Before you go

No public body gives a distance or a time for the whole way. By our map it is about 7.2 km (4½ miles) there and back with about 780 metres of climb, and it takes about 3½ to 5 hours, more with stops, in poor weather or under snow. Under snow Moruisg is a winter hill. There is no avalanche forecast for this hill, but that does not mean there is no risk under snow. One party in February found the snow deeper and icy higher up and needed crampons, and a strong wind and a windchill of minus 15 degrees sent them home. Go then only with winter gear and the experience to use it.

Check the mountain forecast: the Mountain Weather Information Service's Northwest Highlands forecast covers the hill. This is remote, rugged country, so take the right equipment and clothing, and boots that keep the water out. Carry a map and compass and know how to use them: the way needs map reading and the skill to navigate with a compass, MunroMagic says. Visibility can change markedly with the cloud level, and on open ground in poor visibility following a path without your compass may get you lost. Stalking on the northern slopes runs from August to 20 October, never on Sundays. Access by the main paths and ridges is always fine, Heading for the Scottish Hills says: in the season, follow any signs on the ground.

The lay-by is beside the A890 about 10 km south-west of Achnasheen, and one walker calls it a little lay-by. No source gives a charge. There are no toilets at the lay-by or on the hill: Forestry and Land Scotland points to Achnasheen and Lochcarron for toilets and places to eat, so plan for none. It says there is a limited bus service, and Traveline Scotland has the times.

After the walk

Sgurr nan Ceannaichean, 913 metres, stands along the ridge to the south-west, and Wikipedia says almost every ascent of Moruisg goes on to it: this walk keeps to Moruisg.

The walk online, with its film and map:
hiddenscotland.com/walks/moruisg-from-glen-carron

It starts at the lay-by on the A890 near Loch Sgamhain, NH 080 520.

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. Mobile reception in the Highlands is often intermittent or non-existent, so do not rely only on a phone or GPS.

