

Scotland 2025

Andy French

Skye Guides

 much better
adventures

ATLAS
MOUNTAINEERING

 IN YOUR
ELEMENT
Amazing Outdoor Experiences



- 10/7/25 Caledonian Sleeper train from **Euston to Aviemore**.
- 11/7 – 15/7. Much Better Adventures/In Your Element Summit to Sea expedition. **(Cairngorm to Spey Bay)**.
- 16/7. **Loch Ness Jacobite cruise**.
- 17/7-21/7. Much Better Adventures/In Your Element Sea to Summit Skye expedition. **(Elgol, Soay, Loch Slapin sea kayak + Sgurr na Stri climb and Spar cave)**.
- 22/7. **Elgol** sea cliff climbing with Skye Guides.
- 23/7-27/7. Much Better Adventures/Atlas Mountaineering **Rum** hiking expedition + solo trip to **Kilmory Beach**.
- 28/7. Calmac ferry cruise to **Canna, Rum, Eigg, Mallaig**.
- 29/7. Train **Mallaig to Fort William**. Glen Nevis hostel.
- 30/7. **Ben Nevis CMD arete** climb. Return to **Euston** via **Caledonian Sleeper**.

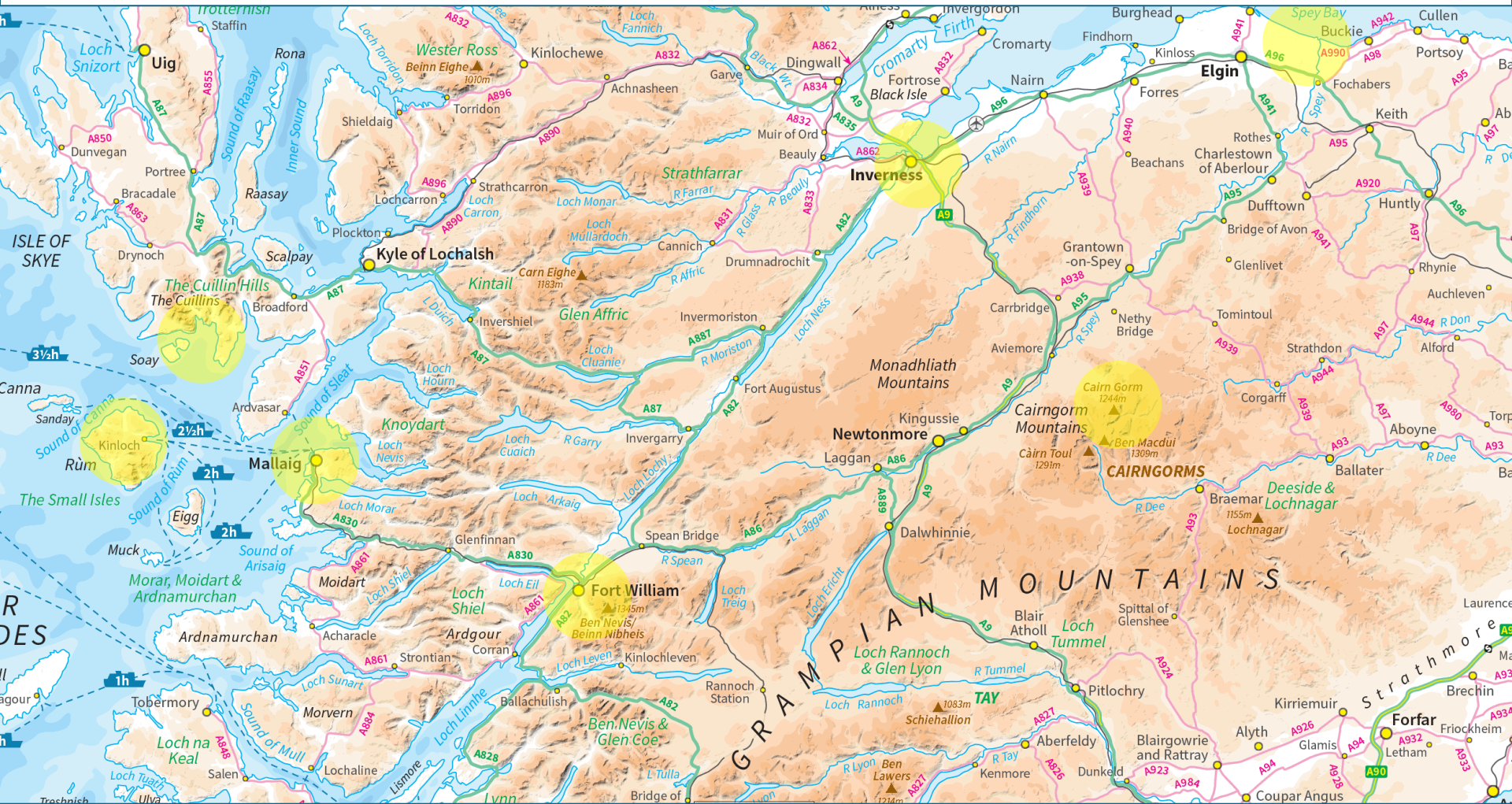
 **much better
adventures**

 **IN YOUR
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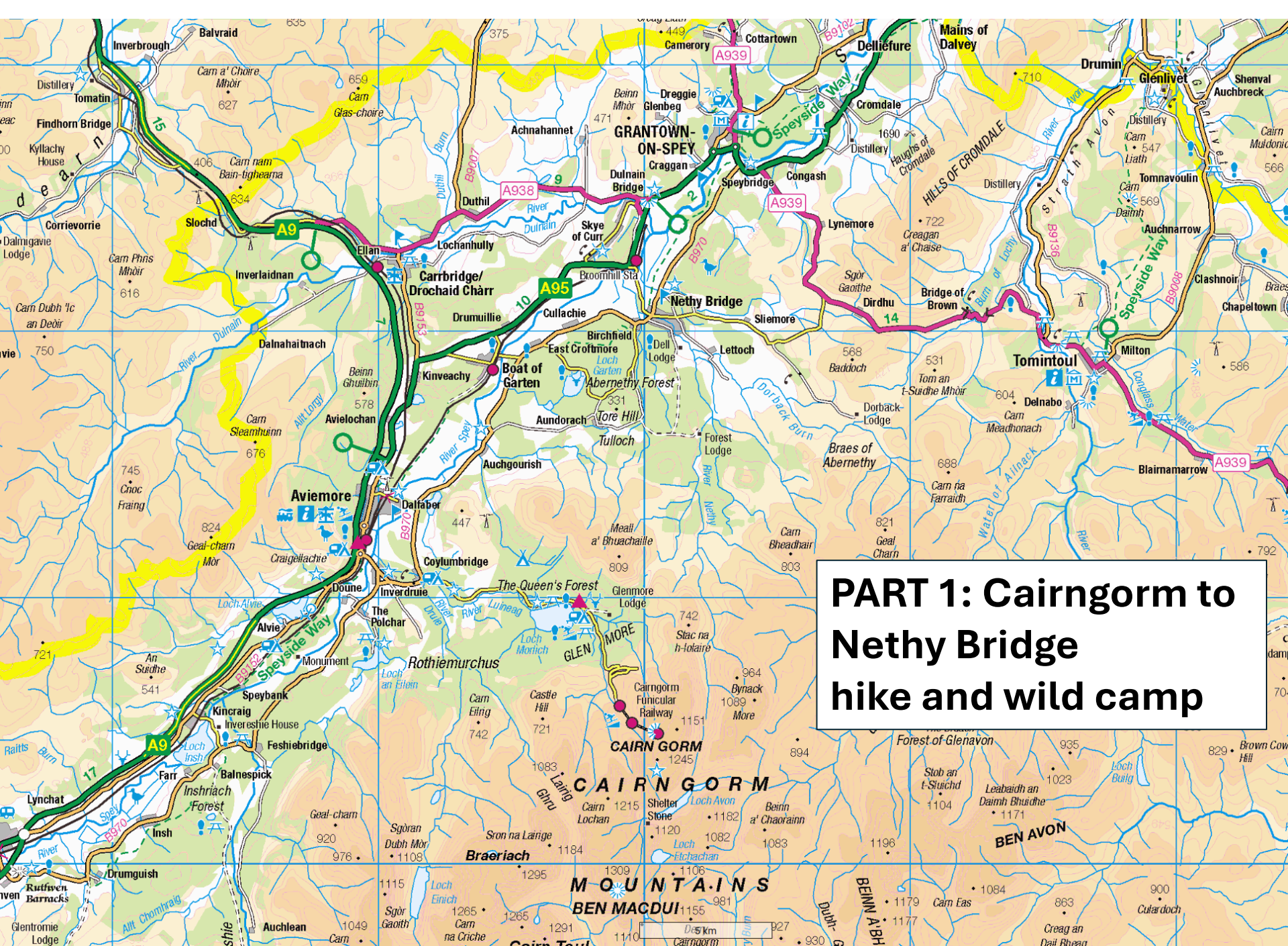
ATLAS
MOUNTAINEERING

