

# West Highland Way

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The West Highland Way is a 154km (96 miles) path from the outskirts of Glasgow to the mountain town of Fort William on Scotland's rugged West Coast.

As one of the UK's best known international routes, the West Highland Way could be the UK's answer to the trek to Everest Basecamp.

This trip will pick out the very best bits of the route over the course of four stunning days of walking. From the atmospheric loch shores to the bricks of forest, gorgeous glens to magnificent moorland and the majestic mountains that sculpt the surrounding land, the trek takes in varied vistas and highlights of the Scottish Highlands. Staying in a variety of local haunts along the way, with hearty breakfasts and fuelling dinners of local cuisine each day, you soak up the surroundings in

every way.

To link up seamlessly between the highlights, we'll also include a boat trip across Loch Lomond, and a short ride on the stunning West Highland Railway Line, so that we can include all of the very best bits of the West Highland Way and squeeze them into four impressive days of walking.

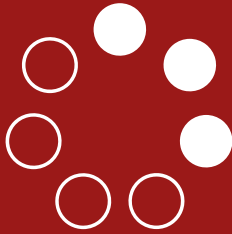
\*This spectacular route can be adjusted to fewer days and take on best sections tailored to you, while all should finish in Fort William.

**This is a RAW 360 event – find out more about our UK team [here](#).**



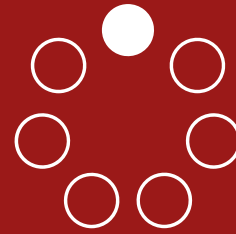
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## Physical – P3

This trip is physically tough. Frequent exercise is necessary to prepare properly for this expedition. Regular walking mixed with training at the gym to build up endurance and cardiovascular fitness is key. Expect to be able to do 8 hour days in hilly and often steep terrain, carrying a pack of 6-10kg in weight with the occasional extra long day.



## Technical – T1

No technical skills are needed. A good steady walking ability only is required.

Please note that the grading system used is a rough guide only.





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## ITINERARY

### DAY 1 : Tarbet

You'll make your own way to your accommodation in Tarbet where you'll meet your leader, ready to kickstart your trek.

### DAY 2 : Loch Lomond

After breakfast and a bag drop off we'll hop on the boat to Inversnaid, the other side of Loch Lomond. From here we walk north along wooded shoreline before climbing slightly to the Falls of Falloch. There's then a final stunning descent into Crianlarich.

(Estimated walking: roughly 6 hours, 21.4km/13.4 miles)  
(B, L, D)

### DAY 3 : Tyndrum

Today we're hopping on the train to Tyndrum before a short climb, crossing the top of the pass and leaving Loch Lomond. Onwards past the Bridge of Orchy and Loch Tulla before Rannoch Moor, a vast expanse of desolate moorland, with a good track leading to our accommodation, the Kingshouse.

(Estimated walking: roughly 8+ hours, 30.2km/18.9miles)  
(B, L, D)

### DAY 4 : Devil's Staircase

After our long day yesterday, we've got a shorter day... but not without a challenge – the infamous Devil's Staircase to climb out of Glencoe. We can ascend to a peak or skip the ascent and continue over the pass, down to Kinlochleven.

(Estimated walking: roughly 4 hours, 13.7km/8.5miles) (B, L, D)

### DAY 5 : The journey home

We'll be joining the Old Military Road with a good track and views of Ben Nevis as we descend into Glen Nevis and our end point – Fort William.

We may choose to have a group meal before all saying our goodbyes. For those of you who've left a car at Arrochar, there's regular train services from Fort William.

(Estimated walking: roughly 6 hours, 23.3km/14.5miles) (B, L, D)



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## KIT LIST

### Bags & Packs

#### Daysack

Approx. 30L capacity. Your day to day pack that you carry with your daily essentials, fitted with shoulder straps and importantly a waist belt

#### Dry stuffsacks

Nlon rolltop bags (or even just large plastic bags) that keep fresh clothing and other important items dry

#### Waterproof rucksack cover

To protect rucksack from rain

### Headwear

#### Buff/Scarf

Essential for protection from the sun and dust

#### Sunglasses

Worth spending money on good UV filters. Julbo is our preferred supplier

#### Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

#### Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

#### Sunblock

#### Lip salve

### Upper Body

#### Fleece top/jacket or Softshell

And a spare, should this get wet

#### Mid layer

A warm layer packed in your rucksack And a spare, should this get wet

#### Waterproof jacket (Outer layer)

Gore-Tex or event seam sealed are recommended and big enough to fit over a couple of layers. This jacket will also serve as a great windproof too

#### Gloves

A light pair of polartec or thinsulate gloves

#### Base layer

or T-shirt (not cotton) A new set for each day of the trek

### Lower Body

#### Trekking trousers

A fresh set for each day of the trek

#### Waterproof overtrousers

Like the jacket, an essential piece of kit to stay dry and should also be Gore-tex or breathable, to fit over your trousers if needed. These are separate to your trekking trousers.

