the paths.

Feral goats – Descended from domestic animals abandoned centuries ago, when people had to leave their farmsteads, the wild goats of today are most likely to be seen in the woodland on the west slopes of Farmigan.



Farmigan – At the southern limit of their range, only one or two pairs manage to raise broods every year. Their grey and white plumage hides them well among the rocks.



Adder – Difficult to see as it usually slithers off on lower slopes, where they are well camouflaged and prey is abundant.

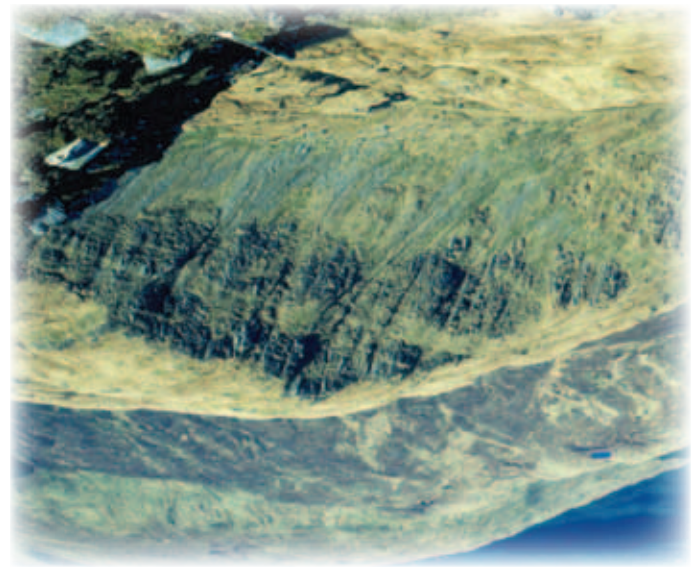
Look and listen

As well as this natural diversity, Ben Lomond also supports local farming livelihoods through sheep and cattle grazing. However, livestock grazing causes great damage to natural habitats. By working together, the farmer and the Trust are finding ways to let the natural habitats recover, whilst still enabling the farm to make a living. These include reducing sheep numbers, fencing off areas to promote woodland regeneration, and increasing the use of cattle on low ground.

Centuries of human use have greatly affected the vegetation cover on Ben Lomond, but the mountain still retains a rich diversity of natural habitats. These range from oak and birch dominated woodlands on the lower slopes, through a mosaic of blanket bog, heath and grassland, to the alpine flora and moss heath of the summit area.

A balancing act

Sheep amid the snow of a Ben Lomond winter



Steep northside crags, here in Coire Fuar, are a haven for alpine flora

Memorable landscape

All the hill ground of Ben Lomond, Beim Uird to the south and the western slopes down to the lochside make up the Ben Lomond National Memorial. A war memorial with a difference, the landscape here is cared for in commemoration of those who fought, and in many cases lost their lives, while serving their country. The area falls under the ownership of both the National Trust for Scotland and Forestry Commission Scotland. Grazing is being reduced to benefit natural habitat regeneration and exotic conifer plantations are being replaced with woodland natural to the area.

The views from the summit provide a stunning panorama of the contrast between the flat Central Lowlands and the endless mountains of the Highlands. However, with its variety of habitats and wildlife and traces of centuries of human presence, there is a lot more to the mountain than the views beyond it.

Ben Lomond can be reached by taking the B837 road to Rowardennan, 12 miles north of Drymen. Drymen is just off the A811, which links Stirling with Balloch.



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Please support the Trust by becoming a member today and help to protect Scotland's heritage for future generations to enjoy.

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Photographs provided by NTS Photo Library, Alasdair Eckersall, John Sinclair (front cover), Emily Wilkins (back cover).
Designed by NTS Learning Services Department.

With support and financial assistance from 

The National Trust for Scotland for Places of Historic Interest or Natural Beauty is a charity registered in Scotland, Charity Number SC 007410