Skye Guides

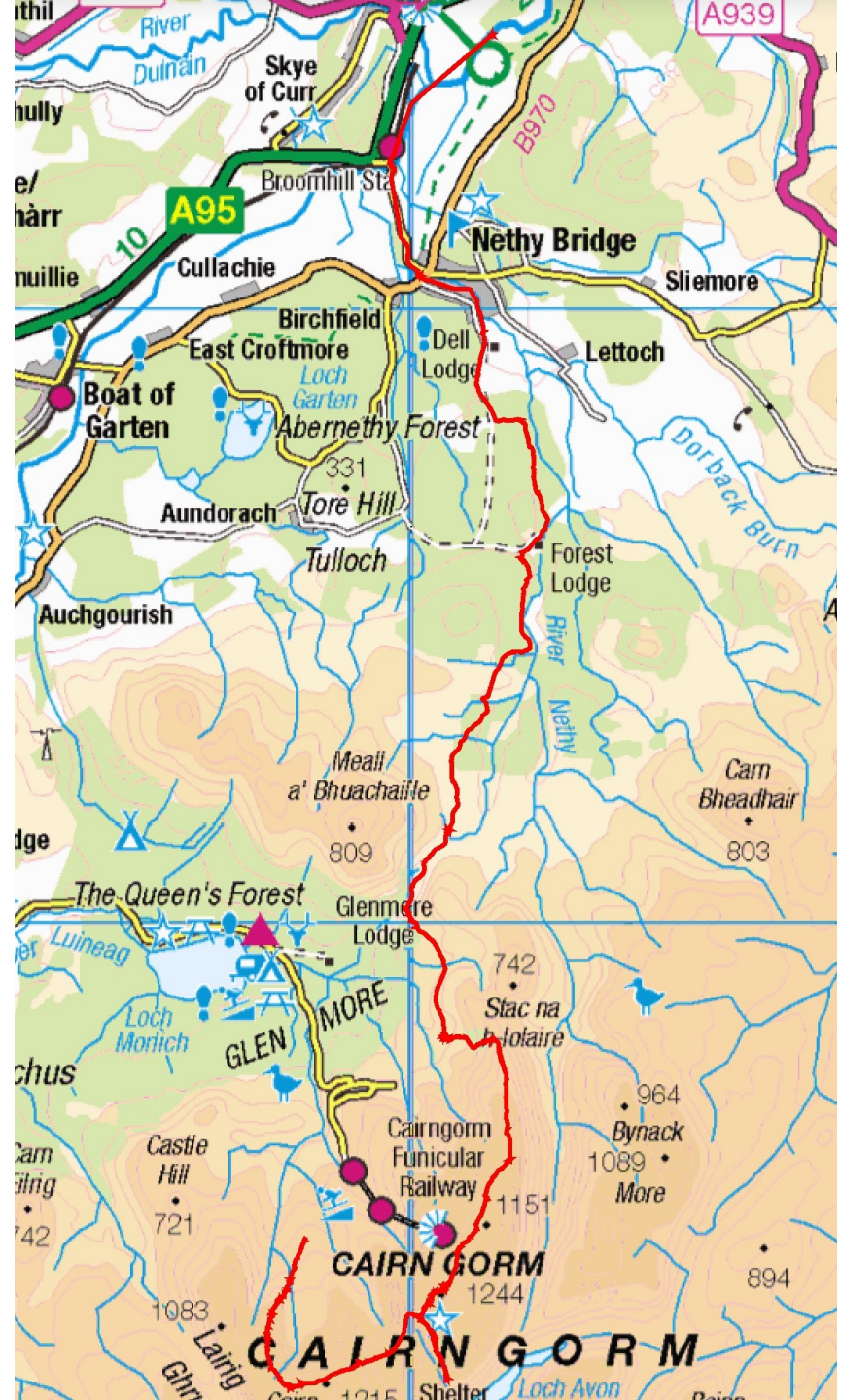
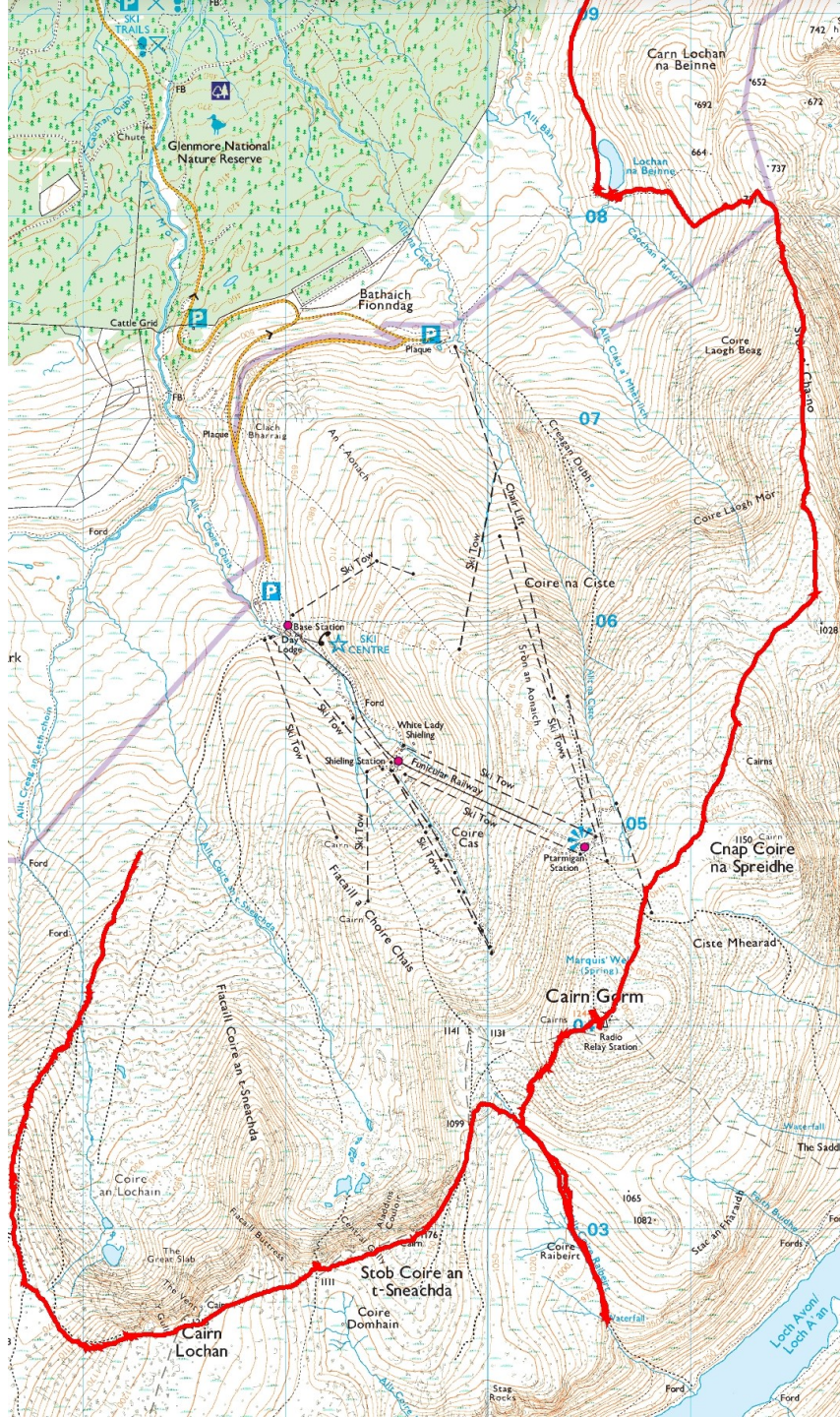
