

WELCOME TO



Camden
House



The Mason family (Helen, Michael, Joe, Sam, Ben, Tom and Alfie the Borador), would like to welcome you to our home and hope that you enjoy your stay in the beautiful Great Glen of Scotland.

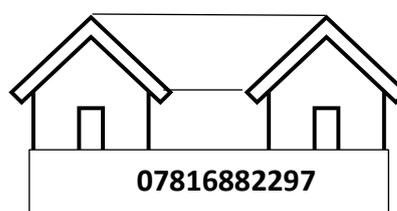
We hope everything is to your satisfaction and will be pleased to assist you if you have any queries during your stay.

We have worked for the emergency services for over 30 years (and still do), helping people at the worst moments of their lives, so it gives us genuine pleasure to help people have their best times via a holiday at Camden House.

Please read the manual as it contains important information

EMERGENCIES:

- Police, Fire, Ambulance, Coastguard, Mountain Rescue dial 999
- Urgent health care dial 111
- Emergency vet: Crown Vets, Glen Nevis Place, Fort William, 01397 702727
- Pharmacy Lloyds, 52, High Street, Fort William PH33 6AH
- Any emergency with the house please call/message Helen on 07816 882297. Secondary number Michael on 07521 469340



INFORMATION

Welcome pack

We supply a complimentary refreshment pack so you can settle in straight away. We also provide bed linen, towels, bath mats, hand soap, dishwasher tablets, tea towels, kitchen roll, toilet rolls, shampoo, conditioner, body-wash, logs and kindling.

About Camden House

Camden House was completed in 2019 and was designed and built for the son of the original Achnabobane crofting family. We were lucky enough to buy in February 2021 (this was during lock-down part 3 which made it very challenging but worth it in the end!)

Simon the Stag

Simon the Stag was passed on to us by the previous owner of Camden House. Simon is not a trophy but instead a permanent reminder of the beautiful stag who used to roam the croft area.

Our team

Chris is our window-cleaner and Colin is our gardener. They come when the weather is ok and won't take long.

Zavier does our laundry – he collects and drops off into the large trunk on the patio on Tuesdays.

Magda is our cleaner and changeover organiser. She works very hard to help us ensure your holiday is the best it can be and she's the one who ensures the house is spotless before you arrive. There is a tip box for her on the kitchen windowsill if you wish to do this. All tips go directly to her and her team.

Kitchen

- **Ovens**

Top oven is a fan oven but can convert to a microwave, (see note re metal dishes) bottom oven is a normal fan oven.

Always pre-heat the ovens before putting anything into them.

Please note if you try to move a hot tray of steaming food from the bottom to the top oven without preheating it, heavy moisture might cause the safety switch to come on which will turn the ovens off/trip the switch. Contact Helen on 07816882297 if this happens.

- **Hob**

Place saucepan/frying pan on chosen ring

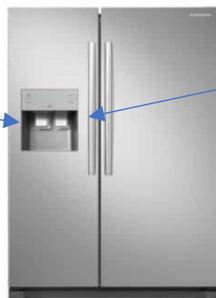
If locked hold finger on lock button and press on chosen ring's control



- **Fridge/Freezer**

The Samsung American style fridge-freezer: ice maker and filtered mains drinking water (right hand switch)

Ice
(push right back)



Filtered, cooled
mains drinking water

- **Cutlery Drawer**

This drawer is hidden within the large top drawer adjacent to the ovens. There is a similar drawer within the top island drawer with cooking implements in it.

- **Kitchen knives**

Kept in a knife block at the rear of the work-surface away from children. Very sharp so use correctly please

- **Work surfaces**

Not heat or cut proof so please use the chopping board and the wooden/felt mats which are found in the drawer to the right of the hob.

- **Wine Fridge**

This can be made cold for whites and can be set at warmer temperatures for reds. Please set the temperature at the top to your preference.



- **Extractor fan**

Please put the extractor fan on if you are cooking food with strong aromas.

- **Dining Chairs and table**

There are additional dining chairs in the bedrooms ,please return them to the bedrooms before you leave. They must not go outside please.

Lounge and Family room

Please use coasters for drinks at all times, as the furniture marks quite easily.

There are plenty of spares in the sideboard drawers.

Please do not take any of the fur throws outside.

Slide the opened blinds into the blind clip and wrap the bauble tie around the blind and blind clip together, to stop them blowing in the wind(if doors are open)

- **Sideboards:**

These contain books, games, notebooks, guide books, emergency lanterns (for power cuts) All for your use.

- **TVs**

The main lounge TV is on Freesat

The living room (kitchen/dining lounge) has an internet TV which can be used to access your Netflix, Amazon account, live TV via i-Player or for gaming if you have brought the consoles (and the relevant cables) with you. **Please remember to log out of your accounts before you leave!**

- **WIFI**

The WIFI password is on the router which is under the living room TV.

There is also 4G coverage.

- **Music**

The Bose stereo can be used via Bluetooth pairing. (**Bose Revolve II SoundLink**)

- **Candles**

Please be safety conscious at all times and do not move the candles as they are in safe positions so as not to cause a fire risk.

Heating/Cooling , Water, Drainage

- **Hot Water**

Hot water takes 2 minutes to come through to the bedroom side of the house. We have a heat pump eco-system, so if more than 5 or 6 people try to have a long shower in quick succession you will need to allow enough time for the tank to heat up again.

The rainfall showers use a large amount of water so please consider that you can easily drain the hot water from the tank if you stay in there for a long time. The taps are fierce! Lift the lever gently or regret it ! (pressurised system)

- **Heating**

We have underfloor heating throughout the house which works via the eco-heat pump. If you feel the temperature is not comfortable you can override the pre-programmed thermostats in the room(s) that you want to change as per the below:

 **Temperature Hold**

The temperature hold function allows you to manually override the current operating program and set a different temperature for a desired period.

- Use the Left / Right keys to scroll to HOLD..... < >
- Press Tick to confirm selection ✓
- Use the Up / Down keys to set the desired Hold period ^ v
- Press Tick to confirm selection ✓
- Use the Up / Down keys to set the desired Hold temperature ^ v
- Press Tick to confirm selection ✓

You will see the HOLD LEFT indication is displayed on screen.
The time will countdown the set duration and then revert to the normal program.



Hold Left Indicator
Hold Time Remaining

To cancel a temperature Hold, with hold selected on the main menu, press the tick key and then press tick again while Cancel is highlighted.

The system is quite slow to heat back up if you turn it down or off.

Please use the wood-burner if you wish to. This is particularly useful on very cold winter mornings because really heats the whole house quickly.

If you end up too hot you can turn the thermostats to frost control by pressing the tick button which will show a little house with a snow-flake in. Please remember to press it again to remove the house symbol so that heating returns. Please do not put the thermostats up to very high temperatures to try to heat the house up more quickly. This does not work and is not good for the system, and it cancels the gains we are making in reducing our carbon footprint! (not to mention the impact on our costs and therefore future prices!)

- **Wood burner**

The wood burner gets extremely hot. There is a guard but please watch children and pets around the wood burner when lit. You are welcome to use logs from the log store, and kindling, which is in the box next to the log store. There is a bag for carrying logs. Please do not take logs or any other wood from the garden.

- **Solar**

The house is very well insulated and makes the most of sun, reducing the need for the heating to come on. However it can get very hot if it's been shut up all day in the summer. There is a fan for each bedroom which can be found on the top shelf of each wardrobe. There are 2 pedestal fans which can be used in the living areas. The roof windows can be opened up to help cool the house down using the long pole. It is lovely to open the doors wide to maximise the view. There are door stops in the basket next to the living room TV to be used to hold the doors in place if windy and blind clips to stop wind damage.

- **Septic Tank**

Being so rural we do not have mains drainage.

If you put anything down the toilets other than human waste and toilet roll the septic tank may go wrong and this will ruin your holiday experience.

There are bags and bins provided for anything other than toilet paper. We have had to unblock drains when someone put baby wipes and cotton wool down the toilet so please ensure that these important instructions are followed.

Safety and Security

- **Windows and Door Security**

Please leave the keys in the inside locks of all doors and windows so that they are not lost.

Please make sure you remember to lock any doors that you have been using when you go out. To lock you have to push the handles up then turn the key.

There are 3 keys for your party to use for the main door, suggest you leave one in the key-box when you go out in case you lose one.

- **Security Cameras**

We have 2 working security cameras. They are both RING doorbells and they can pick up the external areas directly around the entrances and exits. The cameras on the drive are dummies and are not connected to anything.

- **Candles**

Use carefully at all times. Especially around children. Please do not move them

- **Emergencies**

There are linked smoke alarms, a heat sensing alarm in the kitchen and a carbon monoxide alarm.

There is a first aid kit in the utility room cupboard.

There is a fire blanket to smother pan fires etc on the side of the island

There is a fire extinguisher in the utility room

Fire exits are via double doors in every room across the front of the house.

If there is a fire, if it's not safe to tackle the fire , please get everyone out and call the Fire Brigade immediately on 999.