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## KIT LIST

### Spare clothing

To travel in to & from the event

### Change of clothing for evenings

Sleepwear & evening clothes

### Feet

#### 3-4 season walking boots

Sturdy, comfy boots with ankle support – of course, tried and tested!

#### Trekking socks x 3

If your feet get wet, you'll appreciate a dry pair on the next. Pack a fresh set for each day of the trek too.

#### Trainers

For the evenings, you may like to wear flipflops to air your feet or something comfortable like trainers.

### Hydration

#### Water bottles / bladder

Filled with water to start

### Toiletries

#### Alcohol gel

A must have for good camp hygiene

### Medications

#### Personal first aid kit

The 360 med kits are designed to be used in emergencies and akin to an A&E rather than a pharmacy on Expeditions so please come prepared with useful meds for yourself such as painkillers (Ibuprofen if you can take it and a Paracetamol) plus blister plasters, plasters, antiseptic, rehydration sachets and any muscle rubs you wish to use.

#### Personal medication

Keep this in your daysack

#### Wash kit

Keep it simple on the mountain. Essentials are toothbrush, toothpaste and deodorant. Moisturiser is advisable, everything else is a luxury!

#### Travel towel

Travel towels from the likes of Lifesystems are perfect

#### Small kit bag or light bag

Overnight bag



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## KIT LIST

### Miscellaneous

#### Camera

Bring plenty of spare batteries and memory cards

#### Head torch

Bring spare batteries or a spare head torch (not a handheld torch or phone)

#### Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

#### Snacks

Feel free to chat to us around advice on fuelling on adventures & see our FAQs for more advice around this. Your meals will all be included and provided. Please bring any extra snacks to keep your energy levels up.

#### Old mobile phone

In sealed bag

#### Rubbish bag

### Documentation

### Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.



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## FAQ'S

### The Challenge

#### How fit do I need to be for this challenge?

Training and a good level of walking fitness is definitely required. As much preparation and training you put in beforehand the better chance of success you have.

Trekking fitness is specific to trekking, but a general overall fitness is a good start.

Most training should be part of an ongoing lifestyle but if this is not the case then you should begin training 4-6 months prior to the challenge and gradually build up as suggested. Step training advice is given below. Remember to use the walking boots that you will be walking in after the first month of training to get them worn in.

#### What are the group sizes?

We aim for a minimum of 8 trekkers. There is no exact maximum, we are open to chatting this over. Accommodation availability will be the deciding factor on this if groups are any bigger than 12 so best thing to do is to get in touch with us.

### Accommodation

#### Is accommodation included?

Yes, the trek includes 4 nights hostel-style accommodation.

This can be upgraded to 3 star, twin room arrangements if you so wish.

#### Do you recommend staying the nights before and after?

It's very much a personal choice, and will also of course depend on where you're travelling from.

Day 1 of the itinerary simply involves reaching Tarbet to get into your accommodation and so that you can meet your leader before the trek the following day.

We will finish up at Fort William, where you can opt to have a group celebration dinner and may wish to stick around afterwards.



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## FAQ'S

### Food and Water

**What do I need to eat to ensure I have enough energy for the challenge?**

The following is a guide of what your leader will be consuming over the duration of the trip. if you are not, then you are likely to be not taking on enough: food=energy and fluids=hydration. Cramping is a sign of dehydration and lack of salts.

Have a large meal the day before your challenge and ensure you are well hydrated i.e. no real discoloration of urine which is sign of dehydration.

On the morning of the challenge have a huge breakfast! Don't be shy, get it down you as you're walking not running!

Every 45-50 minutes have a snack whether it is an energy bar, flapjack, banana or a bag of crisps! If you start to feel dizzy/ weak this is a sign you're not eating enough. Make sure you take food you enjoy eating as otherwise you will not eat enough of it. You will be burning a lot of calories and need to consume a lot to keep you fuelled.

Choose complex carbohydrates and whole foods, rather than overly sweet items. Foods like malt loaf, mixed fruit and nuts, cheese and ham, oat cakes, raw fruit bars, dark chocolate, filled wraps, mini pork pies or sausage rolls will last well and sustain you over several hours.

### Health and Safety

**What happens if I fall ill, can't keep up or there is an emergency?**

Our Mountain Leaders are well trained and experienced in managing situations on the hill should they need to get outside assistance for example 'mountain rescue' they all carry mobile phones and also radios for communication with the minibus drivers.

The Mountain Leader will always keep the group together for maximum safety on each peak and set a sensible pace for all to achieve this challenge. However, if your struggling you must be honest with yourself and the leader and let us know.