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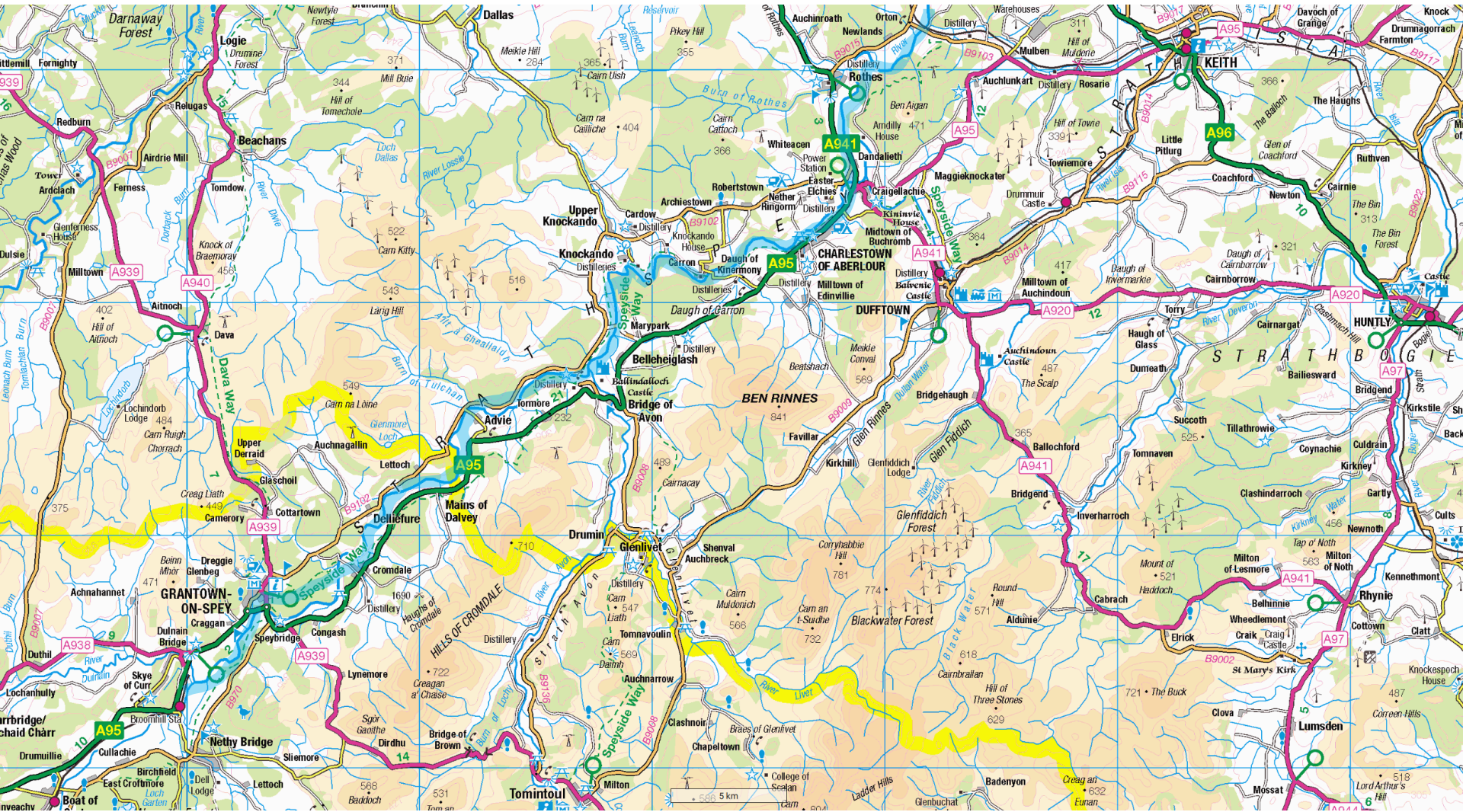
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