The address is Camden House, Ach nabobane Road, Spean Bridge, PH34 4EX

Utility room

Like the rest of the house, there is underfloor heating which means the large cupboard can be used to dry your boots/coats in winter. There are also cleaning implements in this cupboard if you need them.

- **Washing laundry**

The washing machine is easy to use. We suggest you use the '60' programme on the left hand side as the others are quite prolonged.

You are welcome to use washing detergent and fabric conditioner if there is some in the cupboard. If you use this and it runs out it would be helpful if you can replace for the next guests as we don't restock as a routine.

- **Drying laundry**

There is a laundry maid in the utility room, there are pegs and a laundry basket for the outside line, but if it's raining there is a heat pump tumble dryer. After each use you have to take out the see-through container housed in the door window and empty out the water. Please remove any lint after every use for fire safety reasons.

- **Dog cupboard**

There are some doggie goods in the cupboards in the utility room including spare bowls, food storage boxes, poo bags, a stake for the beach/garden, magic towel and a mud-daddy. There is also a hose pipe at the back of the house for washing muddy dogs down if you prefer. You are welcome to fill the mud-daddy and take it out with you as long as you empty it and put it back before you go home.

- **Iron and board**

These are stored in the utility room cupboards.

Extra bedding

- **Spare blankets**

There is a spare blanket for every bed, found in the wardrobes in each bedroom. These are for beds only and not for dogs or to be used outside.

- **Emergency bedding**

If any of the children have an accident in their beds, or if someone is ill, there is a full set of double bedding which can be used on any of the beds. This is in the cupboard in the bunk-bed room. **If you use this bedding please give Helen a text so I can sort the laundry when you leave as this an additional requirement for the laundry service, for which they have to be notified.**

- **Sofa Bed**

The sofa bed is not for extra people as this has to be pre-agreed with Helen and Michael. However, it can be used to spread out or if you don't want to use the bunk bed. If you need to use the sofa bed there is a full set of bedding for it including a foam filler for the gap, a mattress topper to place over this, a small double fitted sheet, and a duvet with cover etc. This is kept under the softabed or in the wardrobe. **If you want to use the sofa bed please text Helen because we have to make special arrangements for bedding laundering etc.**

Using the Garden

The garden has been kept as natural as possible in keeping with the locality. We are trying to increase wild flowers and create a meadow environment.

You will see some small ditches in the corners of the garden to catch surplus water so please watch children if there has been heavy rain.

There is a bench at the top of the garden please take care navigating the narrow path to it, (to be accessed from behind the shed) but worth the effort to look at the tops of the Nevis and Grey Corries mountains. Please don't run up the bank to it as we are working on stabilising the bank by growing flowers on it and there are wild-flowers within this.

- **Fire pit/BBQ**

Please use at your own risk and only if you are willing to clean the BBQ grill!

Please only take logs from the store by the main door. Please do not take logs or wood from the garden as we have left piles for wildlife. The fire pit must not be moved from the gravel area under any circumstances and please never use liquid fuel for safety reasons. We provide you with some firelighters.

Please clean the grill before you go home if there is food left on it. **This needs to be done outside**, there is a bucket, special cleaner and brush etc in the shed for this purpose and the hose pipe stretches as far as the fire pit area.

There are marshmallow toasting forks and BBQ equipment in the kitchen drawer next to the fridge. There are also melamine plates, glasses and a table cloth and clips for the picnic table. There is a plastic trunk in the shed with blankets in for laying on the grass for sunbathing or for using on cold nights when around the fire pit. **Please do not take the fur throws outside to use around the fire-pit as**

they smell of smoke and can get caught by sparks. Please use the blankets in the box in the shed instead (which are warmer anyway).

- **Garden sofas**

You are welcome to move them to wherever you wish but please put them back next to the hot tub if it is going to be very windy, as its sheltered there. (we did find one in a tree once when the wind got up in the middle of the winter which is why they have storm straps on during the winter!)

The cushions are kept on the sofas under the covers during summer and in the master bedroom wardrobe top shelf during winter.

Please don't cover them or put them back in the cupboard when they are still damp as they will go mouldy

- **Bike/ski/board/boat store**

Please put your outdoor sporting equipment in the provided outside store, rather than bringing it into the house. There is an outside socket near the hot tub if you need to charge electric bikes. We can supply you with a padlock

- **Smoking outside**

Smoking outside only. Please ensure that no cigarette butts are dropped. There are flower-pot ashtrays on all outside tables and 1 ashtray next to the bench. **Please empty them and take the ash etc. with your rubbish to the bins, before you check out.**

- **Sun shade**

There is a parasol and a Gazebo in the shed. You are welcome to use them but please put away if wind is forecast and also before you check out.

- **Decking,pathways,roadway**

The Decking is regularly treated with an anti-slip product but guests must take care when weather conditions are likely to cause any external surface to be slippery, including the lane in front of the house which can get icy in winter.

Hot tub – you must read this section if you are going to use it

You are welcome to use the hot tub at your own risk. We don't charge extra for the hot tub but it's hard work keeping it nice for our guests so it has to be used properly therefore please take the time to read all info below.

*****Opening and closing the cover*****

1. Unstick Velcro patches at each end of centre fold on one side so that they don't stretch when the cover is folded.
2. Unclip orange storm strap at the house end and lay it down on the decking at the mountain end
3. (When standing by the house facing the mountains) Fold the right hand side of the cover over the large black bracket, laying it on top of the left hand side of the cover. The bracket should be sandwiched in between.
4. Better with a 2 person lift (one at each end) , lift the whole thing gently upwards and over to the left of the tub where it sits , folded, alongside
5. Remove the foam oil absorbers (sponges) and chlorine duck if present.
6. To close , put the sponges and chlorine duck back in and reverse the process. Please make sure that the cover skirt is not caught up and is over the sides as it's important to keep the heat in.
7. The storm strap must be put back on every time.
8. Full safety instructions are supplied in the house manual. It is essential that these instructions are read, understood and followed before the tub is used.

- **Chlorine Levels**

We have a chlorine dosing system (the rubber duck) We have provided some testing sticks and chemicals to add if needed, which are kept in the utility room cupboards. You should test before you get in to make sure the chlorine level is

adequate. Please note you sometimes get a brief eggy smell when you open the lid, this is chemical build up and disappears in a few seconds so nothing to worry about.

- **Testing the chlorine levels**

Chlorine and PH levels are tested before every guest arrives and we maintain records to ensure the tub is safe to use. For your own assurance please test it prior to every use. Dip the testing stick in the water and wait 15 seconds to see if any adjustment is needed. You are aiming for the colours to match the middle of the scales on the testing kit pot. Any paler, you need to add more, any darker you need to leave the lid off with the jets on for 15 minutes to let some evaporate.

If the chlorine indicator is paler than the middle range, add **a couple of shot-glasses of chlorine granules (shock)**, put this in around the black circular filter cap in the corner of the hot tub. Put the jets on and re-test after 3 minutes.

You can adjust the PH up or down with the relevant provided chemicals, although this is rarely needed if the chlorine is correct, again only one or two capfuls required.

PLEASE NOTE THAT THE DUCK CONTAINS SLOW-RELEASE CHLORINE TABLETS TO HELP TO MINIMISE THE FREQUENCY YOU NEED TO ADD GRANULES. IF YOU TAKE IT OUT WHEN IN THE HOT TUB PLEASE DO NOT FORGET TO PUT IT BACK IN AGAIN BEFORE YOU PUT THE COVER BACK ON.

- **Excess Foam**

If excess foam starts to appear it is likely that someone has not showered before getting in and body and laundry soap has got into the water. You will have to scoop off with the net and there is a de-foamer liquid to use, 1 to 2 capfuls needed at the most. If you use too much chemical the water will lose clarity which will spoil your enjoyment, so therefore it's important to use small doses at a time.

- **Oils on surface**

There are some sponges floating around which collect oily film which is caused by moisturiser and fabric conditioner residue. You can take them out when you are in the tub and put them back afterwards. They can be rinsed out under a hot tap and cleaned with washing up liquid then put back in, if you want to refresh them during your visit.

- **Removing debris, leaves etc**

There is a catch net and a hand operated pump vacuum to clear any debris/excess foam from the tub which has become evident during your stay. The pump works really well, you have to pump the handle in and out several times to get the suction going. The debris gets trapped in the filter.

All kit is kept in the utility room cupboard or in the corner near the hot tub.

