

WALKING THE CAPE WRATH TRAIL

Backpacking through the Scottish Highlands: Fort William to Cape Wrath

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This guidebook follows the Cape Wrath Trail, a 230-mile epic from Fort William to the northernmost point of mainland Scotland, and offers trekkers scope on the three-week journey to choose their preferred routes and distances. The trail winds through Knoydart, Torridon and Assynt, to the peaks of Foinaven, Arkle and Ben More. A long tough trek with no waymarking, this is for the ambitious and tested backpacker.

Regarded as the most challenging of Britain's long-distance routes, the trek explores the raw and rugged beauty of the Scottish Highlands. The inspiring sights range from the deep blue mirrors of hidden lochs to the unkempt expanse of mountain and moor, ending with the final cliff-top view of pewter sea at Cape Wrath. It offers an unparalleled level of freedom and adventure to an experienced and self-sufficient trekker prepared to walk and camp for many days in remote wilderness.

The guidebook is split into three main sections – Fort William to Strathcarron, Strathcarron to Inverlael (near Ullapool) and Inverlael to Cape Wrath – which are in turn split into stages, allowing the trekker to create a flexible and personal itinerary. With detailed route descriptions, clear maps, photography and invaluable advice, this book provides the ideal companion to a tough and rewarding trail.

About the author

Iain Harper completed the Cape Wrath Trail in 2009. Armed with his research he approached Cicerone to write the definitive guidebook to the trek. Iain has walked extensively in the Highlands for 20 years, enjoys running ultra marathons and lives with his wife Kay in the Cotswolds.

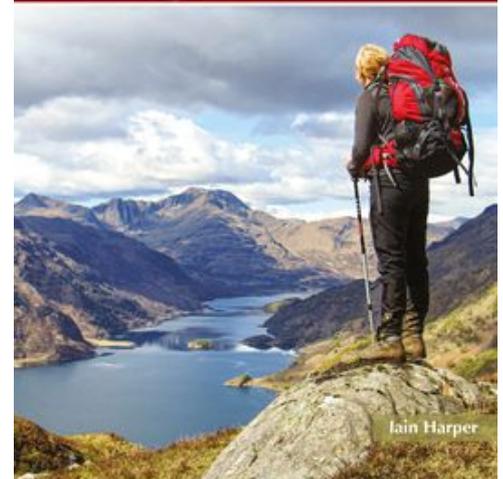
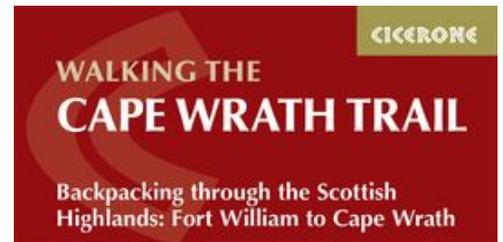
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