Before you go

No public body gives a route, a distance or a time for this hill. By our map it is about 9.2 km (5¾ miles) there and back with about 910 metres of climb: about 4½ to 5½ hours, by our map's distance and climb, more with stops, in poor weather or under snow. The Lower Falls car park is the Highland Council's, with composting toilets. Steven Fallon says there is a charge to park. OpenStreetMap marks a two-hour limit, and this walk takes 4½ to 5½ hours: check the signs.

Check the mountain forecast: it grows colder and windier as you climb, visibility can change markedly with the cloud level and burns can rise markedly in a day, MunroMagic says. Carry a map and compass and know how to use them. The Lochaber Mountain Rescue Team answers more than 150 call-outs a year. In mist mind the way off the summit: four ridges leave it, so check your line before you leave the cairn and where the path leaves the plateau for the ridge. If the cloud comes down, the wind rises or anyone is tiring, turn back.

Under snow it is a winter mountain, for walkers with winter skills, an ice axe and crampons. The Lochaber avalanche forecast does not name the Mamores, and its reports have recorded large avalanches there after a thaw. Stags may be stalked at any time of year, busiest in the first three weeks of October, and hinds from 21 October to 15 February, Mountaineering Scotland says; the stalking tables give no information for this hill, so follow any signs.

After the walk

Many walkers join Mullach nan Coirean to Stob Ban in a round along the ridge to the east. This walk goes up the forest and the north-east ridge to the summit, and comes back the way it went.

The walk online, with its film and map:
hiddenscotland.com/walks/mullach-nan-coirean-by-its-north-east-ridge

It starts at the Lower Falls car park in Glen Nevis, about 7 km up the road from Fort William, NN 145 683.

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. Phone signal in the Highlands is often patchy: register first by texting the word register to 999, so that you can text for help.

The walks, no. 150 · Facts checked 2 November 2026

HIDDEN
SCOTLAND

A MUNRO WALK UP

Mullach nan Coirean



A HIDDEN SCOTLAND WALK

By its north-east ridge

Mullach nan Coirean is 939 metres, the westernmost Munro of the Mamores, above Glen Nevis. This is its usual way up on its own: from the Lower Falls through the Nevis Forest to the stile, then up beside the fence and the north-east ridge to the summit, and back the same way. The ground is boggy by the fence and rough and bouldery high up, with crags near the summit: a day for experienced hillwalkers who can find their way with a map and compass.

