Before you go

No public body gives a distance or a time for this way. By our map it is about 17.5 km (11 miles) there and back with about 1,240 metres of climb, and it takes about 6 to 8 hours, more with stops, in poor weather or under snow: leave plenty of daylight for the way down. Under snow these are winter mountains, for walkers with winter skills and the gear to match. No avalanche forecast covers Ben Oss: 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. It is often much colder and windier on the hill than in the glen. Wear good walking boots and carry warm, waterproof clothing, plenty of food and drink, and a torch in case the day runs long. Carry a map and compass and know how to use them, and do not rely only on a phone or GPS. Leave word with someone of where you are going and when you will be back.

The park authority points walkers to Dalrigh: turn off the A82 at the Dalrigh sign, about a mile before Tyndrum on the road from Glasgow, and keep left. No keeper publishes the car park's charge or size, and we found no toilets there. Trains stop at Tyndrum Lower and Citylink coaches at Tyndrum; the walk along the A82 to the turning is about a mile, with no pavement by our map. Stags may be stalked at any time of year and hinds from 21 October to 15 February, Mountaineering Scotland says: check Heading for the Scottish Hills before you go.

After the walk

The slopes of Ben Oss and Beinn Dubhchraig carry one of the last stretches of Caledonian forest, mixed with birch, the park authority says. Beinn Dubhchraig is a Munro too, and this walk takes its top on the way.

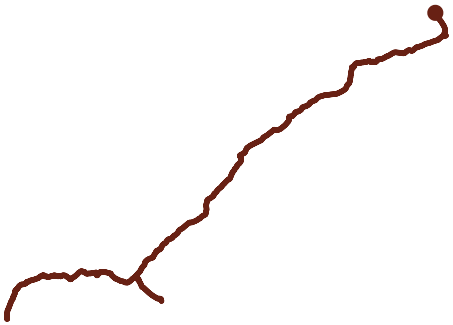
The walk online, with its film and map:
hiddenscotland.com/walks/ben-oss-from-dalrigh

It starts at the car park at Dalrigh, off the A82 about a mile before Tyndrum, NN 344 290.

In an emergency, dial 999 and ask for the police, the park authority says, and give your location as exactly as you can, with a grid reference. The police will send help, which may be a mountain rescue team. Do not rely only on a phone or GPS.