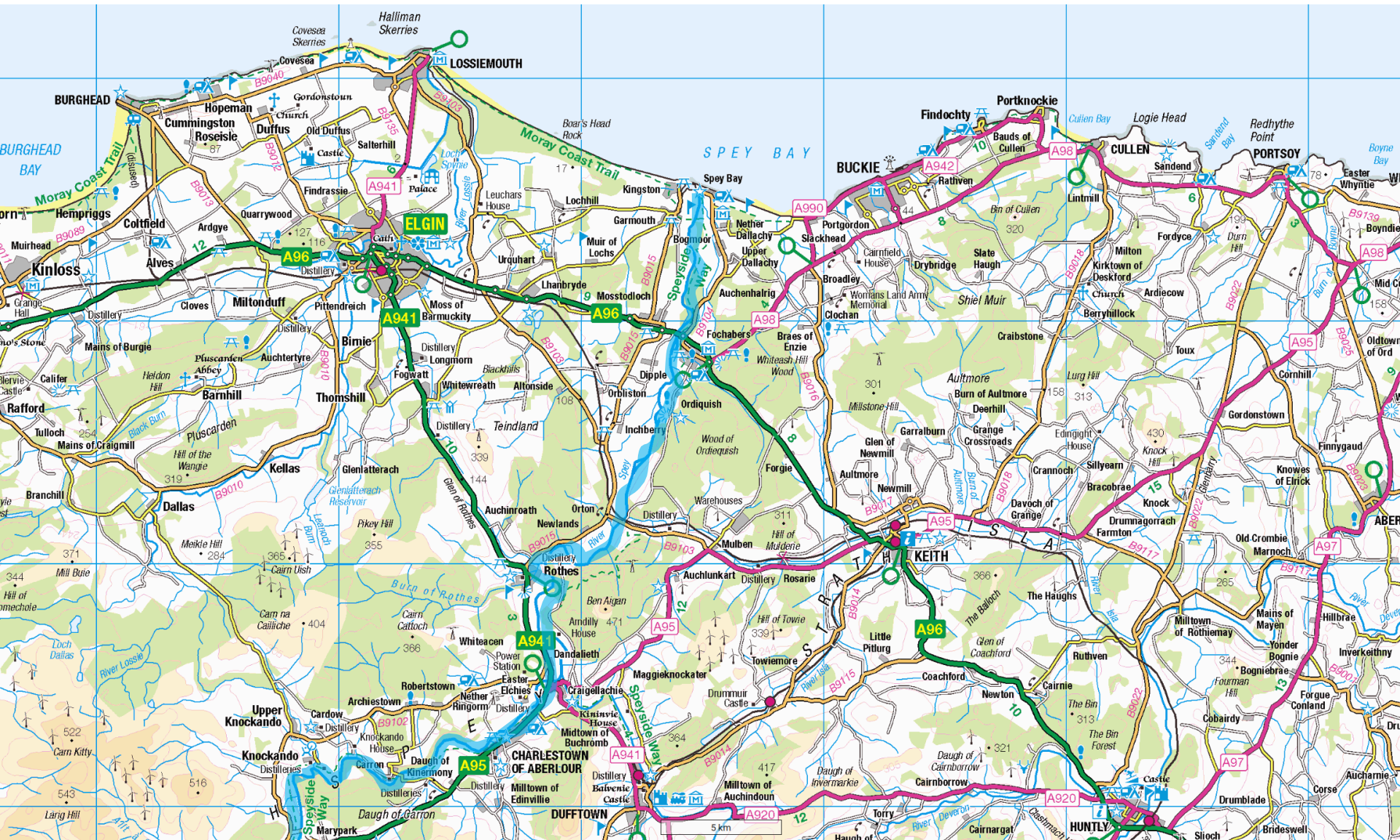
PART 1: Cairngorm to Nethy Bridge hike and wild camp



