

FAQ'S

WEST HIGHLAND WAY: FREQUENTLY ASKED QUESTIONS

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We've compiled a list of the most commonly asked questions about this trip.

Hopefully you find some of these useful but if you have a specific question that isn't covered in the FAQ's, then please do not hesitate to get in touch.

For more information please head over to our West Highland Way trekking pages [here](#).

WHAT IS THE WEST HIGHLAND WAY?

The West Highland Way is a 96-mile (154 km) long-distance hiking trail in Scotland, stretching from Milngavie (near Glasgow) to Fort William in the Highlands. It offers stunning views of lochs, mountains, and moorlands, making it one of the most popular treks in the UK.

HOW LONG DOES IT TAKE TO COMPLETE THE WEST HIGHLAND WAY?

Most hikers complete the trail in 6–9 days, depending on fitness levels and pace. We can create custom trips depending on your needs.

WHEN IS THE BEST TIME TO HIKE THE WEST HIGHLAND WAY?

The best time to trek is between late April and early October when the weather is more favourable, and the scenery is at its best. July and August are the warmest months but also the busiest, while May and September are quieter with fewer midges.

IS THE WEST HIGHLAND WAY SUITABLE FOR BEGINNERS?

Yes, the trail is well-marked and suitable for moderately fit individuals. Our self-guided itineraries break the trek into manageable sections, offering detailed maps and support for a stress-free experience.

WHAT KIND OF TERRAIN CAN I EXPECT ON THE TRAIL?

The West Highland Way features a mix of terrains, including forest paths, loch side trails, open moorlands, and rocky mountain paths. While there are some steep ascents and descents, most of the trail is manageable for those with basic hiking experience.

DO I NEED TO CARRY ALL MY GEAR?

Not necessarily. Our self-guided packages include luggage transfers, so you only need to carry a daypack with essentials like water, snacks, and weather-appropriate clothing.

WHAT ACCOMMODATION OPTIONS ARE AVAILABLE ON THE WEST HIGHLAND WAY?

We arrange cozy accommodations in local guesthouses, B&Bs, and small hotels. Each offers a warm welcome, hearty breakfasts, and convenient access to the trail.

WHAT SHOULD I PACK FOR THE WEST HIGHLAND WAY?

You can find a full kit list [here](#).

ARE THERE PLACES TO EAT ALONG THE WEST HIGHLAND WAY?

Yes, most villages along the route have pubs, cafés, and shops for meals. We recommend booking evening meals in advance during peak season.

WHAT ABOUT MIDGES? HOW CAN I AVOID THEM?

Midges are most active from June to August, especially during early mornings and evenings. Using insect repellent, wearing long sleeves, and choosing accommodations with midge screens can help minimise discomfort.

IS THE WEST HIGHLAND WAY SAFE TO HIKE ALONE?

Yes, the trail is very safe and well-traveled. Our self-guided tours include emergency contact numbers and clear route information for added peace of mind.

HOW DO I GET TO THE STARTING POINT IN MILNGAVIE?

Milngavie is easily accessible by train from Glasgow, which is well-connected to other major UK cities by train and air. We provide detailed instructions to help you plan your travel.

HOW DO I GET BACK FROM FORT WILLIAM AFTER FINISHING THE TREK?

Fort William is well-connected by train and bus to Glasgow and Edinburgh. Our team can assist with return travel arrangements or recommend onward travel options.

CAN I CUSTOMISE MY WEST HIGHLAND WAY ITINERARY?

Absolutely! We offer flexible itineraries to suit your preferences, whether you'd like shorter distances, additional rest days, or specific accommodations.

WHAT HAPPENS IF I ENCOUNTER BAD WEATHER?

Scotland's weather can be unpredictable, so it's essential to be prepared for rain or wind. Our support team is available to provide advice or assistance if conditions disrupt your plans.

IS TRAVEL INSURANCE REQUIRED?

We highly recommend travel insurance that covers hiking and cancellations to protect your trip investment and provide peace of mind.

WHAT IS THE MOST CHALLENGING SECTION OF THE TRAIL?

You may have heard that the Devil's Staircase, located between Kingshouse and Kinlochleven, is the most challenging part of the trek. However, its reputation is more intimidating than the reality. While it is a short, steep climb that takes about 45 minutes, the reward at the top is well worth it—breathtaking views await. Another tricky section is the trail alongside Loch Lomond, where you'll navigate roots and uneven terrain. This is arguably the most technical part of the route, so we recommend allowing yourself plenty of time to tackle it at a comfortable pace.