Hot tub rules

- **NO GLASS to be used anywhere near the hot tub – plastic glasses are in the utility room.**
- **Always clear snow off the cover before trying to open it**
- **Please follow instructions to open and close the cover correctly**
- **Always put the hot tub cover back on straight away after use and ensure the orange storm strap is clipped down at each end every time.**
- **Please ALWAYS have a very quick shower before going in – deodorant, sun cream, fake-tan and moisturiser etc will leave a horrible looking film on the surface and whilst the sponges help, they do not eliminate this.**
- **Please make sure you remove all tissues from pockets as they can damage the filter and the water might start going cloudy.**

- **Please do not add any form of aroma chemical, spa bomb etc.** It causes cloudy water and leaves an unpleasant residue.
- **Please do not sit on the hot tub cover** as it is only polystyrene may not hold a person's weight.
- The temperature should be 38.5 to 40 degrees. **The only buttons you need to press are the jet buttons and the lights button.** (you can accidentally power it down to luke warm if you press 2 buttons at the same time- text 07816882297 if you accidentally do this)
- The black knobs around the edges change the power of the jets
- If you press the light button on and off at one second intervals you can select which colour you would like. (8 choices)
- The hot tub is for a maximum of 4 people at a time. Any more than this will cause the water to overflow and then it will have to be topped up (if it gets too low it could damage the hot tub)
- Please do not jump in as it's not safe, causes the water to be lost and results in the windows being covered in chlorine staining water
- Take care getting in and out! The bottom of the hot tub has seats and loungers moulded into it so please ensure your feet are wedged against one of these to secure your footing before you get in. The safest way to get in over the side with both hands supporting you until you are in.
- Please be careful in icy and wet weather
- Swimming costumes must be worn in the tub – no nudity please (neighbours pass sometimes on the lane!)
- No pets of children under 3 in the tub under any circumstances
- All children and non-swimmers must be accompanied at all times

Environmental (including rubbish collection)

Camden House has a non-polluting eco -pump heating system and high-grade insulation. We like to use kiln-dried, non-polluting, sustainable logs, and LED low energy bulbs, wherever possible.

- **Please turn lights off when not in use**, particularly outside lights which can be easily left on by mistake during the day.
- **Please do not turn the thermostats up to ridiculous temperatures!**, It doesn't heat up any quicker and is unnecessary. They should ideally be at 22 or less. Please use the wood-burner for additional heat in very cold weather if you can.
- **Please recycle during your stay.** All Camden bins are kept on the lane junction which leads to the house so please drop any rubbish/recycling off on the way past. Please use the bins with Camden House stickers on the front. (They are larger than the rest so easy to see) The blue one is for recycling – tins/cans, cardboard/paper, soft plastics (not glass) the black one is all other general waste apart from glass.
- Please crush your drinks cans in the crusher in the utility room if you can
- **Glass disposal**

In the Scottish Highlands, every person, including visitors and tourists, must dispose of their waste glass at bottle banks only.

Glass recycling points are at:

- Spean Bridge, Village Hall, PH34 4EZ
- Fort William Health Centre, PH33 7AQ
- Fort William Morrisons PH33 6AN
- Fort William recycling. Ben Nevis Ind Estate, Claggan, Fort William, PH33 6PR
- Fort Augustus, The Riggs car park. Also has a clothes bank etc.

Children and Animals

Children are welcome at Camden House. We provide a fire guard, 2 travel cots, 2 cot mattress, baby bath, changing mat/table and high-chair.

Please bring your own cot linen.

There are cleaning products in the utility room for the high-chair.

There are also a few children's books and games in the bunk bed room.

Please ensure that everything that would be dangerous to children always remains out of their reach as whilst we set the house up like this, and check as regularly as we can, some of our guests move things around!

PLEASE NOTE THAT THE FIRE LIGHTING EQUIPMENT IS NEXT TO THE WOODBURNER SO PLEASE MOVE TO AN OUT OF REACH PLACE IF YOU HAVE YOUNG CHILDREN WHO MIGHT PLAY WITH THIS!

- **Dogs**

We love dogs and they are welcome at Camden House as long as they are house trained and past the chewing stage!! (if not please bring a dog-crate and don't leave them alone in the house).

Please keep them under strict control when outside of the house because of local wildlife (mainly deer) and neighbours' animals.

The animal door-stops can be mistaken as dog toys. So if your dog takes a fancy to them you may have to put them out of reach!

The ranch fence will not keep dogs in the garden so please note this.

There is a small dog poop bin near the patio area to save you having to keep taking each bag full to the main bins, every time! We've put this in for your convenience but please ensure that you take all contents and put in the main Camden House bin at the end of your stay.

- **All pets**

Please don't let your fur babies sleep on the beds or sofas.

This is due to the difficulties in getting hairs out via the laundry process and the impact on future guests with allergies.

If you do let them in the bedrooms please clear up any hair etc.

Please don't leave them alone in the house if they are likely to fret and cause any damage.

- **Local Deer**

Please note that during rutting season (September and October) the Stags can be a bit highly strung so you are advised not to approach them if you see one. You can go to the right of the house over the cattle grid and see the feeding area on the left where they sometimes congregate.

- **Wee Midgies and other beasties**

Like many areas of the UK Countryside, Scotland has a midge season which is at its height between late June and mid-August. Midges are most active in the morning and the evening and favour damp windless conditions. They are not very active in hot dry weather, windy weather, or up higher in the mountains. They are more prevalent around the lochs and large areas of water.

'Smidge the Midge' and other similar products are very useful as are head-nets etc. Home Bargains and outdoor pursuit shops down in Fort William usually have a good stock of products.

The main thing to consider when you are indoors if you have a window or door open in the evening with the lights on, they will be attracted to the lights and

might come into the house. You can check the midge forecast when you plan your days out:

www.smidgeup.com/midge-forecast/



We have provided Thermocell midge deflectors which can be used indoors or outdoors and some citronella coils for outdoors. Please use them if you do find midges are causing you any annoyance as they work really well. Turn them upside down to check there is liquid in the cannisters and change the blue mat by sliding it out, if it's no longer bright blue. The equipment is in the utility room cupboards in the zipped case.

We have found that 'Smidge the Midge' repellent keeps them away when you are out and about, as does Avon's 'Skin So Soft.'

Ticks are prevalent particularly in spring, in country areas where there is long grass or in forests. Strongly suggest you tuck your trousers in your socks when walking in long grass (an accepted Scottish fashion in the wilds!) but if you are unlucky enough to get a Tick please look in the first aid box for Tick removing implements, Vaseline etc. Please check your dogs too. You can also light a match, blow it out and put the hot end on the tick whilst you pull it with tweezers. Or smother in Vaseline overnight and they will suffocate and drop off! (please get them out of the house once they fall off!!)

Achnabobane Community - Our Neighbours!

Although Camden House sits on its own, there is a community here in Achnabobane of 24 houses, and a working deer and Christmas tree farm along the lane.

Please will you not create an excessive noise or any other form of nuisance for the community, especially late at night.

Sound carries, especially if you are outside around the back of the house and in the firepit area. There have been stories in the press about Airbnb party houses which have caused unnecessary worry and focus on holiday lets by residents in the Highlands.

Camden House is not a party house but it is a social house so we want our guests to enjoy the house and garden together, but excessively loud music or shouting/swearing late at night unsurprisingly leads to us having to have difficult conversations with our neighbours which could ultimately impact our licensing in the future.

There are also a few children and dogs around so please drive carefully on the lanes. The lane in front of the house is quiet but you might get some farm and residents traffic every now and then.

Please be respectful of our neighbours who live in Achnabobane if you are walking around the area where they live and work.

Picnics/days out

There are picnic blankets , cool bags and a beach parasol in the utility room cupboard and ice packs in the freezer, you are welcome to borrow them for days out if needed. Please put them back in the same place at the end of your stay.

There are a couple of camping chairs in the shed which might be useful for the beach, you are welcome to borrow them too.

If you want to eat in the garden, there are 2 picnic tables and there is a parasol in the shed. If you use this please put it down at night as the wind gets up from nowhere in this area and it will break if left up in the wind.

There is a gazebo in the shed for creating shade on very hot days. Please put back after use.

CAMDEN HOUSE CHECK OUT PROCEDURE

Please check out no later than **11am** as Magda needs to get in to have time to prepare the house for our next guests. Please do as much as you can from the list below.

Before you leave, please ensure:

- All bins, ashtrays, dog poop bin and recycling boxes are emptied and contents put in main Camden House bins up on the lane junction.
- Glass bottles removed and recycled at a bottle bank on your way home
- **Used** towels, t-towels, oven gloves, flannels and mats are left in the bath/showers. **We pay the laundry per item so please leave unused linen where you found it.**
- Any used beds are stripped and bedding left at end of the bed. Please leave the mattress and pillow covers on. This is a massive help to Magda if you have time.
- Please don't leave any washing up but ok to leave the dishwasher running.
- Please leave the fridge/freezer and oven empty and don't forget to remove wine from the wine fridge if you have put any in there!
- Please remember to log out of your Netflix/Amazon/Disney+ on the TVs
- Please check all door hooks, cupboards and drawers so you don't leave anything. We will send things back to you but it may take a few weeks
- Please complete the visitor's book if you would like to
- You can leave the cleaning team a tip in the box (kitchen window-sill) if happy with the cleanliness on arrival and of course, only if you wish to leave one.
- Please put the 2 spare keys back on the hooks and the main key in the key box
- Please text Helen to say you've checked out and let her know if there are any breakages/issues to report 07816882297

We can claim from your security deposit if you leave the house in an inappropriate condition, i.e. have caused unreported or excessive damage/there has been theft or left the house in a condition that results in excess cleaning costs and/or a delay for next check in. A full itinerary check is made, including a towel count. We know the odd glass will get broken, this is fine, but please tell us. We've only charged once because we've had lovely guests, thankfully!

