Before you go

No public body gives a route, a distance or a time for this hill. By our map it is about 9.5 km (6 miles) there and back with about 790 metres of climb: about 4 to 5 hours, more with stops, in poor weather or under snow. The road in is long, narrow and single track. SSEN Transmission reported it fully open on 25 August 2026, with stop and go traffic control at times and work on the Quoich Bridge still to do: check its page before you travel. No guide read names toilets at the parking place, so plan for none.

Check the mountain forecast, and carry a map and compass: Munro Magic says the way needs map reading and the ability to navigate with a compass. In poor visibility, it warns, following paths without a compass can get you lost, and Steven Fallon found that in mist some paths here grow faint. This is deer forest: Mountaineering Scotland says the busiest stalking comes from 1 to 20 October and at the end of the hind season, from 21 October to 15 February. Check the Heading for the Scottish Hills website, and follow any signs.

In mist, the path back leaves just south of the summit cairn, heading south-west. Do not follow the ridge west towards Gleouraich or east along its rocky crest, and keep off the north side: the same Munro Magic walker advises against trying to find the top in bad visibility. If the cloud comes down, the wind rises or anyone is tiring, turn back. Under snow Spidean Mialach is a winter mountain: 360munros warns that winter Munro routes with ice and snow can be extremely challenging and dangerous, and the walker on Munro Magic warns of cornices almost up to the shelter cairn. No avalanche forecast takes in this hill, but snow brings the risk here all the same.

After the walk

Most walkers climb Spidean Mialach with Gleouraich, its higher neighbour about three kilometres west, as one round: up Gleouraich's stalkers' path, along the ridge and down these south-west slopes. This walk climbs Spidean Mialach alone by the round's way down, and does not go along the ridge to Gleouraich.

The walk online, with its film and map:
hiddenscotland.com/walks/spidean-mialach-from-loch-quoich

It starts at the parking place by the Allt Coire Peitireach, on the road to Kinloch Hourn above Loch Quoich, NH 029 029.

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.

HIDDEN SCOTLAND

A MUNRO WALK UP

Spidean Mialach



A HIDDEN SCOTLAND WALK

From Loch Quoich

Spidean Mialach, 996 metres, rises above the north shore of Loch Quoich, on the long single-track road to Kinloch Hourn. This way up follows the road east from a parking place, then a hydro track up a burn and a path over damp heather and grassy south-west slopes to the summit, and comes back the same way. The path is faint in places, the burn has no bridge and the north side falls in crags: for hillwalkers who can find their way with a map and compass.

words // Hidden Scotland

From the parking place walk east along the road for just under 1 km, keeping to its edge for traffic. By a small hydro building a track leaves the road and climbs the west bank of the burn, the Allt a' Mhèil on OpenStreetMap. It rises steadily for about 1.3 km to a small dam, about 390 metres up.

At the dam the path crosses the burn, and OpenStreetMap maps no bridge there, only a ford. Munro Magic warns that burns can rise markedly in a single day: if this one is too full to cross safely, turn back. Beyond it the path climbs the east bank over grass and heather. About 600 metres above the dam the burns meet below Coire Dubh, and an old stalkers' path comes in from the south-west: keep on up.

Above the burns the way crosses damp, heather-clad ground west of Loch Fearna, where Steven Fallon found only faint traces of path. Then it turns up the grassy south-west slopes, which Munro Magic calls steep. By our map the last kilometre rises about 30 metres in every 100. For the last 50 metres or so of height the grass gives way to stony ground, with a path to the top.

The summit, 996 metres, has a large, untidy cairn that gives some shelter from the wind. Its north side is another hill altogether: Munro Magic marks crags near the summit and high craggy corries to the north, and one walker calls it an airy summit with drops on three sides. Keep back from the edge. Come back the way you came: south-west down the slopes, over the burn at the dam, down the track and west along the road.



Up Spidean Mialach from Loch Quoich and back the same way: about 4 to 5 hours.

Map data © OpenStreetMap contributors

Fold here, the cover outwards