

## Day out with mountain guide - walking, rock climbing

We are lucky enough to have a choice of really good guides in the area. All of them generally need to be booked in advance. So if it's not possible this time then maybe next?

### Nine One Six

The most local is nineonesix – run by Jim Sutherland. Jim will pop round before your day out with the team to go over what you would like to do and what your capabilities are. He also has a couple of useful crags for an hour or 2 of rock and rope work and is a must if you are not confident about tackling Liathach. Jim and most of his team are part of the Torridon Mountain Rescue Service.



#### Rock Climbing

Introductory rock climbing and abseiling. One-to-one, couples or groups.

Classic Rock Routes. Learn to lead.

Combine a half day on the rock with the other half trail cycling. No set dates, nineonesix talk with you to arrange a date that suits.

#### Trail Cycling

Healthy, fun and family friendly. Combine a half day trail cycling with the other half rock climbing. Quiet trails beside lochs, winding through Scots Pine or in amongst the mountains.

Bring your own bikes – ***please note the bikes at Aurora are road bikes not the mountain bikes you need for this activity.*** You can hire mountain bikes through Torridon Activities.

### Go Further Scotland

Based in Kinlochewe

- small groups
- no hidden extras
- qualified, expert and local
- a passion for Wester Ross and Skye

#### Scramble with a Guide

Scrambling is a wonderful activity, combining the freedom of hillwalking with the excitement of climbing, taking you to places the walker doesn't normally reach! There are many classic scrambling outings in Wester Ross that are full mountain days, such as the An Teallach, Liathach and Ben Alligin ridges, all requiring a high level of hill fitness and a good head for heights.

For example, the classic horseshoe traverse of An Teallach, starting and finishing near Corrie Hallie, is one of the North's most challenging classic scrambles above the stunning Toll an Lochain corrie. Liathach is the other famous scrambling ridge traverse on the North West's mainland. But perhaps a complete traverse of Beinn Eighe is the longest and most demanding day out.

### Alternatively

Check out any guided trips from the **Countryside Centre** at the Torridon junction.

### Torridon Activities

Several experienced mountain guides.

**Mountain Sea Guides** in Applecross