Before you go

No public body gives a distance or a time for the whole way. By our map it is about 8 km (5 miles) there and back with about 1,130 metres of climb, and it takes about 5 to 6 hours, more with stops, in poor weather or under snow. Give yourself ample time to get back before dark, and leave a route card where you are staying or in the car. Under snow it is a winter mountain with steep slopes and a narrow ridge. There is no avalanche forecast for this hill, but that does not mean there is no risk under snow.

Check the mountain forecast: the Mountain Weather Information Service's Northwest Highlands forecast covers these hills. Carry an OS map and compass and know how to use them, and a GPS only as a back-up, Glenelg Mountain Rescue says. Do not rely on a phone: around Glenelg reception is poor or there is none. Wear sturdy footwear and carry waterproof and warm layers, water and food. No stalking information is published for the hill: be prepared to follow reasonable local guidance, and keep dogs under close control.

Arnisdale is at the end of a long single-track road, from the A87 at Shiel Bridge over the Mam Ratagan to Glenelg and on by the coast. On the pass the bends sharpen and the gradient steepens. One guide gives limited parking on the shore side of the road at the start, and there is more at the car park at Corran, about 1.7 km further east by our map, with toilets. There are none at the start.

After the walk

Beinn na h-Eaglaise lies across the Bealach Arnasdail, and some walkers add it, or make a round of the hill by the west ridge, a steep wood and about 3 km of road. This walk keeps to Beinn Sgritheall and comes back the way it went.

The walk online, with its film and map:
hiddenscotland.com/walks/beinn-sgritheall-from-arnisdale

It starts at the road at the west end of Arnisdale, by the sign for the hill path, NG 840 104.

In an emergency, call 999 or 112 and ask for Police and Mountain Rescue, Mountaineering Scotland says, and give your location as exactly as you can, ideally a six-figure grid reference and a named feature. Do not rely only on a phone or GPS.

A MUNRO WALK UP

Beinn Sgritheall



A HIDDEN SCOTLAND WALK

From Arnisdale

Beinn Sgritheall is 974 metres, a scree mountain rising straight out of Loch Hourn above the village of Arnisdale. This is its usual way: a path from the road almost at sea level up to the Bealach Arnasdail, then up loose scree to the East Top and west along the ridge to the summit, and back the same way. It is a short walk but a hard climb, with loose scree and a narrow stretch of ridge: for fit hillwalkers who can find their way with a map and compass.

words // Hidden Scotland

The path leaves the road at the west end of the village, crosses a small burn on a footbridge and climbs through woodland, then steeply beside old fence posts above the gorge of the Allt a' Mhuilinn. It is a steep climb from sea level on a soggy, muddy, narrow path. About 700 metres out the path crosses the Allt a' Mhuilinn, and about 1.7 km out it crosses back. Both are fords with no bridge, and the burn rises after rain: if it is too high, turn back. One walker fell into an eroded channel on the way up.

From the Bealach Arnasdail, the col between Beinn Sgritheall and Beinn na h-Eaglaise, the path twists up the steep slope to the west. Walkers call it a very steep scree slope, with loose stones that slide underfoot, and it is the hardest part of the climb: go slowly. From the East Top, 906 metres, the way goes west along the ridge, dropping about 70 metres to a wide bealach over loose, rough ground. Higher up the ridge narrows for a short way above a significant drop: the south face falls almost 1,000 metres to Loch Hourn.

The summit, 974 metres, is a broken trig point among boulders, with Knoydart across the loch. It is often in cloud, with wind and cold. Before you leave, take a bearing: by our map the path goes east-south-east, then east to the East Top. A worn path also runs down the west ridge, away from Arnisdale, and one party missed their turn on it: if the cloud comes down, turn back by the way you came. The way down is slow, hard on the knees and slippery after rain, and the two fords come again.



Up Beinn Sgritheall from Arnisdale and back the same way: about 5 to 6 hours.

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