

Before you go

Forestry and Land Scotland gives the route as 4 miles (6.4 km) to the summit, though on the map the path measures nearer 4½ miles (7.3 km) each way, a climb of about 920 metres by OS Terrain 50. Most people take about six hours to the top and back. The weather can change quickly, and it is often much colder and windier on the hill than by the road, even on a clear summer day. Under snow no avalanche forecast covers Ben Wyvis.

Bring good walking boots, warm and waterproof clothing, plenty of food and drink, and a torch in case the day runs long. Check the mountain forecast (the Mountain Weather Information Service's Northwest Highlands), and leave word of where you are going and when you will be

back. When you get home, check for ticks: they can carry Lyme disease.

The car park is on the east side of the A835 between Garve and Loch Glascarnoch, about 21 miles from the Tore roundabout (IV23 2PG is the nearest postcode, north of it). Parking is free, but the car park is small and fills on busy days; a layby about ¼ mile along the road takes a few more cars. Its height barrier is 2.5 metres. There are no toilets: the nearest are at Silverbridge and Rogie Falls.

After the walk

From April to July ground-nesting birds such as dotterel and ptarmigan are at their most vulnerable to disturbance from dogs, Mountaineering Scotland says. Contin and Strathpeffer, back towards Inverness, have shops and places to eat.



The walk online, with its film and map:
hiddenscotland.com/walks/ben-wyvis-by-an-cabar

It starts at Forestry and Land Scotland's Ben Wyvis car park on the A835, NH 410 671.

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

A MUNRO WALK UP

Ben Wyvis



A HIDDEN SCOTLAND WALK

By An Cabar and the Main Ridge

Ben Wyvis, Beinn Uais in Gaelic, stands on its own to the north of Inverness, a high whaleback ridge above forested lower slopes. Forestry and Land Scotland's route climbs steeply up An Cabar and heads along the main ridge to the summit, Glas Leathad Mòr, 1,046 metres up. Out on the hill there are no waymarkers or signposts: it is a day for walkers who can find their way with a map and compass.

words // Hidden Scotland

The path starts through the forested lower slopes, where aspen, birch and rowan grow beside a tumbling burn. Above the trees the route is on the open hill, where there are no waymarkers or signposts and the path is not always clear to follow, Forestry and Land Scotland warns. Carry a map and compass and know how to use them; do not rely only on a phone or a GPS, because if the battery fails you still need to know where you are.

The route climbs steeply up An Cabar, the top at the south-west end of the main ridge. This is the place to take stock: if the cloud is coming down, the wind is rising or anyone is tiring, turn

back here. Forestry and Land Scotland is still checking how recent storms have affected its land, so follow any local signs, and turn back if anything looks unsafe.

From An Cabar the route heads along the main ridge to the summit. Dotterel nest in the fragile carpet moss of the ridge: keep a dog under close control, and on a lead if it chases birds. The summit is 1,046 metres up, with views to the Cairngorms and the Fannichs on a clear day. The way down is the way you came, back along the ridge and down An Cabar to the car park: leave plenty of daylight for it.



Up Ben Wyvis and back the same way: about six hours, Forestry and Land Scotland says.

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