Spey descent via canoe. From Nethy Bridge to Spey Bay.



Spey descent via canoe. From Nethy Bridge to Spey Bay.





Arrival in Aviemore



Lurcher's crag



Stob Coire an t-Snaechda



Loch Avon

Cairngorm summit



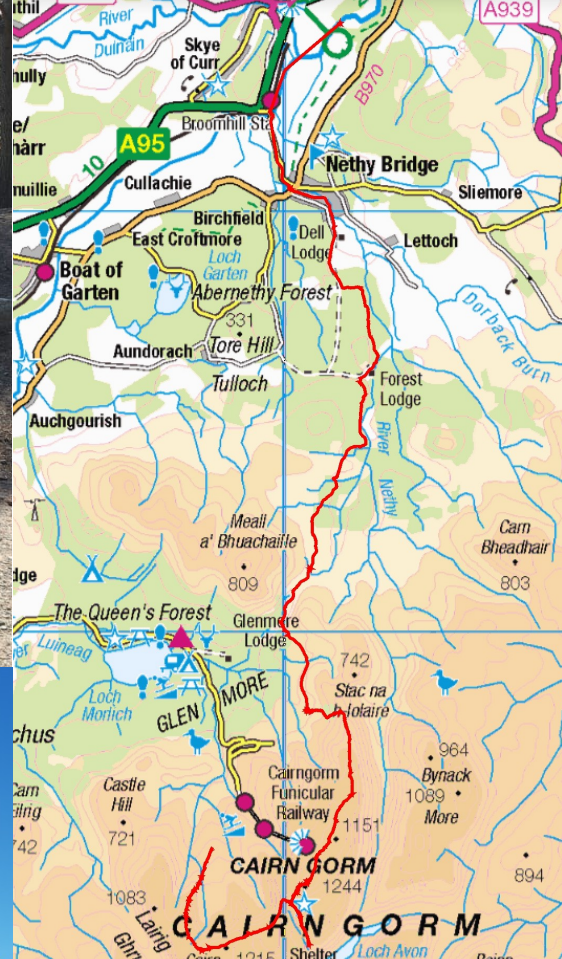


Cairngorm summit weather station

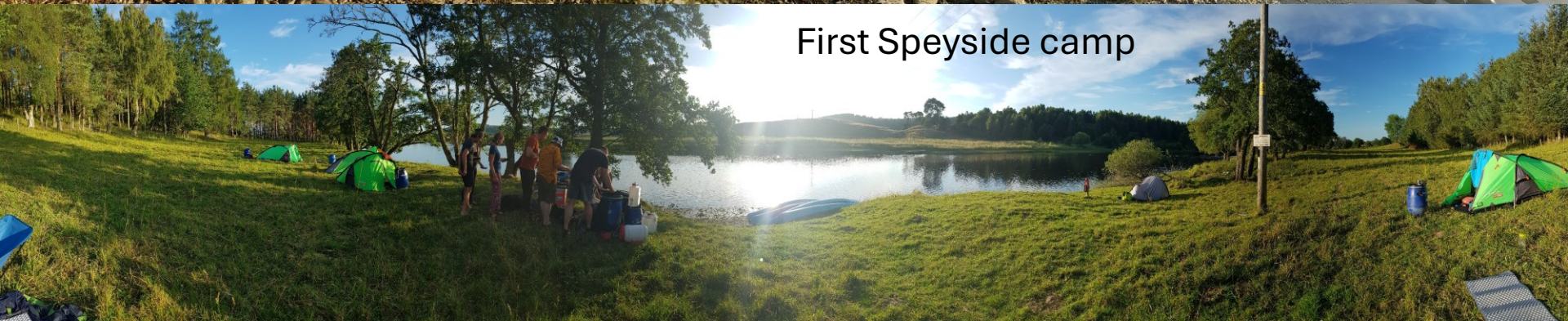


Wild camp at Lochan na Beinne











Day 2 on the Spey





Wild camp on a wooded island



Second wild camp on a wooded island



Plenty of water, above
and below the tarp



Portage around the Rapid of Doom



Tree graveyard



Spey Bay



PART 2: R&R in Inverness



SYHA cat



Ness islands





Caledonian canal



Jacobite cruise on Loch Ness



Urquhart castle





The Mustard Seed in Inverness



PART 3: Sea kayak south Skye and climb of Sgurr na Stri









Lunch stop skerry



Spar cave and
Mermaid pool



Get out at Kilmarie



Elgol and Black Cuillins, Skye



Paddling from Elgol to Camasunary Bay



Camasunary Bay





Start of climb of Sgurr na Stri. The weather forecast isn't good...



