

North Highlands

Always take a map out with you on the hill



TRAIL ROUTE 12
OCTOBER 2016

12.5km/7¾ miles 5½-6 hours

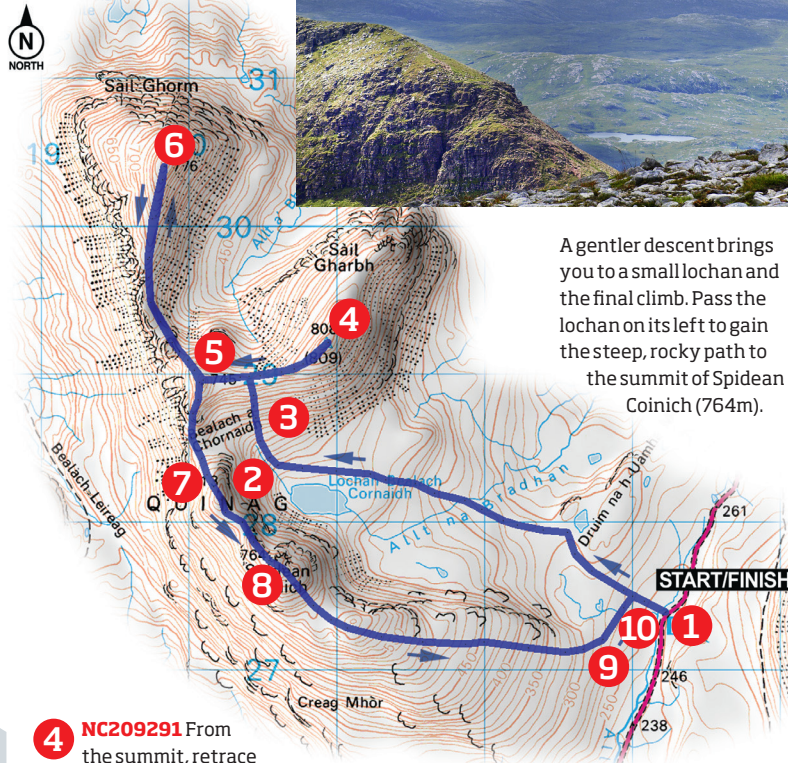
Quinag

1 NC232273 From the car park, cross the A894 to take the small path that starts on the opposite side of the road. This good path heads gently up towards the large east corrie of Quinag and Lochan Bealach Chornaith. It passes above the lochan, with its tantalising sandy beach, on its north side to come to steeper slopes below the Bealach a' Chornaith.

2 NC206282 Instead of climbing directly to the bealach, take the path off to the right to double back on yourself and traverse steeply north-east up onto the shoulder of Sail Gharbh by a large cairn.

3 NC203289 From here, head right along the broad, rocky shoulder to reach the summit of Sail Gharbh.

(808m). To the south you see the rocky buttresses of your last top of the day, Spidean Coinich.



A gentler descent brings you to a small lochan and the final climb. Pass the lochan on its left to gain the steep, rocky path to the summit of Spidean Coinich (764m).

steeply south-east, balancing your way down across the large boulders of Spidean Coinich's summit. The gradient soon lessens and the large boulders shrink, giving way to smaller stones and large slabs of rocks. Use these slabs to pick a way east down the stony slopes, keeping near the edge of the shoulder.

9 NC226272 As you near the bottom, a small cairn marks the start of a newer section of path that leads you north, avoiding boggy ground, to rejoin the outward path by a large cairn.

10 NC228276 From here it is a short walk back along the path to the start.

4 NC209291 From the summit, retrace your steps along the shoulder but once at the cairn continue straight on, dropping slightly before making the steep ascent up the grassy slope of the unnamed peak (745m on Landranger maps). From here the views out to sea and the Summer Isles are magical on a clear day.

6 NC198304 From Sail Ghorm, retrace your steps, this time back to the unnamed top, from which the path zigzags steeply south down to the Bealach a' Chornaith on some loose rock. You could choose to return to the start from this point for a shorter day, but it is well worth continuing!

Here the best views are over Loch Assynt and the peaks of Canisp and Suilven to the south.

8 NC205277 To descend, head

5 NC200289 A steep path leads north-west down off the top and along a narrow section of ridge. Once past an impressive square-topped knoll, a long gradual ridge takes you to the summit of Sail Ghorm (776m).

7 NC201284 From the bealach, climb very steeply south on an increasingly narrow ridge and along its interesting and airy rocky crest to reach a second unnamed top (713m or 714m depending on map).



ROUTE INFO

Strenuousness ●●●●●
Navigation ●●●●●
Technicality ●●●●●
Corbetts **3**

Distance 12.5km (7¾ miles)

Total ascent 1200m

Time 5½-6 hours

Start/finish car park on A837 (NC232273)

Terrain this is a long route following small paths across rocky, narrow ridges with some exposure and a lot of ups and downs

Maps OS Explorer (1:25,000) 442; OS Landranger (1:50,000) 15

GET THIS ROUTE ON YOUR PHONE!

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