Ben Lomond

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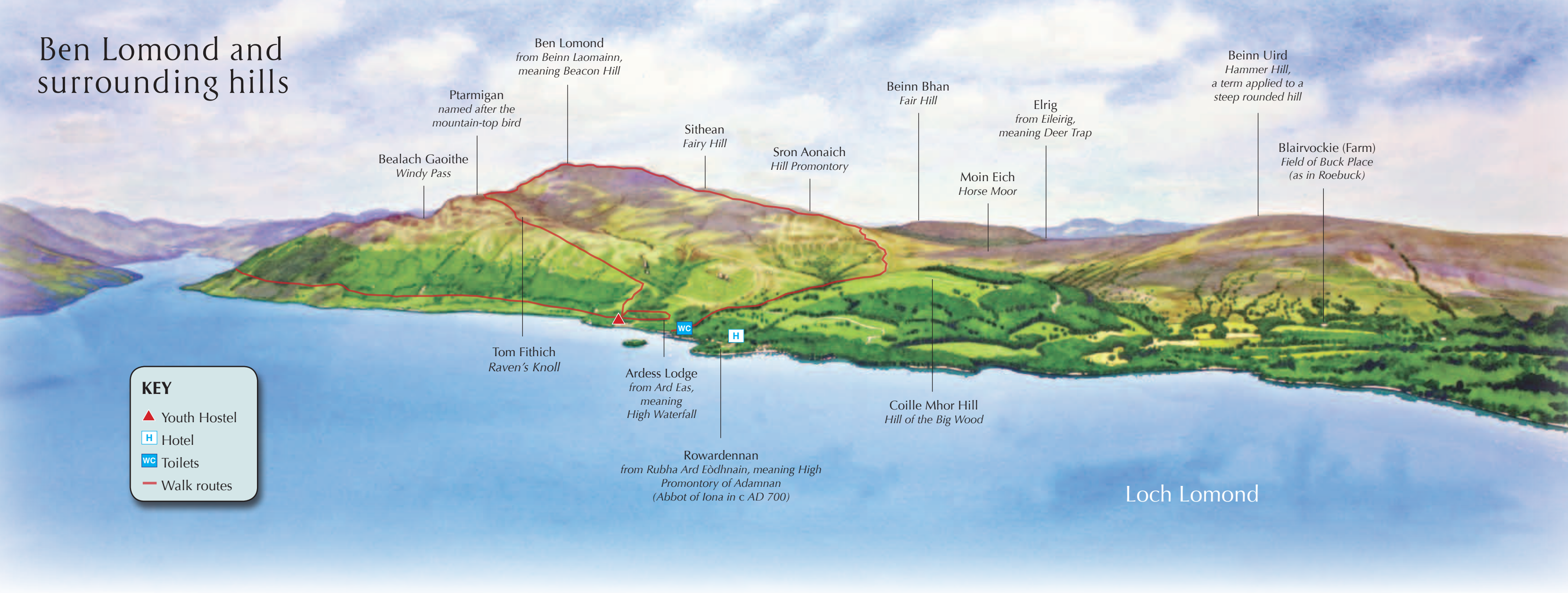


More than just a view

Ben Lomond

The east side of Loch Lomond is dominated by the broad-shouldered profile of Ben Lomond. The mountain is one of Scotland's most acclaimed landmarks and most popular hill walks.

Ben Lomond and surrounding hills



KEY

- ▲ Youth Hostel
- H Hotel
- WC Toilets
- Walk routes

Ben Lomond
from Beinn Laomainn,
meaning Beacon Hill

Beinn Bhan
Fair Hill

Elrig
from Eileirig,
meaning Deer Trap

Beinn Uird
Hammer Hill,
a term applied to a
steep rounded hill

Blairvockie (Farm)
Field of Buck Place
(as in Roebuck)

Coille Mhor Hill
Hill of the Big Wood

Moin Eich
Horse Moor

Sron Aonaich
Hill Promontory

Sithean
Fairy Hill

Ardes Lodge
from Ard Eas,
meaning
High Waterfall

Rowardennan
from Rubha Ard Eòdhainn, meaning High
Promontory of Adarnan
(Abbot of Iona in c AD 700)

Tom Fithich
Raven's Knoll

Bealach Gaoithe
Windy Pass

Ptarmigan
named after the
mountain-top bird

Loch Lomond

What's in a name?

A whole story sometimes! The name 'Lomond' most likely derives from the Gaelic word *laom*, meaning 'beacon' or 'blaze of light'. The possibility that message or warning beacons were lit on the summit long ago is very plausible; Ben Lomond is visible from large areas of central Scotland, including Dumbarton Rock, ancient capital of the Britons of Strathclyde who held sway over Loch Lomondside long ago.

View southwards from Ben Lomond summit



Times gone by

Rob Roy MacGregor was a cattle drover, leader of the MacGregor clan and outlaw. His exploits were popularised through the writings of Sir Walter Scott, securing for him a name as a folk hero in Scottish history.

Rob Roy owned the Ardes area, where the Trust base is now located, between 1711 and 1713. Many other people also lived here over the centuries and traces of their presence can be seen on the lower slopes, including house sites, rig and furrow (a type of corrugated cultivation dug by spade), bloomery mounds (where iron was smelted) and even the odd illicit whisky still site!

The *Ardes Hidden History Trail* links up some of these archaeological remains and gives an insight into life here over 300 years ago. The trail starts at the Ardes Lodge NTS Ranger Centre.



Healing scars

Ben Lomond has long been a visitor destination, with the first recorded tourist ascent in 1756. It remains one of the most popular hill walks in Scotland; over 30,000 people head for the summit each year.

This popularity resulted in extensive path erosion. Although difficult to imagine now, by the early 1990s the main path had become extended to a width of between 10m and 25m. This has been repaired over the years of Trust ownership through a combination of volunteer, contractor and ranger work, and the path is now only 1–2.5m wide.

Path maintenance is a major ongoing task, requiring 140 person days each year.

Below from second left: Rob Roy MacGregor, etching by Leon Richeton from an original painting by John Pettie (1839-93) © McManus Galleries & Museum, Dundee; Walkers look east to the Arrochar Alps; Footpath workers maintain the paths all year round; Main path on Sron Aonaich after repairs – formerly 15m wide.



Do it right

Ben Lomond is enjoyed by thousands of walkers each year. However, some people are caught out through poor preparation – don't be one of them! Mountain weather can change rapidly at all times of year. The summit can be cold, wet and windy, even in summer, and visibility can quickly reduce to a few metres. Ensure you take waterproofs and warm clothing, food and drink, and a torch. Carry a map and compass, and make sure you know how to use them.

Walkers tackle the slopes of Ben Lomond