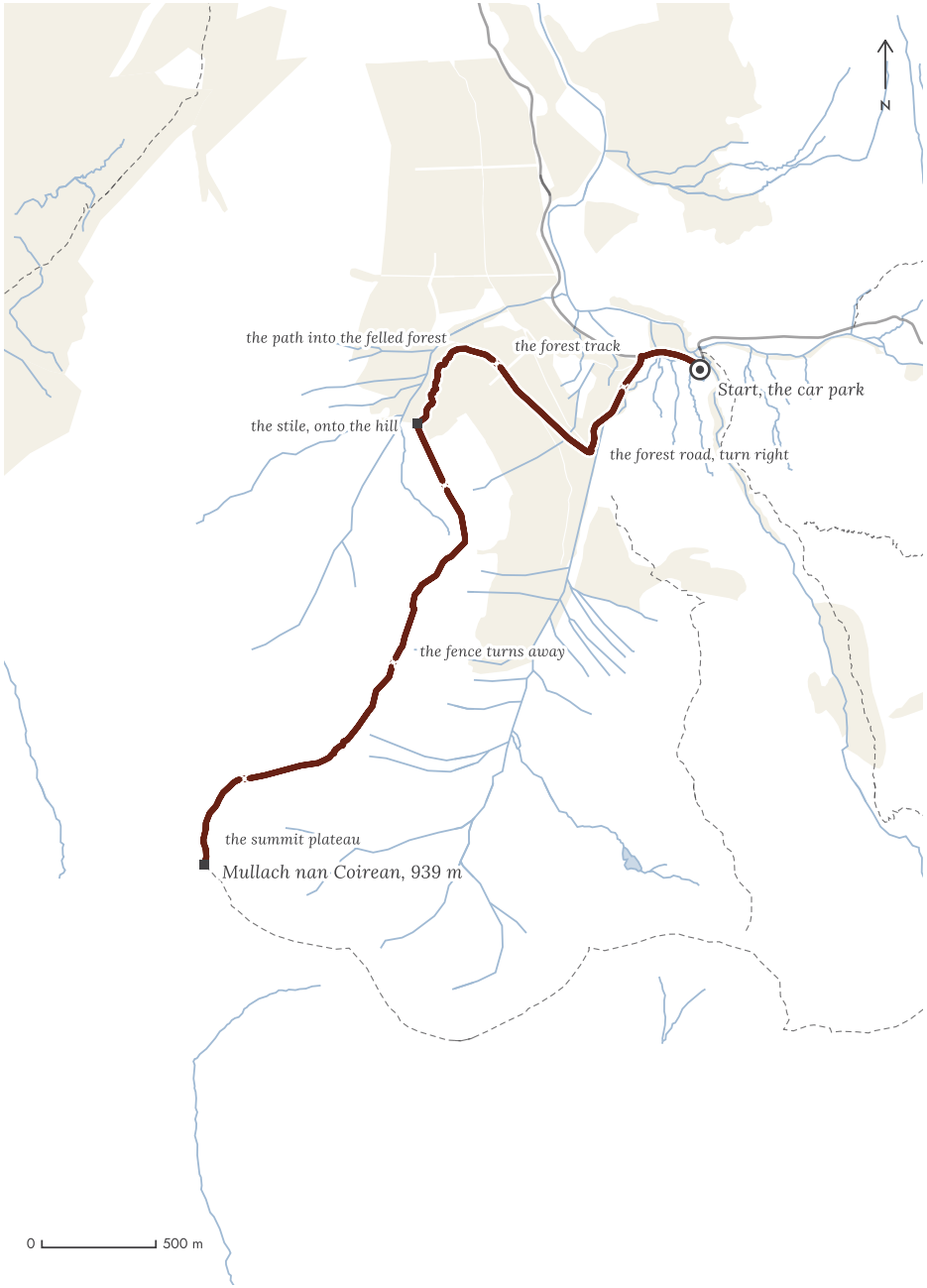
words // Hidden Scotland

From the car park walk back down the glen road about 300 metres, over a bridge, to a forest track opposite the cottages at Achriabhach. Just inside it a path leaves on the left and climbs the side of the forest to the upper forest road at a hairpin. Turn right along the forest road for about 750 metres. A sign and a small cairn mark where a path leaves it on the left, Steven Fallon says.

The path climbs through felled forest. Felling and regrowth can make stretches below the stile hard going, Steven Fallon warns, and felling closed the way from 2015 to 2018: follow any forestry signs or diversions. At the top of the forest, about 310 metres up, a stile crosses the high deer fence onto the open hill.

Above the stile the path follows the fence, wet, boggy and faint in places, and steep: soon after the stile it rises about 55 metres in every 100. At about 640 metres the fence turns sharply away: keep on up the north-east ridge, south-west. Higher up it narrows and steepens, rocky and bouldery. If the cloud is coming down, the wind is rising or anyone is tiring, turn back here.

The ridge reaches the summit plateau at a small cairn, and the path goes on round the rim of Coire Dearg to the big summit cairn, 939 metres, about 250 metres further on. Steep, stony slopes of red scree fall into the corrie: keep back from the edge. MunroMagic warns of crags near the summit, and of steep, stony and rocky slopes. Come back the way you came.



Up Mullach nan Coirean through the Nevis Forest and by its north-east ridge, and back the same way: about 4½ to 5½ hours.

Map data © OpenStreetMap contributors

Fold here, the cover outwards