Before you go

No public body gives a distance or a time for this walk. By our map it is about 6.4 km (4 miles) there and back with about 1,000 metres of climb, and it takes about 4 to 5 hours, more with stops, in poor weather or under snow. Conditions on the hills are often much colder and windier than in the glen, even on a clear summer day, Forestry and Land Scotland warns. Under snow it is a winter mountain, and no avalanche forecast covers Ben More: the Scottish Avalanche Information Service forecasts six other areas, which is no sign there is no risk here.

Check the mountain forecast, and under snow the snow and avalanche conditions too, Mountaineering Scotland advises. Wear good walking boots and carry warm, waterproof clothing, plenty of food and drink, and a torch in case the day runs long. Leave word with someone of where you are going and when you will be back.

By car, take the A82 north from Glasgow for 56 miles, then the A85 for about 2 miles beyond Crianlarich to Benmore Farm. The national park names no car park; by our map there is a free one beside the A85 on the shore of Loch Iubhair, under a kilometre east of the farm road. The A85 here is a 60 mph road with no pavement. Citylink's coaches reach Crianlarich in about 1 hour 45 minutes from Glasgow and the train in about 2 hours, then it is about 2 miles on foot along the A85 towards Killin: look for a low wooden sign marked Ben More beside the road.

After the walk

With Stob Binnein, Ben More is a Site of Special Scientific Interest for its rare upland plants; ptarmigan, red grouse, golden eagles, red deer and mountain hares all live here, the national park says. The Artisan Cafe & Deli is 8 minutes away by road.

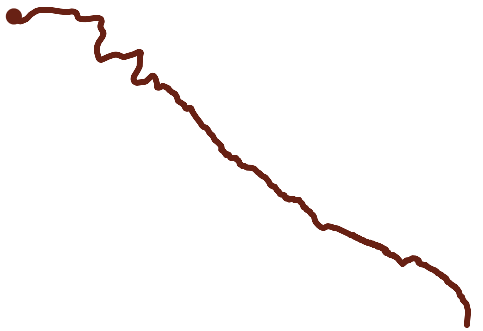
The walk online, with its film and map:
hiddenscotland.com/walks/ben-more-from-benmore-farm

It starts on the A85 at Benmore Farm, about 2 miles east of Crianlarich, NN 413 258.

In an emergency, call 999 or 112 and ask for the police.

