Before you go

No public body gives a route, a distance or a time for this hill. By our map it is about 10.8 km (6¾ miles) there and back with about 960 metres of climb: about 5 to 6 hours, 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 5 to 6 hours: check the signs.

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, and visibility can change markedly with the cloud level. The Lochaber Mountain Rescue Team answers more than 150 call-outs a year. Munro Magic points walkers to the Hillphones service for stalking: follow any signs. In mist leave the summit a few paces south, where a path drops east through a gap in the rock, and never follow the ridges north or west: the long north-north-west ridge has craggy slopes on its east side. If the cloud comes down, the wind rises or anyone is tiring, turn back.

Under snow Stob Ban is a winter mountain: the east ridge, the quartzite and the cornice above the cliffs need winter gear and the skill to use it. The Scottish Avalanche Information Service's Lochaber forecast centres on Ben Nevis and the Aonach Mor range and does not name the Mamores, but the risk is here all the same.

After the walk

Many walkers join Stob Ban to Mullach nan Coirean in a round over the ridge to the west, coming down through the forest. This walk goes up the corrie and the east ridge to the summit, and comes back the way it went.

The walk online, with its film and map:
hiddenscotland.com/walks/stob-ban-by-coire-a-mhusgain

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.

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HIDDEN SCOTLAND

A MUNRO WALK UP

Stob Ban



A HIDDEN SCOTLAND WALK

By Coire a' Mhusgain

Stob Ban is 999.7 metres, a quartzite-topped Munro near the western end of the Mamores, above Glen Nevis. This is its usual way from the road: up the long path through Coire a' Mhusgain to the bealach east of the summit, then the steep, rocky east ridge to the top, and back the same way. It is a rough, stony mountain with cliffs on its east face, where mist and winter come in fast: for hillwalkers who can find their way with a map and compass.

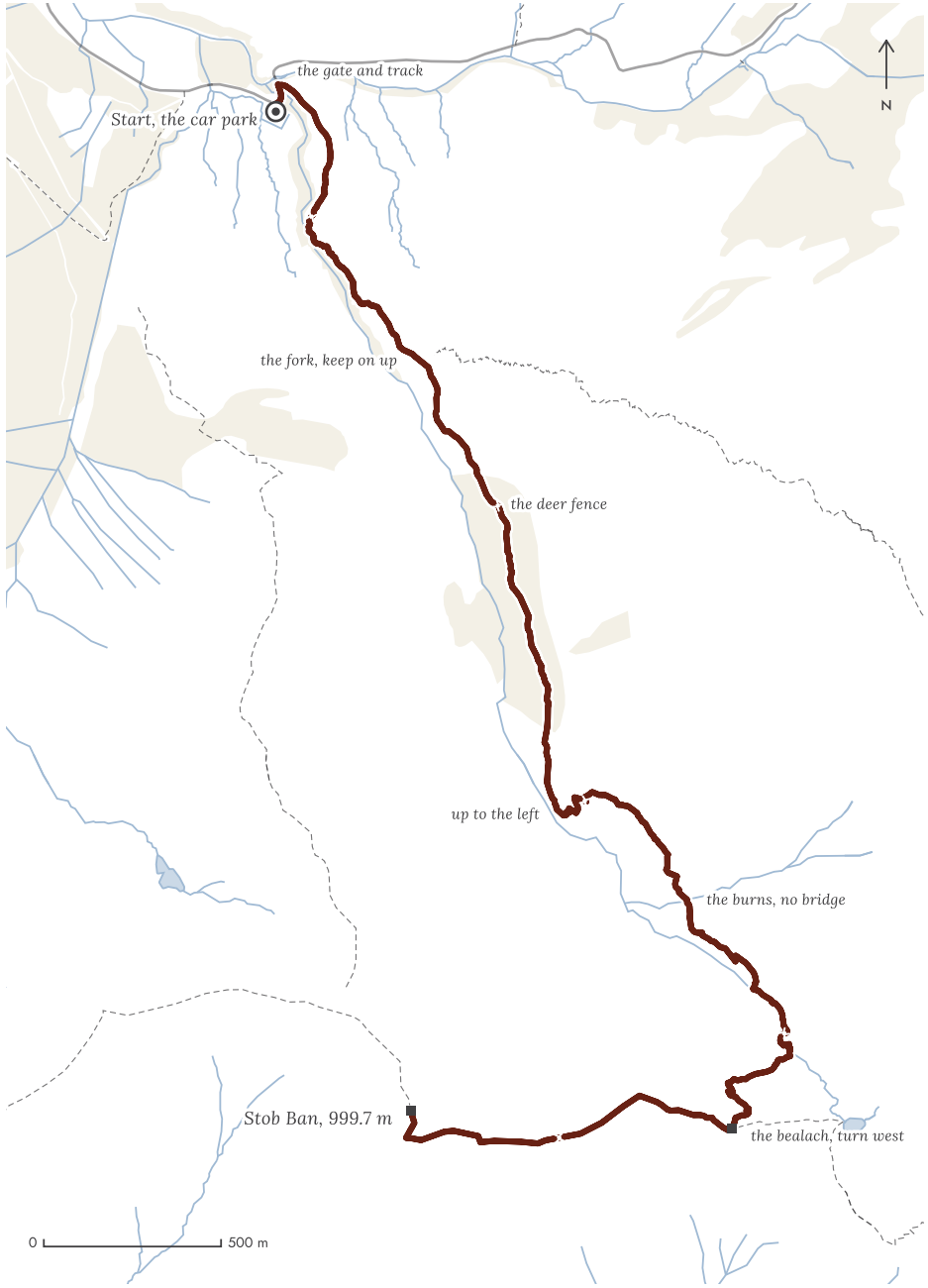
words // Hidden Scotland

From the car park walk up the road and cross the first bridge. Before the second, over the Water of Nevis, go through the gate on the right and follow a track, then a path south-east. After about 1 km a path forks off to the left for Sgurr a' Mhaim: keep on up the corrie path, through a gate in a deer fence and into Coire a' Mhusgain. Steven Fallon warns that some stretches of the corrie path are badly eroded.

About 2.5 km out the path turns up to the left and zigzags higher. West Coast Peaks warns that walkers miss this turn: a fainter way straight on drops to a small waterfall by the burn. Higher up the path crosses a side burn and then the main burn near its head, both with no bridge. After heavy rain they can rise fast: if they are too full to cross safely, turn back.

At the bealach between Stob Ban and Sgor an Iubhair, about 760 metres up, by a small cairn, turn right, west. The east ridge is steep quartzite and boulders: near the top it rises about 50 metres in every 100. Steven Fallon writes of occasional scrambling on the quartzite, slippery when wet; other guides find only steep, rocky ground and a boulder field. Expect to use your hands in places.

The summit, 999.7 metres, has a big cairn on the edge of a huge drop, above rocky buttresses and cliffs on the east face. Munro Magic warns of crags near the summit and steep slopes beside the ways up: keep well back. In winter a large cornice can build over the cliffs, hanging out beyond the edge. Come back the way you came, and allow time: the rocky ridge is slow going down.



Up Stob Ban by Coire a' Mhusgain and the east ridge, and back the same way: about 5 to 6 hours.

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