Imagine the glorious summit view!



A very wet descent of
Sgurr na Stri





Paddling out from Camasunary bay



Glassy sea conditions after 24 hours of Skye dreich



Our most excellent and
colourfully dressed guide Scott



Frankie's jellyfish art
composition



Joss in Loch na Cuilce





Turns out you can't
paddle into
Loch Coruisk.
Perhaps if you were a
salmon, but we ate
them on the first
night.





Loch na Cuilce

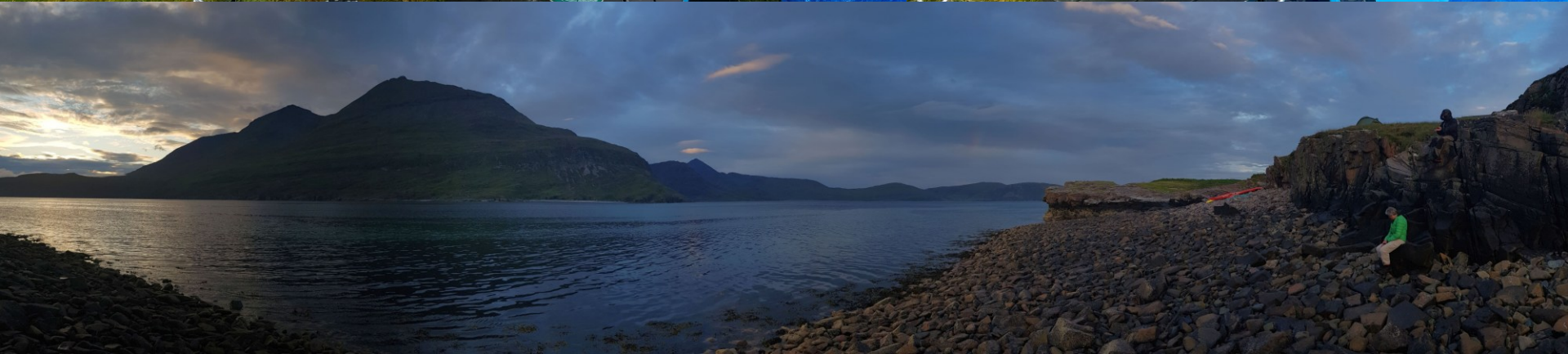




Seals!



