



BEST OF THE WEST HIGHLAND WAY

SCOTLAND

BEST OF THE WEST HIGHLAND WAY

SCOTLAND

A 7-day trip to Scotland to walk the best sections of one of Britain's finest walks, the famous West Highland Way, through the stunning highlands of Scotland, past beautiful lochs and over remote moors. You will experience the wild beauty of western Scotland, enjoy the local food and stay in comfortable hotels along the way.

20th - 26th July 2024

Limited to 8 places

Western Scotland

Moderate





WELCOME

Dear Arne and Sesse

I am excited to be able to show you a part of the United Kingdom that I know well and love.

I have been travelling to this part of Scotland since I was a very young boy. Being an ex-military Professional Guide, you are in safe hands and can relax and fully enjoy this amazing walk together. I focus on providing immersive and original experiences that take you on a journey physically, as well as an enriching metaphorical journey in your life. I have now walked this path over seven times.

Adventure is an integral part of being human. When in the great outdoors, in a location you have never been to before, and where you may find yourself outside your physical comfort zone, you end up learning more about yourself. Adventure opens your mind, and you will surprise yourself at what you are capable of achieving. It facilitates personal growth and development while also having fun.

I want to make sure you have an amazing, unique experience in Scotland and return home with some happy memories, feeling healthier, fitter and more relaxed. We have tailored the walk, so that experience all the best parts of the West Highland Way. It is physically strenuous, so you will need to be moderately fit and may need to "get some miles in your legs" beforehand. I can talk to you about this before the trip.

Come and enjoy one of Britain's finest walk.

Sandy Leder
Founder & Chief Executive
Peak Dynamics



ABOUT THE TRIP

ABOUT

Over 5-days, you will walk the best sections of one of Britain's finest walks, "The West Highland Way" from the lowlands near Glasgow across the stunning highlands of western Scotland to the old military town of Fort William. You will gently climb up into the rugged and remote highlands; cross over the famous wild Rannoch Moor on the old military road and onwards to Fort William. Each day will be different as you walk along this strikingly varied journey.

On average, each day's walking is about 13 miles. We have chosen the best parts to walk and broken the days down so they are not so long in mileage. However, we would recommend that you do some preparation for this multi-day walk. We can advise you on that.

ETHOS

Our ethos is to encourage you to be fully immersed in this experience. It is an excellent opportunity for you to get away from your everyday life, empty your mind and be in the moment. I have been leading these journeys for over 10 years, and I know no better form of mindfulness. It is such beautiful scenery that you will feel cleansed and nourished by the experience.



PEAK
DYNAMICS



Improving Human Performance



WEST

I-GIAZZO

WEST



PEAK
DYNAMICS



Improving Human Performance



ABOUT THE WALK

It is listed by National Geographic as one of the world's top 10 trails and the first European route to become part of the International Appalachian Trail. The walk changes in character as it winds through the Lowlands up into the Highlands and magnificent mountains. Along the way, there are reminders of Scotland's historical past of massacres, betrayal, lawlessness and military action.

THE WEST HIGHLAND WAY

The West Highland Way was completed in 1980 and was the first officially designated long-distance footpath in Scotland. The path uses many ancient roads, including drovers' roads, old military roads and old coaching routes which were used to transport people, animals and soldiers around the highlands. The route is commonly walked in seven to eight days, although we will be doing it in six days.

The path officially starts on the outskirts of Glasgow at Milngavie and heads north towards and alongside Loch Lomond, before heading up into the highlands of West Scotland. The Way follows Glen Falloch northward to Crianlarich and on to Tyndrum. After Tyndrum, it enters Glen Orchy before crossing the wild yet beautiful Rannoch Moor to the famous Kingshouse Hotel. After that, the route climbs the Devil's Staircase before a long descent to the sea at Kinlochleven. The final stage skirts the Mamore Mountains on the old military road before descending through Glen Nevis into Fort William and the end of the West Highland Way. You will be able to look across to Ben Nevis, the highest mountain in the UK.



PEAK
DYNAMICS



Improving Human Performance

OUTLINE ITINERARY

DAY 1 - 20 July - Arrive in Glasgow

Arrive in Glasgow and transfer to the hotel at Drymen.