Thank you

Assuming you haven't fallen asleep already reading this manual it's time to relax and enjoy Camden House and the beautiful Great Glen!

We want all of our guests to get the best from the house during their stay, so we hope this manual will help but are happy to answer any other questions that are not answered here (via text please).

We have a Facebook page which you can like or check-in on, if you wish to. Happy to receive photos of your good times at Camden House if you want us to share them on the Facebook page! By all means check-in!

<https://www.facebook.com/Camdenhouseholidays>

Our own web site is www.camdenhouseholidays.com

If you've had a great holiday we would be really grateful for a good review on Airbnb, Google maps, Trip Advisor etc

Thank you very much for booking with us.

Wishing you a very happy and relaxing holiday!

Helen and Michael xx



HOW TO LIGHT THE FIRE PIT/BBQ/WOODBURNER

We've had a few questions about this so have put this in the pack for help if needed.

You need 6 to 8 pieces of kindling

Lay them as per the photo below and put a firelighter in the centre and light it

Cover with 3 to 4 smallish logs making a wigwam shape over the pile of kindling.



You might have to fan it a bit to get the flames to build, once flaming well , add 1 or 2 larger logs every now and then to maintain the heat.

Things to Do (see Trip Advisor for full details)

Glen Roy Nature Reserve



If you like geology this has a fascinating walk along a track where you can look at parallel lines in the hill sides etc.

Ben Nevis



Easiest route takes about 4 hours up and 3 hours down. Starts in Glen Nevis visitor centre. (please note that during bad weather it can become quite dangerous on the less popular paths and can be very cold even when hot at the base so it's vital to take the right gear with you!)

Steall Waterfall



About an hours walk up steps, steep in places. Big drops next to some stunning gorges and fast running river so be careful with dogs and young children. Access from the end of Glen Nevis. A wire rope bridge at the end for those who are agile and want to have a closer view. Midge central in the summer – make sure you’ve got Smidge on!

Jacobite Steam train



Harry Potter films made this train famous. 2 hour trip each way in lovely scenery from Fort William to Mallaig but you have to pre-book. Lots of photographers to wave at along the route!

Old Inverlochy Castle



Ruins on outskirts of Fort William

Mallaig Beach



Village nearby with pubs and cafés, a fishing village feel

Nice circular walk that takes about an hour where you can see some mountains and then come back along the front (we spotted seals)

Ardnamurchan beaches



Camusdarach Beaches



About 45 mins drive from Camden House and totally worth it. Several beautiful beaches surrounded by sand dunes. (Non-commercial, no shops) A short walk along the river from the car park. Dogs allowed.

Road to the Isles Beaches



Signal Rock and An Tor, Glencoe



Nice area for walks and pic-nics

Creag Meagaidh Nature Reserve



Creag Meagaidh National Nature Reserve (NNR) is the complete mountain experience. From wild mountain plateau to woodland that's slowly returning to life, Creag Meagaidh feels like the Highlands compressed into one reserve. The dramatic scenery here includes Munro summits, an exposed whaleback ridge and ice-carved gullies

East Highland Way (Fort William to Aviemore)



Cow Hill



Lovely walk in the shadow of Ben Nevis.

Vertical Descents Glencoe



Vertical Descents is a combination of wild swimming, rock climbing, caving, and cliff jumping all rolled into an action-packed traverse

Vertical Descents Ltd, Adventure Centre Scotland, Inchree Falls, Onich, Fort William, Scotland. PH33 6SE

Boat trips

Cruise Loch Linnhe



2 hour cruise, from Fort William. Slower paced trip, excellent skipper.

Fort William Sea Tours



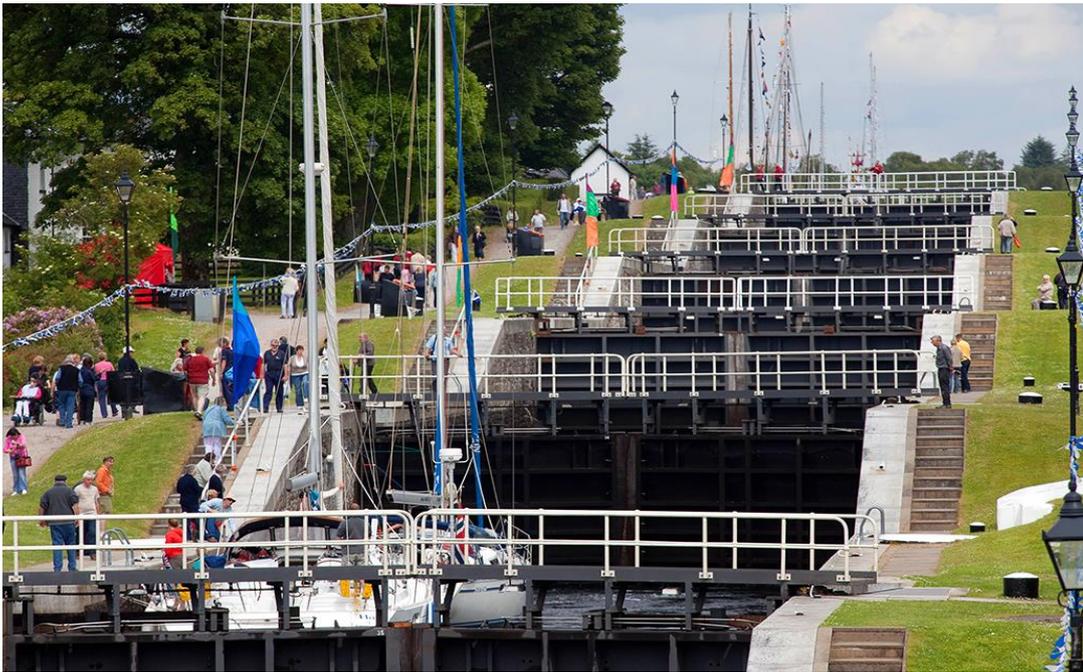
Summer only: Fort William Sea Tours offers you the chance of an exhilarating adventure set in the majestic scenery of the West Highlands. With Ben Nevis as your backdrop, experience a breath-taking rib ride to the local seal colony and take in the magnificent views on every side

Rockhopper Sea Kayaking



Rockhopper Sea Kayaking Unit 17 Annat Industrial Estate Corpach Fort William PH33 7NA

Neptune's staircase, near Fort William



Nice short walk with views around Fort William, with a café alongside the locks.

Vertical Fever



Conquer Scotland's toughest summits with qualified mountaineering instructors of Vertical Fever - Day Adventures.

Lochiel Road Inverlochy, Fort William PH33 6NR Scotlan

Spean Bridge Commando Monument



Humbling memorial with commando memorial garden.

Nice easy and pretty walk around this, taking in the High Bridge ruin and impressive fast running river. There's a café and restaurant down in Spean Bridge. You do have to walk along the main road for a short part of the walk.

Crombie Clay Shooting



Brackletter, near Spean Bridge. Pre-booking advised

+44(0)7775 259528
www.crombieclayshooting.co.uk
info@crombieclayshooting.co.uk

Glencoe – Harry Potter and James Bond country



Glenfinnan viaduct



You can park here and watch the Harry Potter/Jacobite train go over the viaduct.
Glenfinnan monument and visitor centre adjacent.

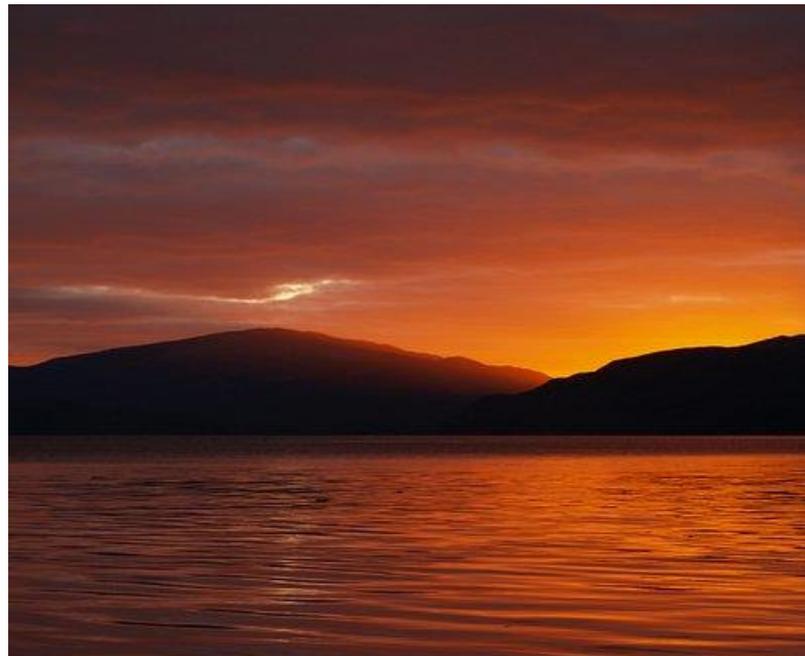
Ben Nevis Distillery and whisky trails



Glen Nevis Visitor Centre



Loch Linnhe



Fantastic for sun-set photography seen from Fort William

The Ice Factor, Kinlochleven - indoor ice climbing



Ice Factor constantly ranks in the world's top ten climbing centres and is constantly ranked in the top 3 adventure activities in the Highlands.