Wild camp on Soay



Sea cave from beach
to campsite



Thank goodness for the
midge suit

Departing Soay



A wonderfully atmospheric 5km crossing from Soay to Elgol



Elgol sea cliffs



Lunch stop at
Eilean na h-Airde
skerry





Spar cave

Spar cave



Mermaid's pool.
Sadly no mermaids



Surprisingly sticky flowstone



Kilmarie

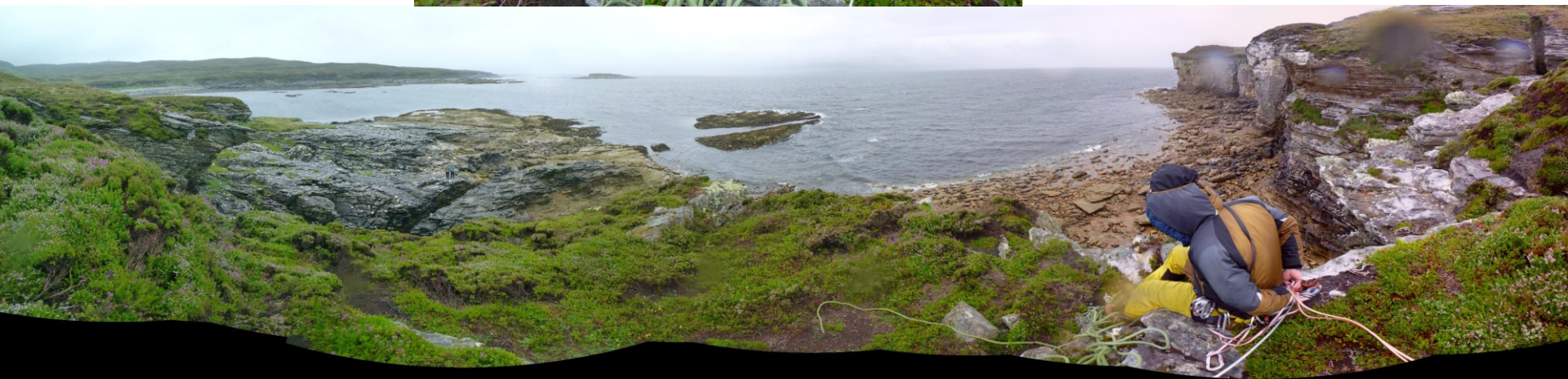




PART 4: Sea cliff climbing in Elgol, Skye



The legendary Mike Lates
of Skye Guides

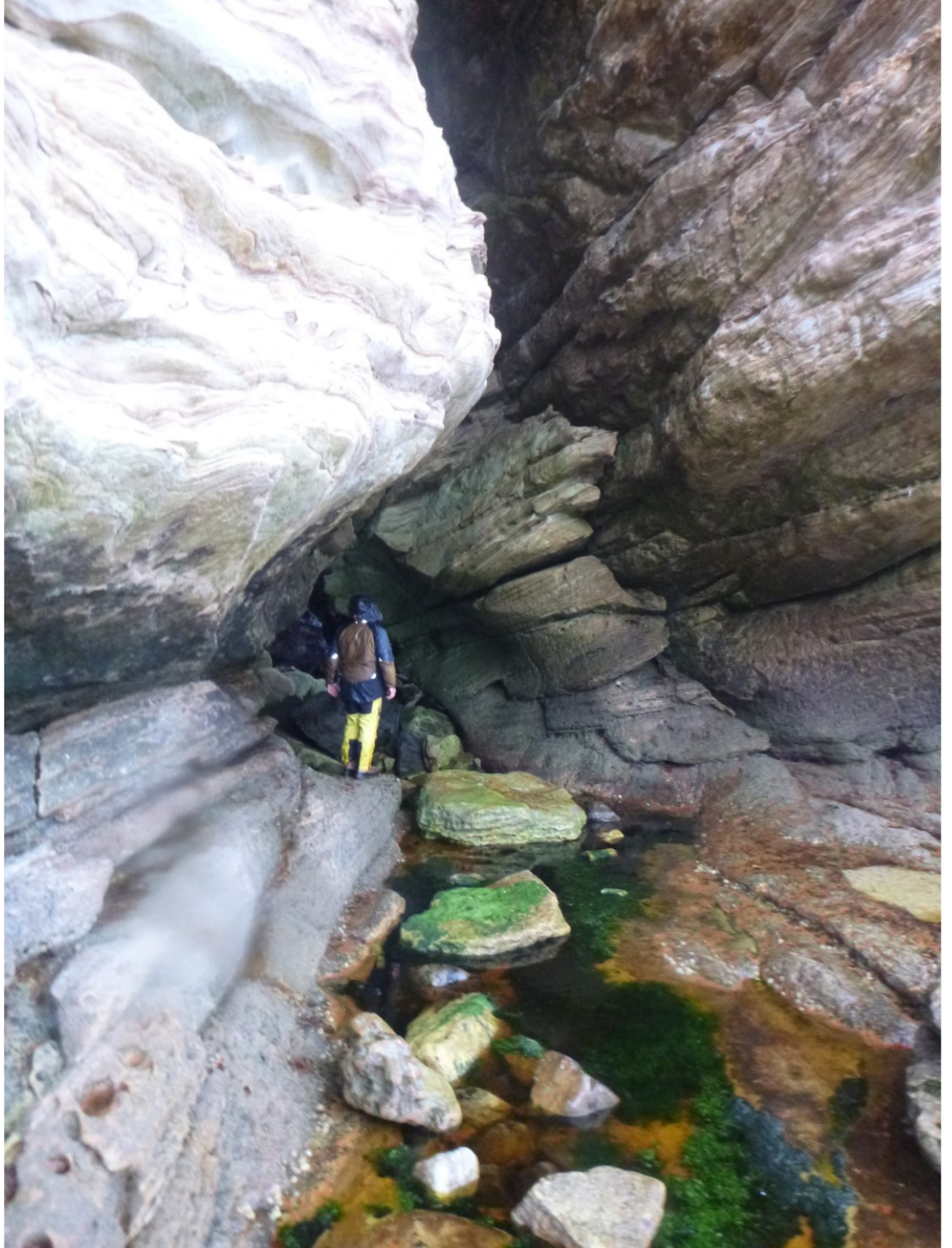




A wee dram
of Drambuie
at Bonny Prince
Charlie's Cave



Surprising colourful geochemistry,
not just the effects of Drambuie!





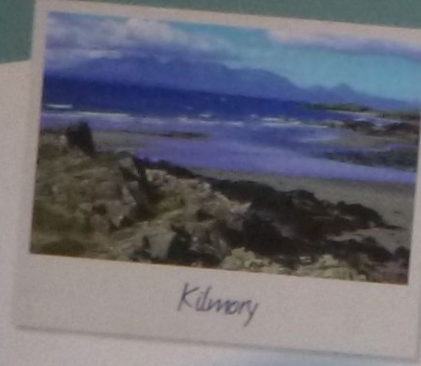
Fertility Rite (S) and Jamie Jampot (VS)