A MUNRO WALK UP

Moruisg



A HIDDEN SCOTLAND WALK

From Glen Carron

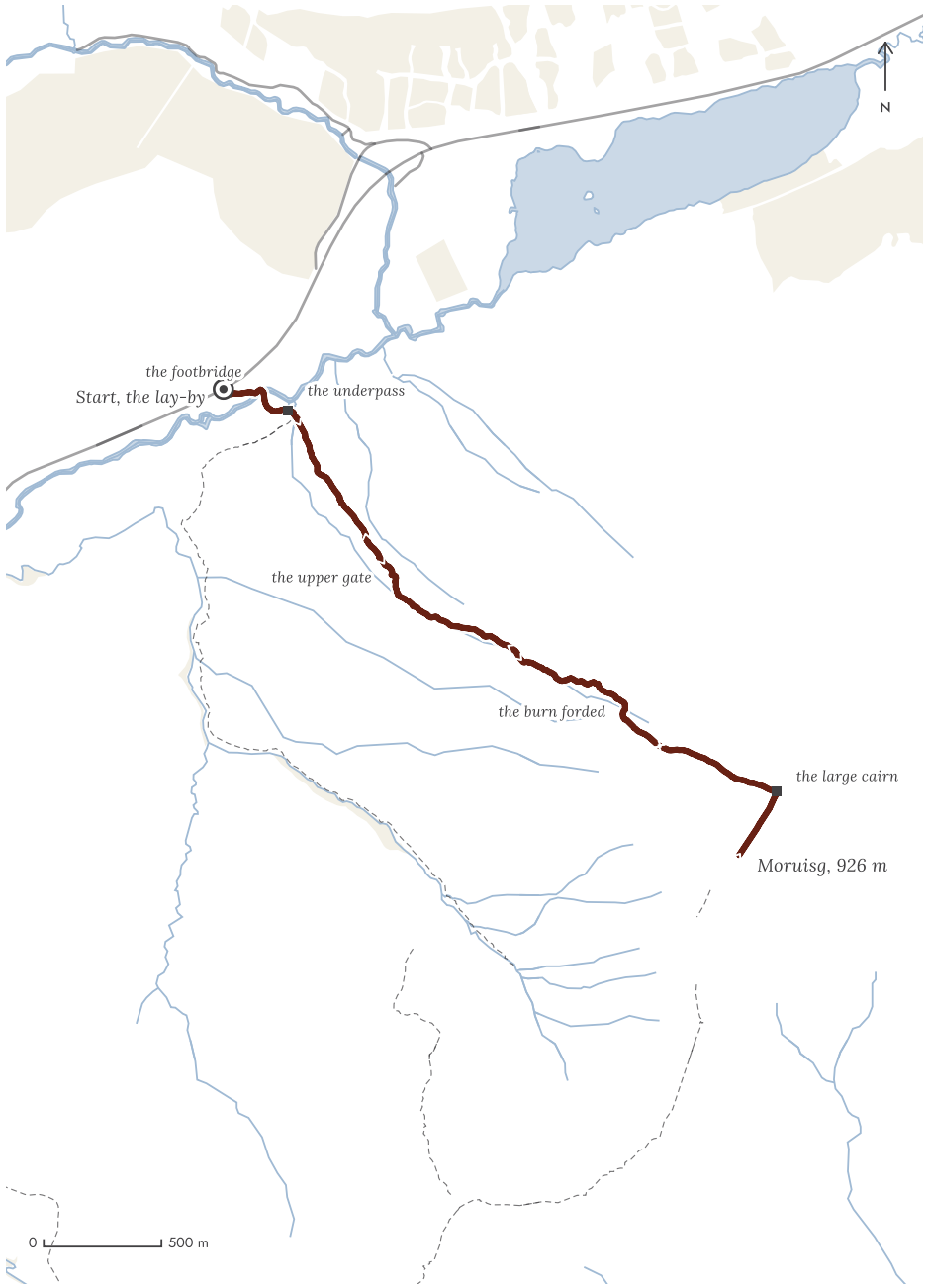
Moruisg is 926 metres, a Munro above Glen Carron, about 10 km south-west of Achnasheen. This is its usual way on its own: from a lay-by on the A890 over the River Carron and under the railway, up the long north-west slopes on a faint, boggy path to a broad, flat top, and back. It is a steep, wet climb, for hillwalkers who can find their way with a map and compass.

words // Hidden Scotland

The lay-by is beside the A890, part of the North Coast 500, where traffic is known to travel quite fast, and by our map the limit is 60 mph and there is no lighting: pull in and out with care, and keep children and dogs close. Through the gate, a field, sometimes with cattle in it, leads to the footbridge over the River Carron. Use the underpass under the railway, about 380 metres out, never the line. The ground below it is likely to be soggy and you will need to duck for the low iron girders. Just beyond, ford the burn and go through the deer-fence gate.

A damp path crosses the fenced ground to a second gate, about 1.2 km out. Moruisg is boggy: waterlogged on many sections, a very wet climb. Above the gate a faint path climbs through heather and then grass, only vaguely traceable, and one walker found it pathless, up knee-high grass. The climb is steep and long, with steep slopes and crags near the ways up, and the wet ground can be slippery. About 2.5 km out the path fords a burn with no bridge. Streams can rise markedly in a day after rain: if it is running high, turn back.

The path comes out at the north end of a broad, flat top, about 3.3 km out, by a large cairn. It is not the summit, which is 300 metres on, south-west, at a smaller cairn. The top has many minor bumps and cairns, and the highest point can be hard to find in mist. The southern flanks fall precipitously, and the craggy west slopes are the east wall of Coire Toll nam Bian. At the summit take a bearing for the large cairn, 300 metres north-north-east. If the cloud comes down, the wind rises or anyone is tiring, turn back.



Up Moruisg from Glen Carron and back the same way: about 3½ to 5 hours.

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