Kinlochleven, PH50 4SF , the biggest building in the village

Active Highs

Canyoning and white water rafting



The Great Glen Hostel, South Laggan, Spean Bridge PH34 4EA 01809 501459

Lochaber Geopark



Lochaber Geopark is a large area based in the Highlands of Scotland and boasts some of the best geology in the world

Golf Fort William and Spean Bridge

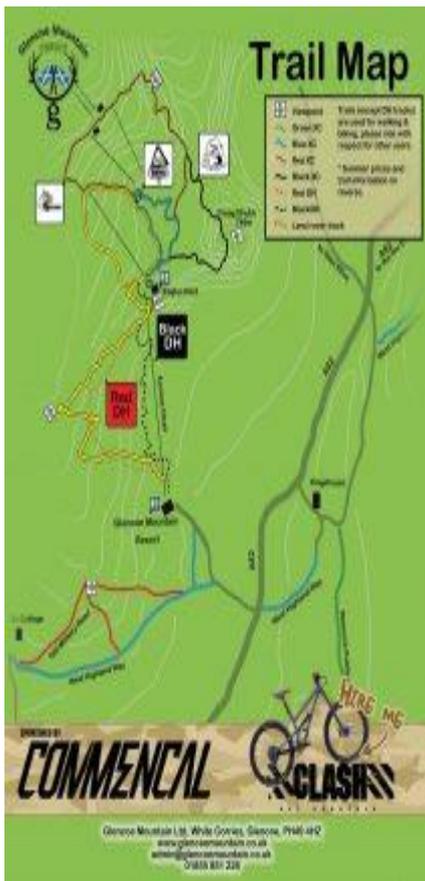


Spean Bridge forest walks



Camden House

Glencoe Summer



Mountain biking trails



Tubing at Glencoe ski resort



Meeting of the 3 waters

Hagrid's hut site Glencoe



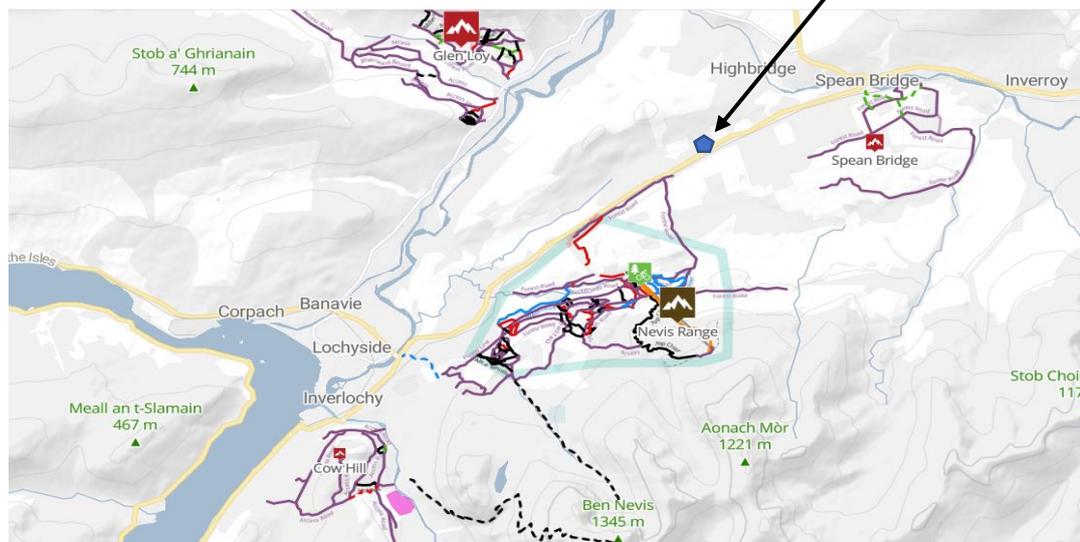
Please note: You can see this is where it was filmed but the hut is no longer there!



The Lost Valley

Nevis Summer

Camden House



Bike trails all around the Camden House area

neviscycles.co.uk or give them a call on +44 (0)1397 705825 ex 227



Nevis resort tree adventure

Winter: Ski/board



AVIEMORE ZIP LINE

The Zip Park Alvie Estate Kinraig PH21 1NE



HIGHLAND WILDLIFE PARK

Kinraig | Kingussie



(Note Dogs not permitted)

Landmark Forest Adventure Park (CAIRNGORMS)



LOCH NESS



RAINY DAYS

❖ HIGHLAND SOAP COMPANY AND CAFE

Old Inverlochy Castle North Road, Fort William, UK PH33 6TQ

You can buy the products that we use in our bathrooms and gifts

❖ NEVIS CENTRE BOWLING

An Aird, Fort William, PH33 6AN

10 pin bowling, soft play entre, sports courts etc

❖ TREASURES OF THE EARTH

Corpach PH33 7JL,

Private collections of crystals, gem stones , fossils

❖ HIGHLAND MUSEUM

Fort William town centre

❖ EILEAN DONAN CASTLE

Dornie , Kyle Of Lochalsh IV40 8DX

❖ BOULDERING/CLIMBING

3 Wise Monkeys Indoor Climbing, Fassifern Rd, Fort William

❖ CINEMA

Highland Cinema, Cameron Square, Fort William

❖ SWIMMING/GYM

Lochaber Leisure Centre, Belford Rd, Fort William

❖ CLANSMAN CENTRE KILT MUSEUM AND GIFT SHOP

Fort Augustus PH32 4BD

❖ BEN NEVIS WHISKY DISTILLERY

LochyBridge, Fort William, PH33 6TJ

❖ CRAFTS AND THINGS, CRAFT SHOP

Tigh A Phuirt, PH49 4HN Scotland

Crafts, art gallery, coffee shop, clothes shop



❖ HIGHLAND FOLK MUSEUM

Kingussie Road Newtonmore PH20 1AY



❖ INVERNESS CITY 1.5 hour drive

Shopping, Castle, Ice rink, botanic gardens, parks, museum, galleries, golf, cinema, swimming,

❖ CRUACHAN VISITOR CENTRE (The Hollow Mountain)

Power station tour, dam, waterfall and tea rooms.

SHOPS

Fort William high street for tourist shops, outdoor pursuit shops, cafés and bars

SUPERMARKETS/FOOD

- **Fort William (7 miles):** Morrisons (home delivery available via website), M&S Foodhall, Home Bargains, Aldi , Lidl's, Tesco, Co-op, Farm foods, Nevis Bakery
- **Spean Bridge (1.8 miles) :** Spar
- **LOCALLY SOURCED MEAT**
Lochaber Larder Unit 4A Blar Mhor Estate Fort William
- **MICRO BREWERY**
Glen Spean Brewing Company Tirindrish Steading, Spean Bridge, Inverness-shire, PH34 4EU

CAFÉ'S AND RESTAURANTS

- **The Old Station Restaurant, Station Road Spean Bridge**
01397 712535
Vegetarian, vegan and gluten free options
- **The Bridge Café Spean Bridge**
01397 712957
Vegetarian, vegan and gluten free options .(Day time only)
- **Russell's Restaurant, Smiddy House, Spean Bridge**
01397 712335
High end cuisine for special occasion, must book

- Restaurant Old Pines Hotel, Gairloch Road, Spean Bridge
01397 712324
Vegetarian, vegan and gluten free options
- The Geographer, 88, High Street , Fort William
Nice little bistro 01397 705011
- The Lochside Brasserie, Loch Lochy, Spean Bridge, PH34 4DZ
Very good food, lovely views of loch. Part of Black Sheep hotels chain
01397 713966
- The Crannog, Town Pier, Fort William
Locally sourced sea food. 01397 700714

TAKEAWAYS

No take-out home delivery services come out this far at the moment. However, there is a chippy near the Spar in Spean Bridge, several takeaways in Fort William High street. On the outskirts of Fort William there is a KFC, Costa and McDonald's. There is also a Marks and Spencer food court where you can buy lovely food to just put in the oven.

TAXI

Lochaber Taxis **01397 706070/01397 703334**

Walks

Walk 1 River Lundie walk, Leanachan Forest

Start point 4.8 miles from Camden House

Walk Statistics

Distance

3.5km / 2.25 miles

Time

1 hour

Ascent

45m ([Profile](#))

Start Grid Ref

NN170773

A pleasant leg stretcher through forestry, with a short section of riverside. This walk only has glimpses of the nearby mountain scenery as it is mainly in the trees.

