

THE CAPE WRATH TRAIL

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This guidebook follows the Cape Wrath Trail, a 230-mile epic from Fort William to the northernmost point of mainland Scotland, and offers trekkers scope on the three-week journey to choose their preferred routes and distances. The trail winds through Knoydart, Torridon and Assynt, to the peaks of Foinaven, Arkle and Ben More. A long tough trek with no waymarking, this is for the ambitious and tested backpacker.

Regarded as the most challenging of Britain's long-distance routes, the trek explores the raw and rugged beauty of the Scottish Highlands. The inspiring sights range from the deep blue mirrors of hidden lochs to the unkempt expanse of mountain and moor, ending with the final cliff-top view of pewter sea at Cape Wrath.

The trail offers an unparalleled level of freedom and adventure to an experienced and self-sufficient trekker prepared to walk and camp for many days in remote wilderness. The guidebook is split into three main sections – Fort William to Strathcarron, Strathcarron to Inverlael (near Ullapool) and Inverlael to Cape Wrath – which are in turn split into stages, allowing the trekker to create a flexible and personal itinerary. With a PVC cover, detailed route descriptions, clear maps, photography and invaluable advice, this book provides the ideal companion to a tough and rewarding trail.

Key marketing points

- Cicerone's previous guide to this challenging route has been consistently popular
- Clear mapping, with invaluable advice and information
- One of the most highly regarded backpacking routes, attracting hikers from around the world

About the author

Iain Harper completed the Cape Wrath Trail in 2009 and since then has walked it many times. Armed with his research he approached Cicerone to write the definitive guidebook to the trek. Iain has walked extensively in the Highlands for 20 years and enjoys running ultra marathons. He lives in the Cotswolds with his wife Kay.

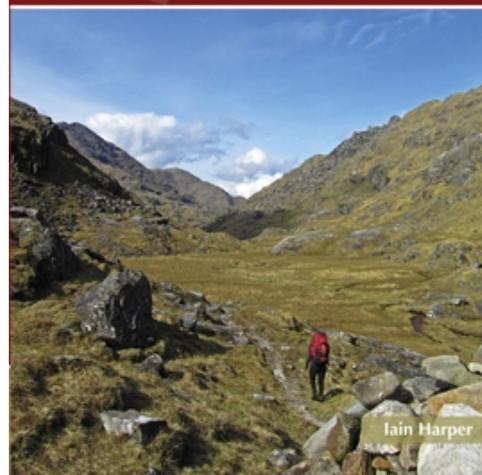
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