



SELF GUIDED WEST HIGHLAND WAY TREK: 9 DAY ITINERARY

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While we try and stick to the tried and tested itinerary below, the mountain, the accommodation availability and the weather sometimes has other ideas. We will always remain as flexible as possible to make sure we can change any plans if required.

This is a proposed itinerary and where you stay is subject to change based on how far in advance you book your trip. There is limited availability on this trek so we highly recommend booking in advance.

[Head back to the trip page here.](#)

DAY 1:

MILNGAVIE - DRYMEN

Start your journey at the official West Highland Way obelisk in Milngavie. This stage takes you through gentle countryside, passing woodlands and open fields. Enjoy a relatively easy introduction to the trail as you head toward the quaint village of Drymen.

Note: The highlight of this day is the unmissable Glengoyne Distillery. The WHW walks directly past this exceptional distillery. It will take about 2.5-3hrs to trek to this point and you will need to book a time in if you want a tour all of which we can help with.

19.5km / 255m up / 257m down

12.12 miles / 837 feet up / 843 feet down

DAY 2:

DRYMEN - BALMAHA

The highlight of this section is the climb over Conic Hill, where you'll be rewarded with stunning views of Loch Lomond and its islands. Descend into Balmaha, a charming lakeside village perfect for an evening of relaxation.

From Conic Hill you can clearly see the Highland Boundary Fault cross Scotland – this geographic divide that separates the Highlands and the Lowlands runs for 160 miles. On top of Conic Hill you're on the divide which can clearly be seen as with the line of island through Loch Lomond and beyond all the way to Isle of Arran, a distant speck on the horizon.

11.5km / 306m up / 356m down

7.15 miles / 1,004 feet up / 1,168 feet down

DAY 3:

BALMAHA - ROWARDENNAN

Follow the shores of Loch Lomond, weaving through woodlands and beaches. The walk offers tranquil scenery with occasional glimpses of wildlife. Rowardennan, nestled at the base of Ben Lomond, marks the end of this peaceful section.

12km / 153m up / 133m down

7.46 miles / 502 feet up / 436 feet down

DAY 4:

ROWARDENNAN - INVERARNAN

This longer day includes the rugged path along Loch Lomond's remote northern shoreline. Pass through ancient woodlands and rocky trails, concluding at Inverarnan, home to the historic Drovers Inn.

For this section set off early and give yourself plenty of time today. Concentration is the key as you negotiate the tricky section along the loch shore. Slippery tree roots & rocks means it's slow going... but also one of the most exciting in our opinion.

23km / 216m up / 229m down

14.29 miles / 709 feet up / 751 feet down

DAY 5:

INVERARNAN - TYNDRUM

Climb steadily into the Highlands, passing through Glen Falloch with its cascading waterfalls. This stage offers expansive views as you approach Tyndrum, a small village popular with hikers.

19km / 440m up / 240m down

11.81 miles / 1,444 feet up / 787 feet down

DAY 6:

TYNDRUM - BRIDGE OF ORCHY

A shorter, scenic stage that follows old military roads through wide, open landscapes. The gentle walk leads to the peaceful hamlet of Bridge of Orchy, a perfect spot to recharge.

11km / 130m up / 180m down

6.84 miles / 427 feet up / 591 feet down

DAY 7:

BRIDGE OF ORCHY - KINGSHOUSE

Ascend past Inveroran onto Rannoch Moor, a remote and breathtaking expanse of wilderness. This stage is one of the most dramatic, ending at the iconic Kingshouse Hotel with its resident deer.

19.5km / 442m up / 372m down

12.12 miles / 1,450 feet up / 1,220 feet down

DAY 8:

KINGSHOUSE - KINLOCHLEVEN

The first half of the day is glorious with epic views of Buachaille Etive Mór before marching upon the classic Highland scene of the lonely whitewashed cottage at Altnafeadh with the maws of Glen Coe as its backdrop. You'll then climb the Devil's Staircase at the top of which you'll glimpse Ben Nevis before the long descent into Kinlochleven, a former industrial village – the first in the world with all houses connected to electricity earning it the nickname 'the electric village.

14km / 465m up / 697m down

8.70 miles / 1,526 feet up / 2,287 feet down

DAY 9:

KINLOCHLEVEN - FORT WILLIAM

The final stage begins with a climb out of Kinlochleven into the dramatic Lairigmor pass. Traverse through valleys and forests before arriving triumphantly in Fort William, where you can celebrate completing the West Highland Way.

PS: Many of our clients choose to climb Ben Nevis the day after completing the trek. If this is part of your plans, let us know—we'd be happy to assist with arranging accommodation for your final night.

24km / 710 up / 710 down

14.91 miles / 2,329 feet up / 2,329 feet down