Terrain

Waymarked, excellent paths and tracks; also used by mountain bikers.

Stage 1

The walk starts in the north west corner of the car park at the furthest point from the Nevis Range visitor centre and gondola - next to the High Wire Adventure course. Here there is a sign pointing the way into the woods, soon bearing right to cross over a footbridge over the river and bearing left through the mixed woodland - with the obstacles of the High Wire course high in the trees above.



Stage 2

Stay on the main undulating path until it joins a track, then bear left along this. Eventually a section the route follows more open ground with some open views of the nearby hills, including a glimpse of [Ben Nevis](#).

Stage 3

This track is also shared with mountain bikers so watch out for riders. Eventually a left turn leads onto a path which crosses the river again on a footbridge. The path swings right and leads through a gap in an old stone wall. Ignore a path leaving to the right, keeping straight ahead instead. The route is now in pine forestry and soon reaches a forestry track. Turn left here, ignoring the narrow mountain bike route coming down from the right and follow the wide track.

Stage 4

Keep straight ahead on this track, ignoring a turning to the right, and eventually crossing a stream on a bridge. Soon the car park is reached, the path continues to the bottom of the main mountain bike track near the Nevis Range Centre although there are a number of places where you can turn left to return to the car park at the foot of the Nevis Range gondola, which is actually on the slopes of [Aonach Mor](#).

Walk 2 Achriabhach Forest walk, Glen Nevis

Start point 11.7 miles from Camden House

Distance

3.5km / 2.25 miles

Time

1.5 - 2 hours

Ascent

190m ([Profile](#))

Start Grid Ref

NN145683

Walk Description

Stage 1

Park in the car park situated above the Glen Nevis road just before reaching the bridge at Polldubh - there is a charge. It is worth walking over to this bridge before starting the walk to have a good look at the Polldubh Falls (also known as the 'Lower Falls'), usually busy with coach parties. Begin the route by heading the opposite way up the road, back towards Fort William. After a couple of hundred metres the road passes the white cottage at Achriabhach on the right, and just beyond this there is a track heading into the forest on left. Turn up this track.

Stage 2

As the track enters the trees, take a path off to the left - signed Achriabhach Munro Access. This climbs up close to the edge of the conifers, soon reaching a large ladder stile. Cross this and continue up the path, which ascends steeply and is close enough to the forest edge to give views across the glen. Further up, the path passes a waterfall on the Allt a'Choire Dheirg. Further on the path forks; both rejoin further on but the left branch gives a view of waterslides. Continue the ascent until the path reaches a forest track at a sharp bend, with a view of the mountain ridge around Coire Dearg high above.



Stage 3

Don't go along the track, but take the path opposite. This continues the ascent; after a short distance there is a seat on the left with a truly magnificent view up Glen Nevis towards the [Nevis Gorge](#). Continue up the path, with improving views of [Ben Nevis](#) behind, until finally a flight of stone steps brings you up to another forestry track.

Stage 4

Turn right along this track; there are more great views ahead, this time down [Glen Nevis](#) towards the foot of the glen. Follow the track gently downhill until it meets a junction with another track. Turn sharp right here, and continue down this new track to reach the sharp bend the path briefly crossed earlier. This time continue on the track which swings sharply to the left.

Stage 5

The descent continues on the track to yet another junction. As before, turn sharp right for this final zig-zag, and follow the track back down to the road at Achriabhach and the start.

Walk 3 Nevis Range Gondola viewpoint walks

Start point: 4.3 miles from Camden House

Distance

4km / 2.5 miles

Time

1 - 2 hours

Ascent

127m ([Profile](#))

Start Grid Ref

NN187755

Ride the Nevis Range gondola to reach 650m on the northern slopes of Aonach Mor without effort. This route then follows well-made paths out to two dramatic viewpoints - Sgurr Finnisg-aig and Meall Beag - overlooking the Great Glen, Fort William and beyond.

Walk Description

Stage 1

This route starts by riding the Nevis Range gondola cable car system to reach the Snowgoose Restaurant at around 650m up the northern slopes of Aonach Mor. In winter this is the centre of the Nevis Range skiing area, but in summer the gondola operates to give all visitors a chance to enjoy the views. Check the times of the last gondola down before setting out on the walk. The route is in two separate halves, heading out and back to two different viewpoints off to either side from the gondola station.

Stage 2

To make the walk out to the Sgurr Finnisg-aig viewpoint first, head out the back of the restaurant building and turn left, taking the path signed for the viewpoint that begins to the left of the Great Glen Chalet. This leads past a bench, descends slightly and then climbs gently to the small peak of Sgurr Finnisg-aig via a series of zig-zags.

Stage 3

The rocky summit at 663m is a superb viewpoint, with a panorama extending from Fort William, Loch Linnhe and Loch Eil, across the Great Glen and Glen Spean. Looking back, the entire ski area is seen leading up towards the top of Aonach Mor, the parent mountain. Return to the restaurant and gondola station by retracing your steps.



Stage 4

To reach the second viewpoint, continue on the track beyond the centre. Note the wooden archway on the right - this is the start point of the mountain biking World Cup runs down to the base station. Continue along the track to the base of a ski lift.

Stage 5

From here a good path continues across the hillside to eventually curve right to the viewpoint of Meall Beag, which again has a seat and view indicator.

Stage 6

Walk back the same way. The first part of the path gives views ahead across the wild glen of the Allt Faim, with Carn Mor Dearg the mountain rising to the right - there's a peak of the Ben Nevis plateau just visible to the right of this. Return to the base station to head back via the gondola.

Walk 4 Neptune's Staircase and the Canal, Banavie

Starting point: 7.4 miles from Camden House

Walk Statistics

Distance

4.5km / 2.75 miles

Time

1 - 1.5 hours

Ascent

25m ([Profile](#))

Start Grid Ref

NN112769

Walk Description

Stage 1

If heading from Fort William, turn right off the A830 into Banavie, and then turn right again into the Neptune's Staircase car park. The path begins from the far corner of the car park and leads straight onto the side of the Caledonian Canal. This is the bottom end of the flight of eight locks known as Neptune's Staircase, and is very popular with visitors. The locks were built in the early 1800s as part of the Caledonian Canal, which opened in 1847 and was planned by Thomas Telford. They descend a height of 19.5 metres in a horizontal distance of 457 metres and take ninety minutes for a boat to pass through.

Stage 2

Turn right along the canal and carefully cross the busy road and then the railway line beyond to follow the canal-side path down towards Loch Linnhe. The wide path follows the peaceful banks of the canal for over a kilometre down to the double loch at Corpach.



Stage 3

Just beyond, the canal ends as a final sea-lock divides it from the salt waters of Loch Linnhe. There are a series of Telford-designed lock-keepers houses and a small beacon; cross the lock closest to the sea to reach the picnic area on the far side. There are good views from the picnic area across Loch Linnhe to Fort William beyond, and [Ben Nevis](#).

Stage 4

Turn left and follow the far side of the canal; just downhill to the right is the Caol housing estate, and there is another Telford-designed house; keep by the canal as the path again crosses the railway and then the road. The road crosses the canal by means of a swing bridge.

Stage 5

You are now back at Neptune's Staircase, though on the opposite side of the canal. Follow the canal up beside all the lochs to the topmost loch around six hundred metres further on. The staircase is usually busy with both pleasure craft and boats seeking an easy route between the Atlantic and the North Sea. Cross the topmost loch, enjoying the views back down the staircase, and turn left down the other side of the canal to return to the start. There is a cafe on the banks of the canal by the car park.

Walk 5: The Old Fort and Inverlochy Castle, Fort William

Starting point: 8 miles from Camden House

Walk Statistics

Distance

4.5km / 2.75 miles

Time

1 - 1.5 hours

Ascent

24m ([Profile](#))

Start Grid Ref

NN104742

This straightforward walk from the centre of Fort William heads along the riverside to reach the romantic ruins of Inverlochy Castle. The return runs by the railway and then through a suburb.

Walk Description

Stage 1

The walk starts from the Old Fort that gives Fort William its name. It is situated on the north side of the roundabout at the northern end of the dual carriageway bypass along the waterfront - if using a car, there are numerous car parks in the town and nearby. The fort was originally built by General George Monk in 1645, guarding the mouth of the River Lochy in 1645. Much of the remains were demolished to make way for the railway, but there are numerous information boards giving details on what still remains.

Stage 2

This is also the start of the [Great Glen Way](#) - which this walk initially follows, so watch for the thistle waymarkers as you head to the pavement and follow it left, crossing the first roundabout exit to take the Great Glen Way tarmac path which heads along the near side of McDonalds. Soon this comes alongside the shinty pitch - Fort William has one of the major shinty teams. The path doglegs right then left at the end of the pitch, and then right then left again between the houses (Great Glen Way signposts).

Stage 3

Cross the bridge over the River Nevis, then turn left on the far side to follow the Great Glen Way as it leads alongside the River Lochy. There is a bench, and eventually the path runs through some attractive woodland.

