



# 25 HIGHLAND BEN NEVIS VIA CARN MOR DEARG

▶ Distance: 10½ miles/17km ▶ Time: 10½ hours ▶ Grade: Challenging



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FEATURE  
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Carn Mor Dearg arête  
from Ben Nevis.



PHOTO: KEITH FERGUS

## PLAN YOUR WALK



### ROUTE

**Start/parking** North Face car park Torlundy NN145764.

**Is it for me?** Good mountain paths with pathless section on descent. Exposed arete with light scrambling. Steep ascents and descents

**Stiles** 1

### PLANNING

**Nearest town** Fort William

**Refreshments** The Ben Nevis Bar, Fort William (Tel: 01397 702295)

**Public toilets** None

**Public transport** Bus from Fort William and Inverness to Torlundy road end leaving short walk to start

**Maps** OS Explorer 392; Landranger 41



### CHOSEN BY... KEITH FERGUS

One of the finest mountain walks in Britain links the Munros of Càrn Mòr Dearg and Ben Nevis, via the exposed Càrn Mòr Dearg (CMD) arête. The route throughout is spectacular, with breathtaking views of the Central and West Highlands, and the magnificent cliffs of Ben Nevis' north face. It is, however, a very demanding route, one with nearly 5000 feet of ascent. Therefore it should only be undertaken by fit and capable walkers. Snow may well cling to the higher ground well into summer.

### 1 Start

From the car park turn L

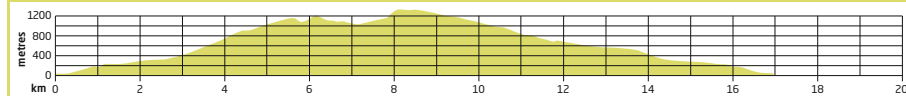
onto the forestry track, signposted 'Allt a Mhuilinn and Ben Nevis North Face', cross bridge over Allt na Caillich. After 150m, when track sweeps L, go R onto path for prolonged climb through woodland. At fork keep R and continue, then when path splits, go R all the way to junction. Keep straight on, above Allt a Mhuilinn, then at the next junction keep R to reach stile.

### 2 1½ miles/2.5km

Once across, follow superb path over open hillside, revelling in astonishing grandeur of Ben Nevis and Carn Mor Dearg. After approximately 450-metres bear L onto path. Initially boggy, route improves as

height gained. Long steady ascent continues southeast onto Carn Dearg Meadhonach then Carn Mor Dearg. Here

## GRADIENT PROFILE



# 25 HIGHLAND BEN NEVIS VIA CARN MOR DEARG

► OS Explorer map 392 ► Buy maps at: [ordnancesurvey.co.uk/shop](http://ordnancesurvey.co.uk/shop)

## DON'T MISS...



Take a camera as you'll want to remember the spectacular views across the Central and North Highlands.

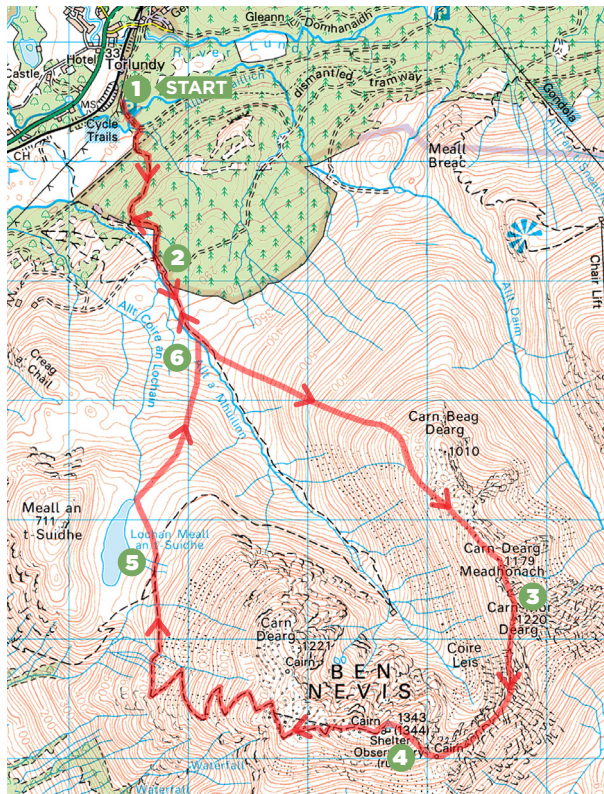
Carn Mor Dearg arête draws the eye towards Ben Nevis.

### 3 4¼ miles/6.75km

Although the arête only involves light scrambling it is exposed and real care must be taken at all times. After short descent spectacular route continues south along arete, with boulders requiring hands and feet. Arete veers SW, descending then rising, to cross narrow section, eventually gaining cairn beneath final ascent onto Ben Nevis. Here steep climb begins west then northwest, through boulders with path zig-zagging through scree, onto summit plateau. Continue west, across bouldery ground, to remains of summit observatory. Magnificent views extend in all directions.

### 4 5½ miles/8.75km

After the exertions of the arête the initial descent is relatively simple. Pick up the 'Mountain Track' that descends west from the summit – steep cliffs plunge a little north of path so take care in poor weather. In a while the path



winds downhill, crossing Red Burn, after which it splits.

### 5 8 miles/12.75km

Keep straight on, leaving main tourist path, then at fork go L. Descend path to reach northern edge of Lochan Meall an t-Suidhe. Pathless, grassy slopes now drop northeast to Allt a Mhuilinn.

### 6 8¾ miles/14km

Carefully ford burn (which

may be impassable in spate) to regain the outward-bound path. Turn L, retrace your steps back to the start. **CW**

**GET THIS WALK  
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IN ASSOCIATION WITH



OS MAPS



Ordnance Survey

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