

## Bienn Eighe Walk to Triple Buttress

*Check weather forecast, packed lunch, leave walk plan?*

This is a fantastic all day walk in the heart of the Torridon Mountains – a real classic. On a clear day the views are some of the most spectacular (some say) in Scotland. There is a good path all the way but you do need good walking boots as it is still a rough trail.

From Aurora to the car park is about a 20 minute car journey. Park in the well-marked car park on the left.

There is a well-made trail from the car park up a steady climb ( 1 hour of up) through the glen between Liathach and Bienn Eighe. As it levels off, cross the stepping stones. These can be submerged if we have had heavy rain. It may be worth taking spare socks in case you have to wade across.



A little further on there is a large cairn, shortly after you take the right fork to climb around the mountain. It is up on this path you get the stunning views down all the different glens. There is a steep hike up alongside the waterfall but when you get to the coire you can have a rest. The action and retreat of glaciers have carved a lake and fabulous rock shapes. It is possible to walk around the lake; at the far end there are the remains of a Lancaster Bomber which crashed in 1952 with a memorial plaque – part of the history of the retention of Mountain Rescue in peacetime. The way down is back the way you came up.

From here it is possible to walk up to one of Bienn Eighe's peaks to complete a Munro, however do not attempt this unless you are properly equipped, have experience and a handle on the weather.

### Alternative

Drive up to Kinlochewe, turn left (Ullapool direction) at the T junction. About a mile or so on the left is Scottish Natural Heritage Centre – Bienn Eighe Visitor Centre with the turf roof interpretation panel. The visitor centre is well worth going around. This is part of the National Nature Reserve – the first in Britain in 1951-2 and preserves a large tract of ancient Caledonian Pine Forest which supports a wide range of rare species, including Crossbills.

There are a variety of trails around the foot of Bienn Eighe – many disabled friendly with a good surface that start from the Kinlochewe end. A short drive further on is the start of the mountain trail and the tamer woodland walk – parking is on the right.

Opposite is Loch Maree with various parking, viewing, picnicking and walking options along its length. There are several man-made islands to aid the Black throated Divers breed. They have a very haunting call in the breeding season.