A MUNRO WALK UP

Ben Oss



A HIDDEN SCOTLAND WALK

By Beinn Dubhchraig

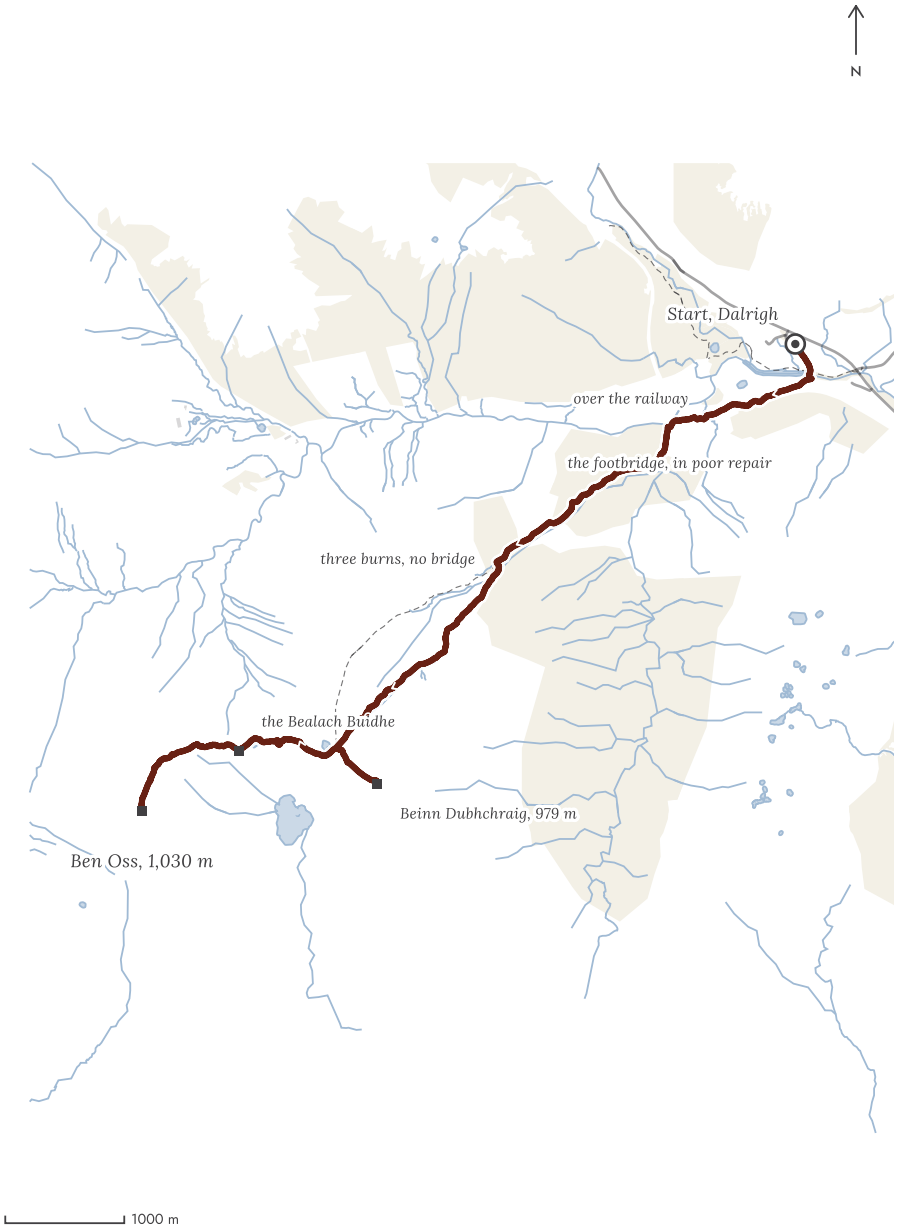
Ben Oss is a rocky Munro of 1,030 metres beside Ben Lui, south-west of Tyndrum. This is its usual way, from Dalrigh: through the old pinewood, up the corrie to the top of Beinn Dubhchraig, then west by the Bealach Buidhe and up the north-east ridge to the summit, and back the same way. The lower path is badly eroded and boggy, and three burns have no bridge. A long, hard day for experienced hillwalkers who can find their way with a map and compass.

words // Hidden Scotland

From the car park the old road leads south over the River Fillan. Turn right on the track beside the railway, cross it by the bridge and go through the gate. A path crosses wet ground to a footbridge over the Allt Gleann Achrioch, which one guide found in poor repair: cross with care. Beyond it the path heads upstream through the old pines, badly eroded in soft peat: one guide warns you can sink to the knees. Above the trees it crosses three burns with no bridge, about 3.6 to 3.9 km out. After heavy rain, if a crossing looks unsafe, turn back.

The path climbs the open corrie to the ridge by small lochans, about 900 metres up. There are no waymarks. Turn left for the top of Beinn Dubhchraig, 979 metres, and come back to the ridge. This is the place to decide: if the cloud is coming down, the wind is rising or anyone is tiring, turn for home. West of the lochans the path drops through boulders and scree to the Bealach Buidhe, above Loch Oss. Do not go down Coire Buidhe as a short cut: one guide warns its rocks are steep and very loose, for competent scramblers only.

From the bealach a fainter path climbs the rocky north-east ridge, over a top and a small col, to the summit of Ben Oss: a cairn among big slabs, with the craggy east face of Ben Lui beyond. In poor visibility the way is hard to find. Go down the way you came, back to the bealach and up to the ridge of Beinn Dubhchraig, late in a long day. Where the path first reached the ridge, turn left, down the corrie and the wood to Dalrigh.



Up Ben Oss by Beinn Dubhchraig and back the same way: about 6 to 8 hours.

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