



the National Trust  
for Scotland  
a place for nature

# Ben Lomond

## A mountain challenge

### Description

The broad-shouldered profile of Ben Lomond dominates the east side of Loch Lomond. The mountain is one of Scotland's most acclaimed landmarks and most popular hill walks. Further information on Ben Lomond and the work of the National Trust for Scotland can be found at Ardess Lodge, 700m north of Rowardennan car park.

### Grade

A strenuous summer hill walk but a serious undertaking in winter or in bad weather.

### Terrain

A rough mountain path.

### Distance

Rowardennan car park 8 miles / 13km  
to the summit and return

Rowardennan to summit 7½ miles / 12km  
and return via Ptarmigan ridge

### Time

For both routes Approximately 4–6 hours  
The time taken will depend on the fitness and pace of the walker.

### OS Map

Landranger Sheet 56

### Facilities

Parking and toilets at car park



The Trust is supported by



### LOOK OUT FOR

Ptarmigan are at the southern limit of their range here and only one or two pairs manage to raise broods every year. The common spotted orchid can be seen in late summer beside the paths. Adders are usually very shy and difficult to see as they slither off when approached. They do well in the bracken on the lower slopes where they are well camouflaged and prey is abundant.



### HIDDEN HISTORY

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 Ardess area, where the Trust base is now located, between 1711–13. 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 cultivation, bloomery mounds (where iron was smelted) and even the odd illicit whisky still site! The Ardess Hidden History Trail links up some of these archaeological remains and gives an insight into life here over 300 years ago. It is also available as a download.

### SAFETY FIRST

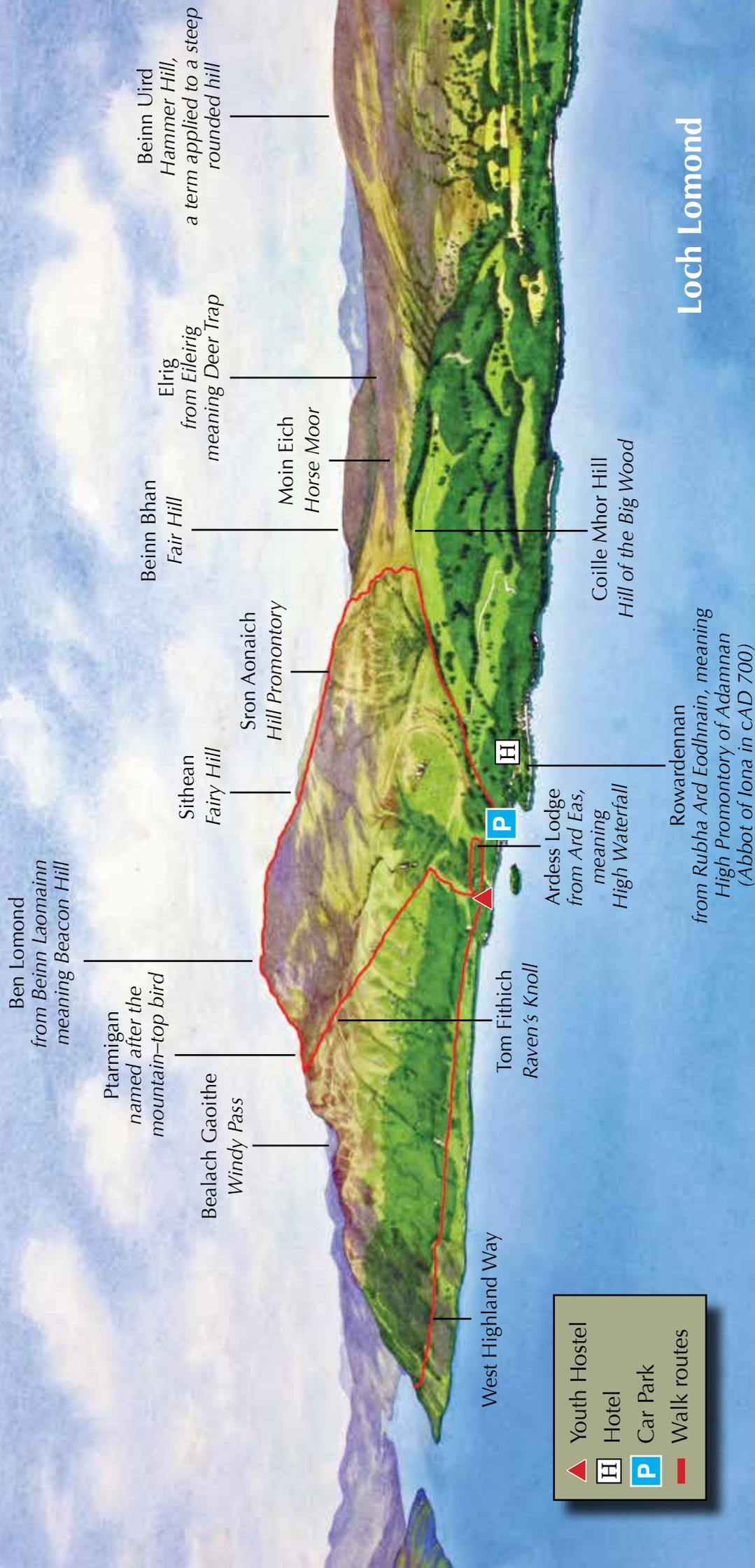
Ben Lomond is enjoyed by thousands of walkers each year. However, some are caught out through poor preparation – don't be one of them! Mountain weather can change rapidly at all times of year. The summit can be cold, wet and windy, even in summer, and visibility can quickly reduce to a few metres. Ensure 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.

# Ben Lomond

## and the surrounding hills



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- Youth Hostel
- Hotel
- Car Park
- Walk routes

Loch Lomond