Stage 4

The path crosses several small footbridges and gives some superb views to [Ben Nevis](#). This is a most attractive section; eventually the path curves slightly away from the river as a tail-race is approached, meeting a tarmac lane. Turn left along the lane.



Stage 5

This crosses a bridge over the tailrace and then reaches Soldier's Bridge, do not ascend the wooden steps, instead leaving the Great Glen Way and following the lane as it curves right under the railway. Just beyond are the impressive ruins of the 13th century Inverlochry Castle. Follow the road around to the castle entrance. There are numerous interpretation boards and it is well worth exploring the site. The castle fell into ruin after it was replaced in 1654 by the Fort at the start of the walk.

Stage 6

For the walk back, retrace your steps along the tarmac lane - but don't take the right turn back onto the Great Glen Way path, instead continuing along the lane beside the railway. If you are lucky, you may spot the Jacobite Steam train passing through. Continue straight ahead through the Inverlochry housing estate.



Stage 7

At the shops it is necessary to dog-leg left then immediately right again to continue in the original direction. Eventually the road rejoins the outward route at the bridge over the River Nevis. Cross this, then follow the dogleg right and left through the houses to the shinty pitch where the path turns right again - but don't take the next left turn, instead continuing ahead to get views over the mouth of the River Lochy. Turn left at the Underwater Centre to reach the Morrisons roundabout. Go right here to return to the Fort and the start.

Walk 6: Cow Hill circuit, Fort William

Starting point: 8.2 miles from Camden House

Walk Statistics

Distance

11km / 6.75 miles

Time

3 - 4 hours

Ascent

455m ([Profile](#))

Start Grid Ref

NN104741

Cow Hill is the summit that blocks the view of Ben Nevis from Fort William. It gives an enjoyable circuit with fine views, both over the town and down Glen Nevis and Loch Linnhe.

Walk Description

Stage 1

The walk begins at Fort William town centre; if arriving by car it may be more convenient to park in the Braveheart car park in Lower Glen Nevis and join the route there, or park near the leisure centre and start from there. From the northeast end of the High Street, continue between Nevisport and the Alexandra Hotel. Walk out of the town on the pavement beside the main road towards Inverness, passing the hospital and church. Turn right immediately after the Leisure Centre (towards the Salvation Army); don't follow this lane as it bends left but keep straight on through the car park adjacent to the leisure centre to reach an interpretative sign at the start of the walk. The sign gives full details of this walk.

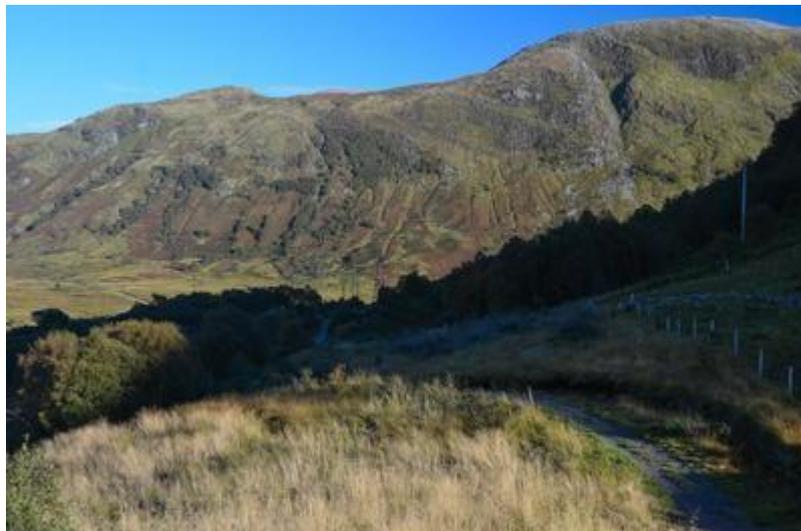
Stage 2

Follow the path as it zig-zags uphill; ignore the several smaller paths leading off on the right and keep on the main, gravel surfaced path, always turning left at each junction. The path soon joins a path running around the lower slopes of the hill; turn left. Ignore the path leading off to the right, keeping on the path signed for the Braveheart car park. There are good views over the outskirts of the town on this section; on one grassy hillock beside the path is a bench. This little summit is known as the Sugar Loaf, and is where the Jacobites fired their artillery during the siege of Fort William in the 1745 rebellion. Continue on the

path from here, still signed for the Braveheart Car park, ignoring a branch path off to the right (a possible shortcut to near the top of the peat track).

Stage 3

The path now curves round into lower Glen Nevis, and passes in and out of woodland of alder, birch and willows. The steep, bulky hill across the glen is Meall an t-Suidhe, a foothill of [Ben Nevis](#). A little further on and you'll see a car park just off to the left of the path - this is the Braveheart car park which is an alternative start for this walk. Keep right at the sign as the path joins a track. The way is signed for 'Cow Hill summit, via the peat track'. Continue along the track through the forestry for a little under a kilometre until another signed junction is reached. Turn right onto a small path, marked 'Peat Track to Fort William, Cow Hill summit'.



Stage 4

This path is known as the peat track, as it was used until recently for gathering peats from the hill above for use as fuel. It heads steeply uphill, winding left and right to ease the gradient a little; this is the hardest part of this walk, but excellent views open up of the Glen behind. At the top of the woodland is a path junction and a gate. Ignore the path off to the right, instead heading through the gate ahead. The path becomes more of a track at this point and heads across open moorland, climbing more gently until there is a glimpse of Loch Linnhe ahead. It soon joins a larger track; to take in the detour to the summit of Cow Hill, turn right (as indicated by the sign).

Stage 5

The track climbs gently uphill for several hundred metres to reach a gate. Continuing through the gate, descend a little before a final rise to the prominent mast on the summit of

Cow Hill. To get the best views, continue round the fenced mast area on slightly boggy ground to the right, to reach the open hillock just beyond. This is a superb viewpoint. Almost all of Fort William and its suburbs of Caol and Corpach can be seen strung round the bend in Loch Linnhe, with lochs and mountains around in all directions.



Stage 6

After enjoying a rest, retrace your steps. There are stunning views into Glen Nevis ahead, especially from the tiny grassy hillock on the left after the gate. Continue back to the track junction reached earlier, but this time continue straight ahead. The track heads downhill with a view of a secluded glen ahead, backed by Loch Linnhe; it's hard to believe the bustle of Fort William is so close at hand.

Stage 7

Pass a bench and continue on the track as it curves round to the right. Ignore a path off to the right and follow the track to a gate where it joins the road climbing up from the bealach.

Stage 8

Turn right down the road, which soon leads into the outskirts of Fort William. The quickest way back to the centre is to continue down this road (Achintore Road) to the roundabout at the southwest end of the High Street. A more attractive alternative is to look for the signpost on the left just before you reach the blocks of flats. The sign reads 'Town centre via Achintore gardens'. Turn down this lane and descend the steps at the end, then continuing directly across the road junction ahead to meet the A82. Cross this and turn right onto the path through the gardens. These line the side of Loch Linnhe and lead back to the town centre.

Walk 7: Steall Falls and the Nevis Gorge

Starting point: 10 miles from Camden House

Walk Statistics

Distance

3.5km / 2.25 miles

Time

1.5 - 2 hours

Ascent

220m ([Profile](#))

Start Grid Ref

NN168691

Walk Description

Stage 1

Park at the car park at the very end of the road up Glen Nevis. There is a tremendous water slide descending from [Ben Nevis](#) here. The path begins at the far end of the car park, and has a signpost for several far-away places for which it is seldom used, such as Spean Bridge, Corrour Station and Kinlochleven. It is however the start point for many Munros as well as the access for this popular short walk, and must be one of the busiest paths in Scotland. It heads at once into attractive deciduous woodland. The rocky path through the gorge is maintained by the John Muir Trust who care for the land here. The trust is a charity that protects wild places; you can find out more and join to support their work at <http://www.johnmuirtrust.org/>.

Stage 2

The path soon becomes rough and rocky, and there are glimpses of tremendous rocky mountainsides through the trees. At one stream, the way has been cut out of the rock and heads round the corner on a wide ledge; beyond here there is a first glimpse of the white line of Steall Falls through the gorge. The valley now narrows considerably and the river can occasionally be seen below, crashing over and round huge fallen boulders. The path climbs up a rocky section with the aid of steps and a wooden hand-rail, before reaching the top of the gorge.



Stage 3

As the trees are left behind the scene changes completely. The glen suddenly broadens out once more to form a grassy meadow decorated with wild flowers and surrounded by wooded, precipitous mountainsides. The crowning glory is the Steall Falls, now seen directly ahead across the meadow. Continue along the excellent path towards it.

Stage 4

Continue on the main path until it reaches a bend where the glen curves round to the left and the path is close to the river. This is the best spot for admiring the great falls. They are the third highest falls in Scotland, cascading 105 metres down the rockface, and a tremendous sight particularly in spate. Rising above the falls is the Munro of [An Gearanach](#), the first peak on the [Ring of Steall](#), and this is the starting point for many mountain excursions. Unless embarking on a long walk, return by the same route you came.

