



HIGHLAND COAST TO COAST

ROUTE DESCRIPTION

KEY: AH – ahead; BR – bear right; BL – bear left; TR – turn right; TL – turn left.

Start: Ullapool Harbour (GR NH 1283 9394) 9am.

Ullapool- East Rhidorroch Lodge: 8.2 miles.

Cross road (with care), then immediately TL and TR. AH, past crossroads and Caldeonian Hotel and ignoring side turnings left and right. At end, just past school on right, BR with road and follow to roundabout.

TL on Old Moss Road, keeping on pavement on left. At main road (A825), cross (**marshals will be there so do not cross until they say it is safe to do so**).

AH at Bredon Moorfield Quarry, continue on quarry road for 1.8 miles to bridge over the Ullapool River.

Continue E on tarmac road to Loch Achall.

Continue on track beside the loch, ignoring the road to Rhidorroch House.

Stay on the track past the loch then follow it up Glen Achall (**NB There may be cattle, some with calves, grazing here so please ensure any dogs are kept tightly on leads**) and through the gate to East Rhidorroch (please shut the gate).

Checkpoint 1 is 0.25 miles ahead.

CHECKPOINT 1: East Rhidorroch(GR NH 237 937); opens 10.45, closes 13.00.

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East Rhidorroch - Schoolhouse Bothy, Duag Bridge: 8 miles (total distance 16.2 miles).

Leave the checkpoint and BL up a rough track.

Continue on rough track through two gates to the high point of the walk (257metres – or 843 feet).

AH at the first junction.

AH at next junction. Do NOT follow the main track down to the loch.

Continue past Knockdamph Bothy.

Stay on track to the river crossing (Abhainn Poibildh - GR NH 319 978). This river is approx. 25 feet wide, and in June it is usually only a few inches deep, so you should be able to cross easily. But if there has been much rain in the weeks leading up to the event, you may find the water level will be up to your knees.

Whatever the conditions, marshals will be positioned on either side of the river, and will be happy to cross, with walking poles, to assist you to cross if required. **PLEASE DO AS THE MARSHALS REQUEST.**

Stay on track E for 1.4 miles.

TL after zig zags.

Cross Duag Bridge on right to Checkpoint 2 at the bothy.

CHECKPOINT 2: Schoolhouse Bothy (GR NH340 974); open 13.00, closes 16.00.

Schoolhouse Bothy-Croik: 9.6 miles (total distance 25.8 miles).

TL (E) from checkpoint.

Follow the slightly rising track for 300 yards, then BR (there will be a marker here) on a track snaking steadily uphill.

In 500 yards, leave main track and BR on another rising track (there will be a marker here) on a path running parallel with the fence on the right.

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You are now enjoying a high level march, with extensive views back along Strath Mulzie.

Follow track across hillside and descend to T-junction (ignore the small track on the right).

TR on main track and follow for 0.75 miles. BL and go through gate into the Croick Estate (please close gate). Follow track over to Strath Cuileannach and TL alongside river, later TL with track away from river, then gradually BR with track.

AH on track through Strath Cuileannach for five miles to gate with cattle grid (**NB Gate is likely to be locked so you will have to use the cattle grid - which will be difficult with dogs**). AH and BL with track.

Approach Croick via a pedestrian gate beside the main (locked) gate.

Checkpoint 3 is in 250 yds, in parking area on left, opposite church.

CHECKPOINT 3: Croick parking area (GR NH454915); open 15.30, closes 20.00.

Croick-Ardgay Community Centre: 10.4 miles (total distance 36.2 miles).

From checkpoint follow pleasant minor road (with few vehicles) for 9.5 miles as it winds along to follow the River Carron, ignoring any turnings left or right.

At road Junction TR signed Ardgay 1 – you are almost there!

Cross road bridge and TL.

Follow road as it turns left again by Ardgay village sign.

Carry on along road for 0.5 miles, ignoring turnings left and right.

After the road bends right, at the railway, TL onto Manse Road/Struie Place (there will be a marker here).

Go over railway bridge and follow this little lane down to T-junction.

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You have reached Dornoch Firth and you have walked across Scotland coast to coast – congratulations!

TR on main A836 road (care!) and follow this uphill for 350 yards, crossing right (great care!) - to reach Ardgay Community Hall and the finish.

Finish and event HQ: Ardgay Community Hall (GR NH597904) – where a well deserved hot meal awaits.

Ardgay Hall officially opens for finishers from 6pm when the meal will be ready, however the hall will be open all day for retirees and marshals.

WELL DONE and don't forget your goody bag!



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