A MUNRO WALK UP

Ben More



A HIDDEN SCOTLAND WALK

From Benmore Farm

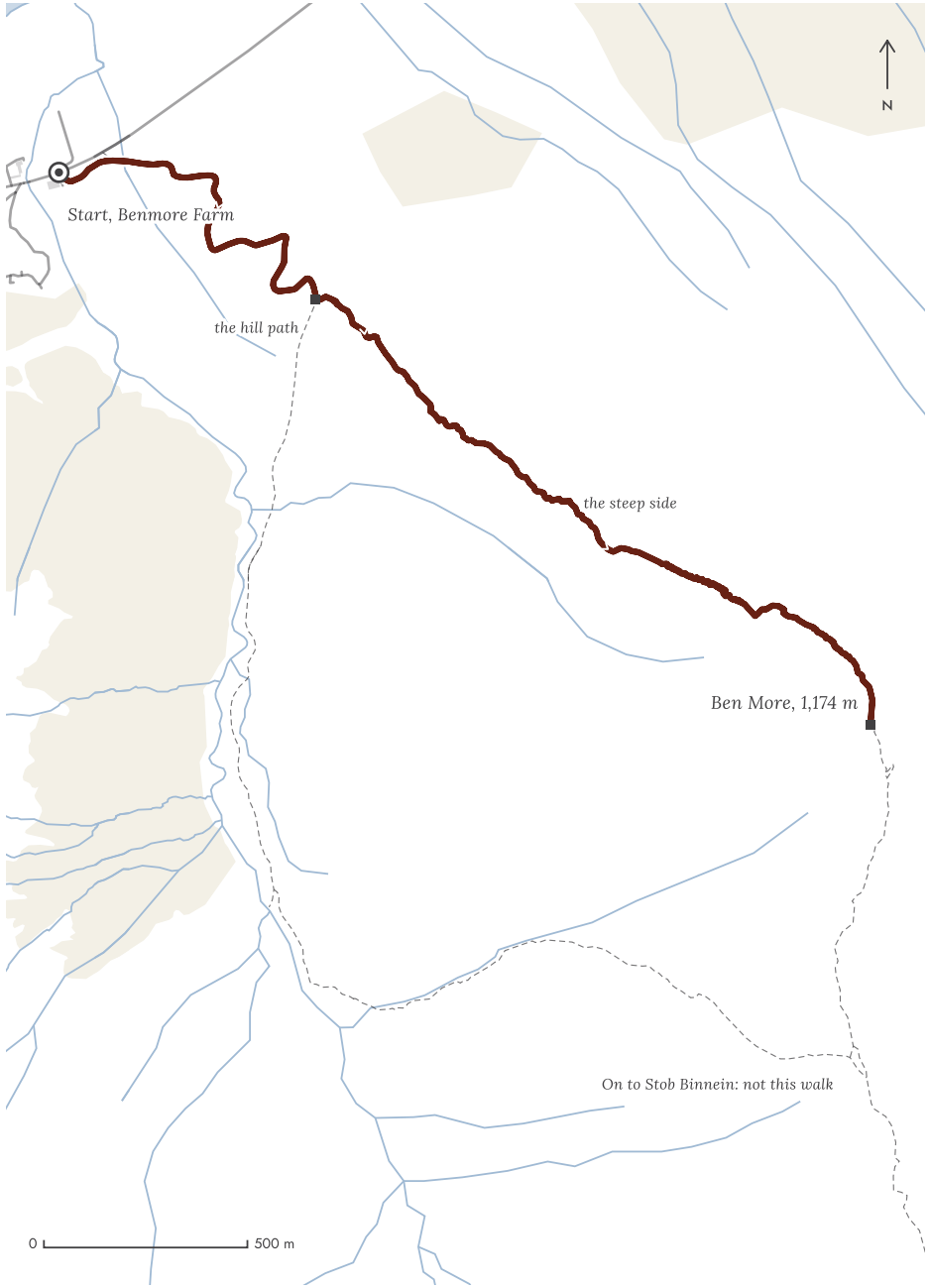
Ben More rises to 1,174 metres over Glen Dochart, two miles east of Crianlarich. Most people climb it from Benmore Farm on the A85, on a farm road and a track into Benmore Glen and then a hill path to the summit, and come back the same way. The national park calls it a challenging climb, steep because the mountain is a pyramid. It climbs all the way up: a day for walkers who can find their way with a map and compass.

words // Hidden Scotland

The walk starts on the farm road and the track beyond it, which climbs from Benmore Farm into Benmore Glen. Sheep graze the hillside: keep a dog under close control, on a short lead in a field of animals and never in a field with lambs, and follow any signs about deer management or farming.

The hill path leaves the track not far up the glen and heads straight up the open slope. Keep to it and do not carry on along the track, which goes on into the glen, not to the top. From here to the summit the path climbs without a break. Out on Scotland's hills there are no waymarks or signposts and paths can be hard to follow, Forestry and Land Scotland warns: this is where a map and compass count. If the cloud is coming down, the wind is rising or anyone is tiring, turn back.

A large cairn marks the summit, 1,174 metres up. On a clear day the national park names the view: the mountains of the southern Highlands, over to Ben Lawers above Loch Tay, and Ben Lui in the west. Most walkers go on from here to Stob Binnein, but that is a walk of its own. Go home the way you came, down the same steep slope with care, then along the track to Benmore Farm.



Up Ben More and back the same way: about 4 to 5 hours.

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