Stage 5

Before doing this, you may want to follow the branch path to the right for a short distance. This leads to the notorious wire-bridge across the river. It can be crossed by the brave with great care, using the top two wires for handholds and balancing the feet on the lower wire; you'll have to come back though!

Walk 8 Ben Nevis by the Mountain Path

Starting Point: 8.3 miles from Camden House

Walk Statistics

Distance

17km / 10.5 miles

Time

7 - 9 hours

Ascent

1352m ([Profile](#))

Start Grid Ref

NN122730

Walk Description

This route is straightforward, if strenuous, by hillwalking standards, please read all the precautions.

Stage 1

This route is the most straightforward ascent of Ben Nevis and is thus often busy with walkers. It was once known as the tourist path but this was really a misnomer - it is a tough and strenuous walk. The upper part of the mountain is owned and maintained by the charity the John Muir Trust, which works to protect wild places. You can find out more and support their work by joining at <http://www.johnmuirtrust.org/>. To begin the walk, park at the Visitor Centre in Glen Nevis; there may be a charge. Cross the new bridge over the River Nevis and then turn right and briefly follow the river bank before turning left at a sign, heading up a path between a wall and a fence.

Stage 2

Cross a stile at the top of this and go ahead across a track to meet the original path which started at the Ben Nevis Inn on the left; turn right up the rising path. Follow the wide path which climbs across the hillside. After passing above a small plantation the path from Glen Nevis Youth Hostel joins in from the right (this path leads directly from the Hostel to the main path and gives a shorter route; but there is little car parking at the Youth Hostel). Further on the path doubles back on itself to ascend the steeper, rockier slopes in a wide zigzag. There are grand views up Glen Nevis to the Mamores, with [Stob Ban](#) prominent

Stage 3

The path crosses a couple of footbridges over small streams and curves round, climbing above the valley of the Red Burn. As the head of the burn is approached the path takes a very sharp left turn; please don't use the old path ahead which is eroded and loose. The

correct path winds up much more easily to reach the plateau that holds Loch Meall an t-Suidhe, known as the half way lochan - which is slightly optimistic. The walk doesn't approach the actual loch though, keeping well to the right.

Stage 4

As the path begins to climb once more, a junction is reached. Turn right (the path keeping left heads round below the North Face of the mountain). After another half kilometre the path crosses the cascading upper Red Burn stream. The path is good at this point, but after a couple more bends becomes much rougher, a well-worn route through the boulders and scree, climbing relentlessly in a series of very wide zigzags - please stick to the path here to avoid worsening erosion.

Stage 5

Much higher up, the path passes above the steep scree which fall to the right into the head of Five Finger Gully. This has been the scene of many fatalities in descent, when walkers attempting to avoid the North Face of the mountain steer too wide a course and heading too far south and fall into the gully. In good weather, the views of the Glen far below are superb. The top and Carn Dearg - fringed by great cliffs - comes into view on the left.

Stage 6

The gradient now eases as the beginning of the summit plateau is reached. The path passes close to the top of Tower gully, and, just before the summit, the vertigo-inducing top of Gardyloo gully. The summit of Ben Nevis is the highest mountain in the British Isles. The summit area has several memorials, a trig point, and many cairns; some of the memorials have been removed in recent years to prevent the area looking a mess. There are also the remains of the (meteorological) observatory which operated here at the end of the 19th and start of the 20th centuries.

Stage 7

The view is tremendously extensive and covers much of the Highlands, but there is nothing more dramatic than peering down the north side, across or down the massive cliffs; again, do not approach if there is snow as there could be cornices of overhanging snow which could collapse if you step on them.. You may spot rock-climbers coming up Tower Ridge or other classic climbs.

Stage 8

The return is made by the same route. In misty conditions and with snow covering the path, very careful navigation can be required to steer a course between Gardyloo Gully and Five Finger Gully. Follow a bearing of 231 degrees for 150 metres, and then a bearing of 281 degrees, to pass the most dangerous section. Once down - a celebration will be in order.

Walk 9 Parallel Roads of Glen Roy

Starting point: 7 miles from Camden House

Walk Statistics

Distance 4km / 2.5 miles

Time 1 - 1.5 hours

Ascent 180m (Profile)

Start Grid Ref NN298853

Walk Description

STAGE 1

Follow the minor road up Glen Roy which leaves Roybridge at the shop, and pass the small settlement of Bohuntine. A short way further on there is a car park and viewpoint on the left. From here there is an excellent view of the parallel roads. There are three sets of lines or roads, which were in fact the shores of an ancient loch. During the last ice age a massive glacier formed a dam of ice behind which the loch formed. As the glacier slowly advanced, it caused two more water levels to be etched onto the sides of the glen, causing the parallel roads phenomenon.



STAGE 2

From the car park head straight up the hill on a grassy path between the bracken. Continue over the first parallel road to eventually reach the second one which is not so pronounced. Here the path continues straight ahead for those ascending Beinn a Mhonicag. Our route follows a less clear path to the right following the middle parallel road. At 325 metres high, this shoreline was caused when the glacier cut the loch off at Roybridge, previously it had been part of a much larger loch taking in much of Glen Spean. The path is faint, especially in the summer when the bracken is high. However it becomes clearer after a short while and

although boggy underfoot is relatively easy to follow at first. The views up Glen Roy show the parallel roads very clearly.



STAGE 3

It was originally thought that the roads might have been built by Fingal, the giant from Gaelic folklore who might have used them for hunting. The path peters out just before the curve of the hill. From here a track heading back down to the glen road can be seen, as well as a small stone enclosure on the far side of the stream and track. Head over the pathless ground towards the enclosure and you should hit a small path descending. Bear right along this to cross the stream on stones and then reaching the track at a point just below the enclosure.



STAGE 4

Turn right to follow the stony track downhill. The glen road can be seen below, curving over and around the lumpy ground formed as the loch and glacier retreated. The track emerges at the road near a bridge, turn right to cross the bridge and follow the road along the glen to return to the car park at the start of the walk.

WALK 10: Inchree waterfall walk

Distance

5km / 3 miles

Time

1.5 - 2.5 hours

Ascent

278m ([Profile](#))

Start Grid Ref

NN029634

Walk Description

Stage 1

Park at the Glenrigh Forestry Commission car park, Inchree, which is well signed from the main A82. (near the Corran Ferry)

There is an interpretative board giving details of three walks from here; this route is a combination of two of them. Do not start up the path next to the sign, instead beginning along the path at the far corner of the car park, signed for the waterfalls and passing a picnic table. This runs along the right edge of the garden of the white bungalow, with open fields on the right. The path soon crosses a footbridge and climbs a little into the woodland, with good views out to Loch Linnhe.



Stage 2

The path passes a bench and crosses a second footbridge before reaching a viewing area for the waterfalls on the Abhainn Rìgh. These fine cascades consist of a series of eight waterfalls, though only the upper steps can be clearly seen. The path now climbs uphill through the shrubby ground to reach a second viewpoint for the falls from a higher angle,

and a more extensive panorama over the loch. Shortly after this the path reaches a track; turn left along it (signposted for Wade's Road and the car park).



Stage 3

Follow this track for a little under a kilometre until waymarked paths go off to both the left and right. The left path returns straight to the car park; our route turns up the right hand path, which climbs uphill amongst the conifers. This is known as Wade's road after General Wade, the engineer who built the first roads throughout the Highlands in the years after the first failed 1715 Jacobite rebellion, with the aim of bringing the region under closer government control. This particular road was actually built by Wade's successor, General Caulfield. Today it is a pleasant path and climbs into the heart of the forest. The path crosses a footbridge before climbing over a low watershed and descending slightly until it emerges on a track at a disused quarry.



Stage 4

Turn left here on the track, which swings round and heads back towards Inchree. Ignore another track coming in from the right; keep following the red waymarkers. There are excellent views as the trees on the left side of the track are much smaller and down the slope. After almost two kilometres there is a bench with a picnic table at a right-hand bend in the track; at this point the red waymarkers indicate a footpath off to the left. Turn onto this path which heads downhill.



Stage 5

The path crosses a footbridge and emerges between a couple of barns owned by Vertical Descents. Pass between the barns to pick up the path again once across the track. The car park is a short distance further on. Before leaving, have a look at the large wooden screen accessed at the back of the car park. The holes cut in this enable you to watch red squirrels visiting the feeders on the other side.



Walk 11: **YOUR LOCAL DOG WALK!**

Achnabobane and the military road

Starting Point: Camden House

Walk Statistics

Distance as far as you like

Time as long as you want

Walk Description

Turn left out of the Camden House gates and turn left at the junction that runs alongside the garden and follow up the hill.

Walk past a large house and at the top of the hill where the road goes left you will see a path slightly to the right and through a gate. (next to Stag Lodge)

Go through the gate and you are on the Old Military Road. Turn left and walk towards Fort William, turn right towards Highbridge.

