

BEN NEVIS AND GLEN COE

100 low, mid, and high level walks

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Guidebook to walking in Scotland's Ben Nevis and Glen Coe region, featuring 100 graded walks of 2 to 21 miles. Routes include low-level, mid-level and high-level walks, with the high-level walks showcasing 44 Munro summits. Routes are organised by location, being in and around: Fort William and Glen Nevis; Ben Nevis and the Aonachs; Grey Corries and Spean Bridge; Mamores; Kinlochleven; Glen Coe; Bidean nam Bian; and Glen Etive.

Home to some of the finest walking in the UK, the Ben Nevis and Glen Coe region offers the thrill of summiting many a Munro, as well innumerable lower hill walks oft forgotten in the lure of greater heights. It is a region of sublime scenery, challenging ascents, rugged ridgelines and rewarding vistas.

1:50,000 OS mapping accompanies low-level and mid-level route descriptions, while hand-drawn sketch maps at a larger scale accompany the mountain routes. Information on GPS, compass use, safety in the mountains and walking conditions are also included, as is practical advice relating to transport, food and shelter.

Key marketing points

- 100 routes for summer and winter in the best-known walking area in Scotland.
- includes 44 Munro summits

About the author

Ronald Turnbull writes regularly for TGO, Lakeland Walker, Trail and Cumbria magazines. His previous books include Across Scotland on Foot, Long Days in Lakeland and Welsh 3000ft Challenges. He has written many other Cicerone guides, including Walking Loch Lomond and the Trossachs, The Book of the Bivvy and Not the West Highland Way.

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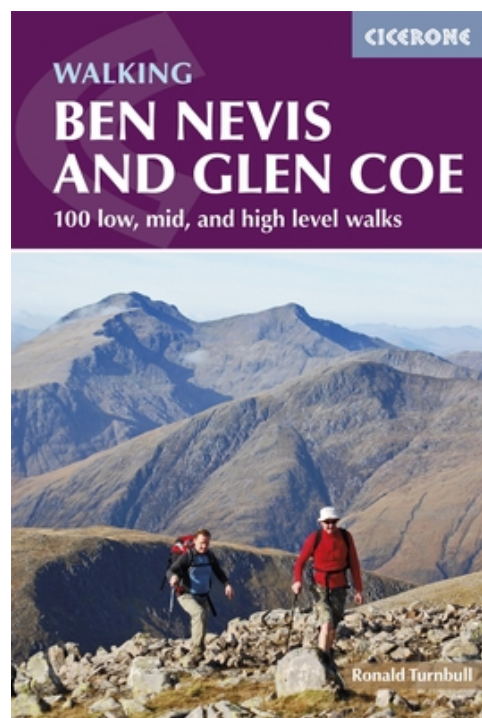
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