

PRESS RELEASE

Britain's ultimate wilderness backpacking challenge

WALKING THE CAPE WRATH TRAIL

Backpacking through the Scottish Highlands: Fort William to Cape Wrath
by Iain Harper

Imagine hiking through spectacular mountain landscapes, waking each day to be greeted by miles upon miles of unspoilt wilderness. Traversing the wild northwest of Scotland, the 200-mile Cape Wrath Trail is regarded as the toughest long-distance route in Britain. The unwaymarked trail stretches from Fort William to the most northwesterly point of mainland Britain, and is certainly not for the faint-hearted, inexperienced or ill equipped: with limited facilities along the way, trekkers will need to be self-sufficient for multiple days on end. This guidebook provides all the information you need to undertake this epic journey.

The trail explores the raw and rugged beauty of the Highlands as it winds through the breathtaking scenery of Morar, Knoydart, Torridon and Assynt, to the peaks of Foinaven, Arkle and Ben More. There are trials aplenty as trekkers must contend with remote unwaymarked terrain, bog, river crossings and midges – not to mention the fickle Scottish weather. But the rewards are truly great for those who are up to the challenge: freedom, adventure and the chance to experience a solitude rarely found in modern life and to revel in the beauty of these pristine wilderness landscapes.

Most trekkers will take between two and three weeks to complete the full journey. The route is divided into three main sections, all with reasonable access by bus or train if you want to pick up or leave the trail. These are in turn split into 14 stages, with 6 alternative stages along the way, allowing the trekker to create a flexible itinerary to suit their needs. With detailed route descriptions, OS mapping and comprehensive notes on accommodation, facilities and camping, the guidebook is an invaluable companion on this tough but rewarding trail.

What's inside?

- advice on preparation, planning and equipment
- information on accommodation, amenities and camping
- route profiles and clear maps

About the author

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

Key information

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- third edition of a popular guide to this challenging route
- one of the world's finest long-distance walks, attracting hikers from around the globe
- full of invaluable advice and information from an author who has walked the route many times

For further information, or to receive a review copy please contact Hannah hannah@cicerone.co.uk
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