



ITINERARY

SELF GUIDED WEST HIGHLAND WAY TREK: 7 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 our 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 TO ROWARDENNAN

Climb Conic Hill for breathtaking views of Loch Lomond and its islands, then descend to the shores of the loch. The trail continues along woodland paths and lakeside tracks, finishing at Rowardennan, nestled at the foot of Ben Lomond.

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.

23.5km / 638m up / 675m down

14.6 miles / 2093 feet up / 2215 feet down

DAY 3:

ROWARDENNAN TO INVERARNAN

Follow the rugged and remote northern shore of Loch Lomond. This section is more challenging, with uneven paths and rocky terrain, but the serene beauty of the loch makes it worthwhile. Conclude the day at Inverarnan, home to the famous 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
14.3 miles / 709 feet up / 751 feet down

DAY 4:

INVERARNAN TO TYNDRUM

Pass through Glen Falloch, following the River Fillan as the landscape becomes more open and mountainous. This stage offers panoramic Highland views and a sense of isolation. Arrive in Tyndrum, a popular stopping point for walkers.

19km / 440m up / 240m down
11.8 miles / 1444 feet up / 787 feet down

DAY 5:

TYNDRUM TO KINGSHOUSE

Embark on one of the longest days of the trek, passing through Bridge of Orchy and across the vast, atmospheric Rannoch Moor. This remote and stunning expanse of wilderness ends at Kingshouse, where resident deer often greet visitors.

30.5 km / 560m up / 550m down
19.0 miles / 1837 feet up / 1804 feet down

DAY 6:

KINGSHOUSE TO 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
8.7 miles / 1526 feet up / 2287 feet down

DAY 7:

KINLOCHLEVEN TO FORT WILLIAM

The final stretch begins with a climb through the Lairigmor pass, offering expansive views of the surrounding mountains. Traverse forests and valleys before finishing 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

14.9 miles / 2329 feet up / 2329 feet down ?