



24 STIRLINGSHIRE BEN LOMOND & PTARMIGAN RIDGE

▶ Distance: 7½ miles/12.5km ▶ Time: 5 hours ▶ Grade: Challenging

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FEATURE
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Loch Lomond from
Ben Lomond summit.



PHOTO: KEITH FERGUS



CHOSEN BY...

KEITH FERGUS

The outward section of this classic walk can be very busy, with an excellent path climbing all the way onto Ben Lomond's summit. Steps can be retraced back to Rowardennan but a far more rewarding (and quieter) return crosses Ptarmigan Ridge. It's along a rougher path, one that contains a couple of steep sections, particularly the initial drop from Ben Lomond, but one with fabulous views.

1 Start

From Rowardennan Car Park, walk through gap in toilet block onto waymarked Ben Lomond Access Path which

ascends northeast through gorgeous woodland. After passing through gate path climbs steadily to forestry track.

2 ½ mile/0.75km

Once across, continue ascent above treeline with gradient easing. Stunning vista opens out across Loch Lomond. After crossing footbridge path steepens again, and beyond two gates steep rise climbs north over Sron Aonaich with spectacular views along Loch Lomond.

3 2 miles/3.25km

Gentler section proceeds over open moorland, home to skylark and meadow pipit, before path steepens again,

PLAN YOUR WALK



ROUTE

Start/parking Ben Lomond Car Park, Rowardennan grid ref NS359986, G63 OAR

Is it for me? Excellent path on ascent, rougher path on descent. Steep ascents/descents

Stiles None

PLANNING

Nearest town Balloch

Refreshments Rowardennan Hotel, Rowardennan (Tel: 01360 870 273)

Public toilets At start

Public transport None to start

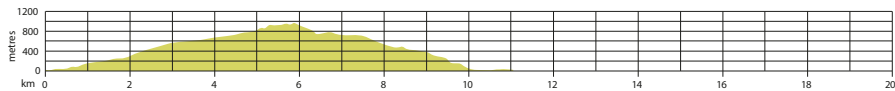
Maps OS Explorer OL39; Landranger 56

zigzagging uphill towards main summit ridge, offering fine views of Ptarmigan Ridge.

4 3½ miles/5.5km

Now walk travels along perhaps most dramatic section

GRADIENT PROFILE



24 STIRLINGSHIRE BEN LOMOND & PTARMIGAN RIDGE

► OS Explorer map OL39 ► Buy maps at: ordnancesurvey.co.uk/shop

of walk, running above steep-sided Coire Odhar and Coire Fuar. Real care should be taken here in poor visibility - during winter, and into spring, edge of corries may be heavily corniced. After short, gradual climb, above spectacular Coire a' Bhathaich, 974m summit is gained. Exceptional panorama extends to Arrochar Alps, Munros above Crianlarich and Arran.

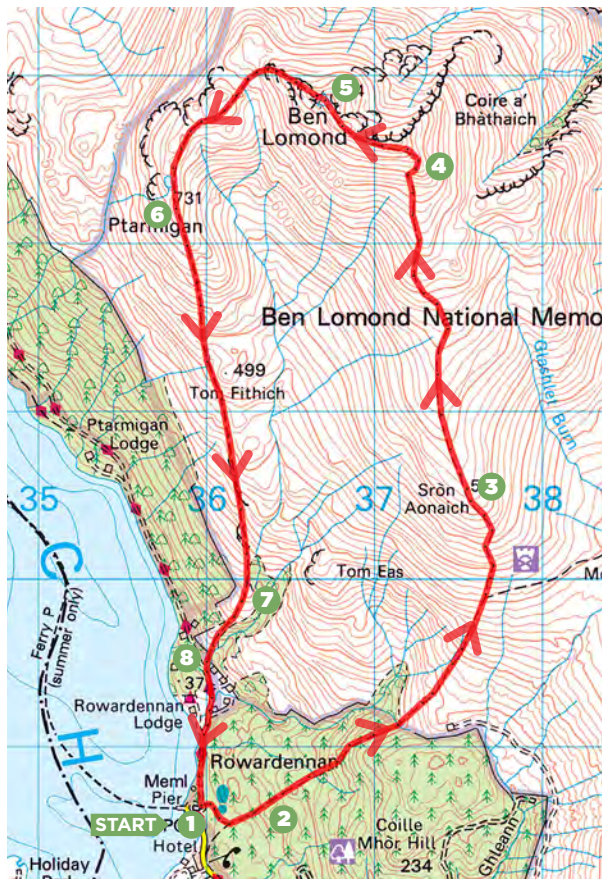
5 4 miles/6.5km

Majority of walkers will retrace steps back to Rowardennan but for superb descent, it's well worth returning via Ptarmigan Ridge. Initial drop to Bealach Buidhe is steep and a little exposed. Care is required, especially in poor visibility or during winter. Descend steep path northwest from summit. Soon exposure lessens but it still drops steeply to Bealach Buidhe at 750m contour, where incline eases. Path rises over Ptarmigan Ridge, to reach high point of 731m. It provides superb views of Ben Lomond's western slopes and south to Loch Lomond.

6 5¼ miles/8.5km

Path remains clear as it heads south, dropping steadily and, in a while, leave ridge beneath Tom Fithich. Straightforward descent continues towards Rowardennan.

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7 6½ miles/10.5km

Once through gate continue to descend more steeply down to another gate at edge of oak woodland. Once through follow path to fork, keep L, continue to junction.

8 6¼ miles/10.75km

Go L, cross bridge over burn onto West Highland Way.

Follow this back to Rowardennan. [CW](http://www.cw.gov.uk)

VIEW THE WALK ON OS MAPS ONLINE:

walk1000miles.co.uk/cwroutes

IN ASSOCIATION WITH



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DATE WALKED

TIME TAKEN

YOUR RATING