DAY 2 - 21 July - Drymen to Crianlarich 14 miles/22 km

In the morning, after a hearty breakfast, we will start our walk, heading north and then west to the edge of the Highlands, passing through the Garadhban Forest, and climb Conic Hill, as we head towards Loch Lomond and Balmaha. After lunch, we walk along the side of Loch Lomond through an ancient oak woodland. On arrival at Rowardennan, we will catch a boat for an 18 km trip up Loch Lomond, before transferring onto Crianlarich for the night.

DAY 3 - 22 July - Crianlarich to Bridge of Orchy 13 miles/21 km

In the morning, after breakfast, we will climb up above Crianlarich before dropping down to the river Fillan on our way into Tyndrum. We might catch a glimpse of the Golden Eagle and Osprey. You will pass the battlefield of Dalrigh from which Robert the Bruce fled. After a break for lunch, we will join the old military road which takes us to Bridge of Orchy.

DAY 4 - 23 July - Bridge of Orchy to Kingshouse 13 miles/21 km

After breakfast, Rannoch Moor beckons and we pass Blackmount and head out on the military road across Rannoch Moor. Rannoch Moor is one of the last great wildernesses of Europe. We might get a chance to see some red deer and grouse, a cairn to writer and explorer Peter Fleming, before descending to the Kingshouse Hotel via the Glencoe Ski Centre.

DAY 5 - 24 July - Kingshouse to Kinlochleven 9 miles/14 km

In the morning, we pass the famous mountain Buachaille Etive Mor, the location of the James Bond film Skyfall, the scene of the massacre of Clan MacDonald in 1692, before heading up the zig-zag path of the Devil's Staircase to the highest point on the walk at 550m. From there the route meanders across and down the other side of the hill to Kinlochleven. You will get some stunning views across Scotland at the top of the this climb. You will then transfer to Fort William for the night.

DAY 6 - 25 July - Kinlochleven to Fort William 15 miles/24 km

Our final day on the West Highland Way, you will transfer back to Kinlochleven. The walk starts with a short sharp steep climb up onto the old military road which will take us most of the way to Fort William. This is then easy walking along the Lairgmor (The Great Pass) between steep hills either side. The way continues through forestry, as Ben Nevis comes into view before we start our descent down into Glen Nevis and the finish of the West Highland Way.

DAY 7 - 26 July - Depart for Glasgow and Home

Early the following morning, we will return you back to Glasgow from where you can depart on a midday flight.









KEY FACTS



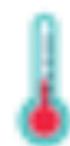
CLOTHING

Walking clothes and waterproofs. You will be given a detailed kit list



DURATION

5-days & 6-nights. We have upgraded this trip, and depending on availability you will be staying in higher quality accommodation than our normal trip



TEMPERATURE

The temperature could range between a High 16°C and Low of 8°C



PHONE SIGNAL

There is a full mobile signal for most of the time. We will have a satellite phone for emergencies



TRANSFER BACK TO GLASGOW

c. 2 hours from Fort William to Glasgow.



LUGGAGE

Your luggage will be transferred each day to your next accommodation. You will only need to carry a daysack during the day











PRICING & BOOKING

PRICE: £ 1,799 ex VAT per person

Single Room Supplement: £ 335 per person

WHAT IS INCLUDED

- Qualified Mountain Guide - Sandy Loder - planning, organisation and guiding
- 6 nights of the highest quality accommodation available whilst on the West Highland Way, including breakfast
- Luggage transfer each day between hotels
- A Peak Dynamics Goody Bag of items - fleece, cap and a few other things
- Private transfer from Glasgow airport to Drymen
- Private Speedboat trip up 18 km of Loch Lomond and private transfer to your hotel
- Private transfer from Kinlochleven to your hotel in Fort William and back the next day
- Private transfer from Fort William to Glasgow airport at the end of the West Highland Way trip

WHAT IS NOT INCLUDED

- Personal Equipment and walking kit
- Food such as snacks, lunch and dinner in the evening
- Any necessary and relevant travel insurance

HOW TO BOOK

Click on 'BOOK NOW' and fill out the booking form at the bottom of the page. A 25% deposit is required within 7 days of receiving the booking form. The balance is due no less than 10 weeks before your departure date.

BOOK NOW



www.peak-dynamics.net

ENQUIRIES

Please call Sandy Loder on +44 (0)7867 970655 or email sandy.loder@peak-dynamics.net

"A walk of great quality and distinction
that passes through a landscape second to none"



PEAK
DYNAMICS



Maximizing Human Performance