Before you go

No public body gives a route, a distance or a time for this walk. By our map it is about 9¼ km (5¾ miles) there and back with about 650 metres of climb: allow about 3½ to 4½ hours, more with stops, in poor weather or under snow. Under snow Carn Liath is a winter mountain, for walkers with winter skills, an ice axe and crampons: the steep, stony path is no place to slip on snow or ice, above all on the way down. No avalanche forecast covers Beinn a' Ghlò. The Scottish Avalanche Information Service forecasts six other areas, which is no sign there is no risk here.

Check the mountain forecast: the Mountain Weather Information Service's Southeastern Highlands and Cairngorms National Park forecasts meet here, and the Met Office forecasts the summit. It grows colder as you climb, about 1°C for every 100 metres, the wind usually rises with height, cloud can come down fast and streams can rise markedly in a day, MunroMagic says. Wear good boots and carry warm, waterproof clothing, food and drink, and a map and compass you know how to use: MunroMagic says Beinn a' Ghlò could be difficult to navigate in poor visibility, and phone reception in the Highlands is often patchy or missing, Mountaineering Scotland says. Leave word with someone of where you are going and when you will be back.

Atholl Estates stalks stags on Beinn a' Ghlò's ridge from 1 August to 20 October, never on a Sunday: keep to the main routes or ring its Hillphone on 01796 481740, updated at 8am daily. Lude Estate, the landowner at the start, stalks stags from mid-August to 20 October, not on Sundays, and hinds from 21 October to 15 February, not at weekends. Keep dogs under close control. The car park, PH18 5TT, charges £5 a car in 2026 and has no toilets.

After the walk

The ridge goes on north over Bràigh Coire Chruinn-bhalgain to Càrn nan Gabhar, a long day of three Munros from the same car park. This walk keeps to Carn Liath, there and back.

The walk online, with its film and map:
hiddenscotland.com/walks/carn-liath-from-loch-moraig

It starts at the Beinn a' Ghlò car park at Loch Moraig, up the narrow road from Blair Atholl, NN 905 670.

In an emergency, call 999 or 112 and ask for Police and Mountain Rescue, Mountaineering Scotland says, and give a six-figure grid reference and a named feature if you can. To text 999 where a call will not connect, register first by texting register to 999.