### Who will be leading the group?

We employ experienced and fully qualified RAW 360 Mountain Leaders to accompany and lead you. They are mountain first aid trained and have extensive experience, your leader will be ultimately responsible for your safety and the rest of the group. They will be carrying full safety equipment and first aid kits with them.

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## FAQ'S

### **You advocate taking a small first aid kit, what should it contain?**

We advocate a little bit of self-help on the trek. If you have a blister developing for instance then please stop, take off your boot and treat it before it becomes a problem. Your own first aid kit should contain: a basic blister kit, rehydration sachets, plasters, high factor sun-protection, your own personal medication, and some basic pain relief (aspirin and Ibuprofen). Generally the best approach to take when packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

### **Kit**

#### **What kit will I need on the mountain?**

See the comprehensive kit list provided but remember that our seasons now are only determined by the temperature of the rain! You need clothing and equipment for all weathers.

### **What type of footwear should I be wearing?**

The choice of walking footwear is incredibly important and should not be decided on price alone. The terrain is uneven and can be very rough so it is vital that you use a pair of strong canvas or leather boots with good ankle support, not trekking trainers. Not only the boots but the socks that you wear are also very important and it is worth investing in some good pairs of socks. Avoid cotton, trekking or good quality sports socks are advised as are a thin wicking sock to wear underneath if your prone to blisters, these are designed to draw the moisture away from your feet.

### **What should I carry inside my daysack?**

A daysack is worn at all times during the trek. The content of this is mandatory and should include: a fleece, waterproofs, warm hat, gloves, sun hat, sunscreen, sufficient water, snacks, camera equipment, personal medication, a head torch and spare batteries and a whistle.



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## FAQ'S

### How much should my daysack weigh? What size does that equate to?

Your daysack should weigh no more than 3 – 4 kg (without water) and a pack of around 30L capacity should more than suffice.

It is important that this bag has an adjustable waist belt to transfer the weight of your daily load onto your hips and from here onto your legs so that your strongest muscles do most of the carrying.

Your overnight bag will be in our luggage transfer vehicle throughout the trip.

## The Weather

### How hot or cold will it be?

The weather in the UK can be very changeable. It is not uncommon for it to change from clear blues skies to rain and fog in moments. It is important to follow the advice we give and carry the correct kit.

### When is the best time of year to do this trek?

From May to September is most advisable for the best chance of pleasant weather.

We can look at October to April however there are far less daylight hours and a greater chance of worse weather.

## Travel

### How do we get to the start of the challenge?

You will need to organise your own transport to the accommodation in Tarbet where you will meet your leader and from Fort William at the end of your challenge.

## Insurance

### Do I need special insurance for this expedition?

You must carry individual travel insurance to take part in the challenge. We cannot take you on the mountain without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip.

Your insurance details are requested on the booking form, however this can be arranged at a later date.

## Finance

### How much spending money should I bring?

Depends how many snacks and drinks you want to buy on the way! If you bring most of these with you then not that much or if you want buy everything en-route then you will need a bit more!



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## TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

### MONTH 1

#### OPT 1

2 x 30 mins weekday walk  
1 x 1 hour weekend walk  
1 x 10 mins CVS

#### OPT 2

1 x 30 mins weekday walk  
2 x 1 hour weekend walk  
1 x 10 mins CVS

### MONTH 2

#### OPT 1

2 x 45 mins weekday walk  
1 x 2 hours weekend walk  
2 x 10 mins CVS

#### OPT 2

1 x 45 mins weekday walk  
2 x 2 hours weekend walk  
2 x 10 mins CVS

### MONTH 3

#### OPT 1

2 x 45 mins weekday walk  
1 x 2 hours weekend walk  
2 x 10 mins CVS

#### OPT 2

1 x 45 mins weekday walk  
2 x 2 hours weekend walk  
2 x 10 mins CVS

### MONTH 4

#### OPT 1

3 x 1 hour weekday walk  
1 x 4 hours weekend walk  
3 x 15 mins CVS

#### OPT 2

2 x 1 hour weekday walk  
2 x 4 hours weekend walk  
3 x 15 mins CVS

### MONTH 5

#### OPT 1

3 x 1.5 hours weekday walk  
1 x 5 hours weekend walk  
3 x 20 - 25 mins CVS

#### OPT 2

2 x 1.5 hours weekday walk  
2 x 5 hours weekend walk  
3 x 20 - 25 mins CVS

### MONTH 6

#### OPT 1

3 x 2 hours weekday walk  
1 x 6 hours weekend walk  
3 x 30 mins CVS

#### OPT 2

2 x 3 hours weekday walk  
2 x 6 hours weekend walk  
3 x 30 mins CVS



*"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "*

**Dream it. Plan it. Live it.**

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