A MUNRO WALK UP

Carn Liath



A HIDDEN SCOTLAND WALK

From Loch Moraig

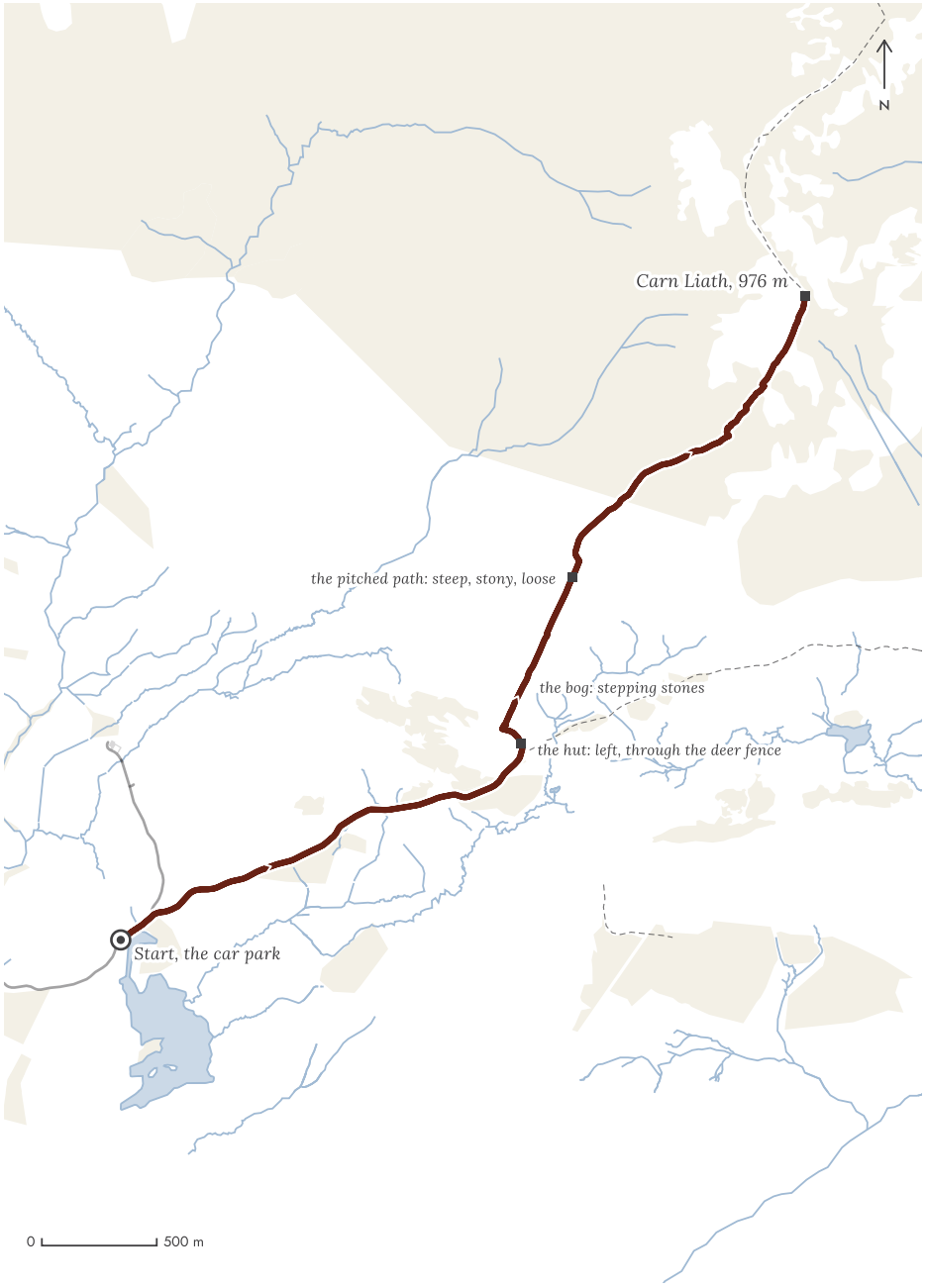
Carn Liath, 976 metres, is the most southerly of the three Munros of Beinn a' Ghlò, above Blair Atholl. This is its usual way up, from the car park at Loch Moraig along an estate track over the moor and up the pitched path on the south-west shoulder to the summit, and back the same way. The moor is boggy and the path steep, stony and loose in places: a day for experienced hillwalkers who can find their way with a map and compass.

words // Hidden Scotland

From the car park walk on up the end of the road for about 190 metres, by our map, to a gate where an estate track begins. The track climbs gently east over the moor, over a cattle grid and a small rise. About 2 km from the car park, by a small wooden hut, the path to Carn Liath leaves the track on the left and goes through a gate in a tall deer fence.

Beyond the gate the path heads north-east beside an old stone wall, across wet, boggy moor: you may need to step round the worst of it. Stepping stones and laid stones carry it over the peat. By the hut and the new fence it is unclear in places: keep straight on until you pick up the stones. About 2.9 km from the car park and about 490 metres up, by our map, the path starts to climb the south-west shoulder in earnest, on stone pitching laid in 2019. It is steep and stony, loose in places, with scree close beside it high up; the steepest part climbs about 40 metres in every 100. If the cloud is coming down, the wind is rising or anyone is tiring, turn back.

As the slope eases, big cairns lead over stony ground to the summit, 976 metres, with a trig point inside a shelter cairn. MunroMagic lists crags within a kilometre of the summit: keep to the path and know where you are in mist. The ridge goes on north to Bràigh Coire Chruinn-bhalgain: it is not this walk. Come back the same way, down the steep pitched path with care. In cloud check the line with your map and compass before you leave the summit, and keep off the ridge north.



Up Carn Liath from Loch Moraig by the track and the pitched path, and back the same way: about 3½ to 4½ hours.

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