Paradise ledge

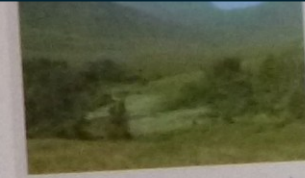


PART 5: Hiking and camping expedition on Rum

Guindé



Kilmory



North Side nature trail



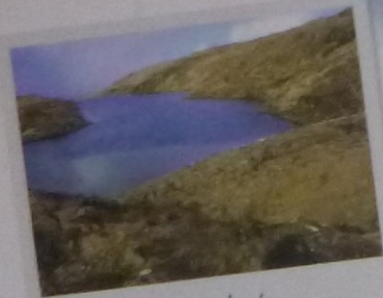
Otter hide



Atlantic Corrie from Barkeval



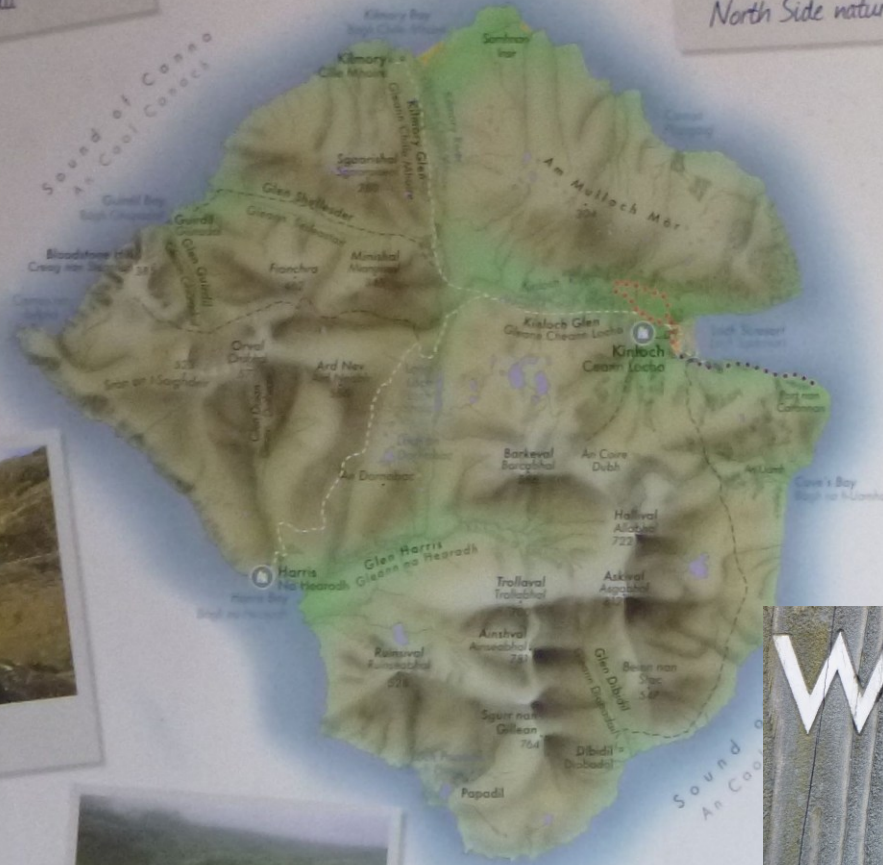
Kinloch river



Long Loch



Papadil



Welcome to Rum



Kilmory Beach

Kinloch

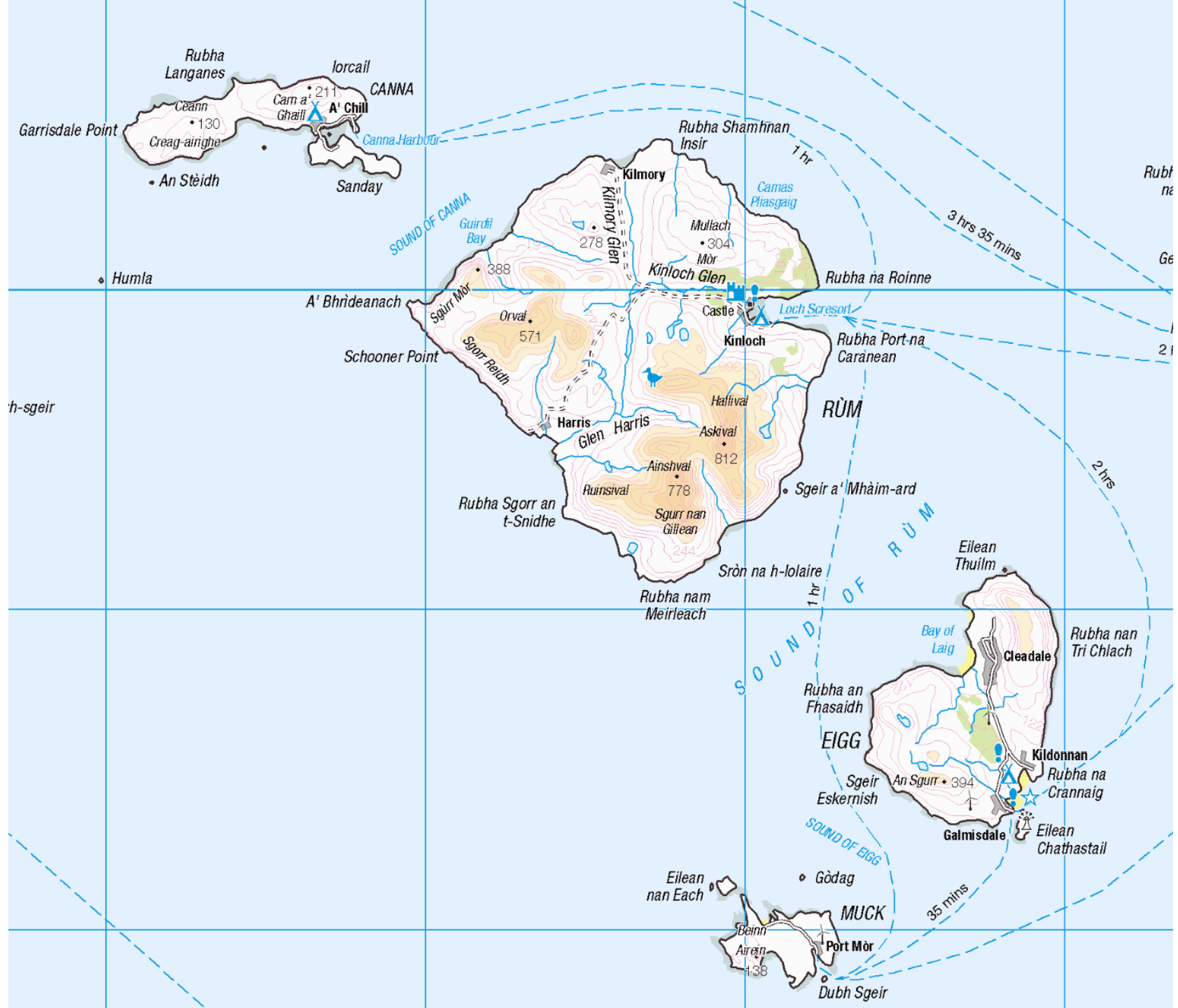
Harris

Askival

Ruinsival

Dibidil

Papadil



Fresh from the Rum ferry from Mallaig







Kinloch Castle. These days only midges have wild orgies inside.



The wild track to Harris



Doric mausoleum at Harris
for the Bullough family





Harris beach



Towards Ruinsival



Ascent of Ruinsival



Papadil



Loch Papadil



Papadil. Muck and Eigg in the far distance.



Excalibur!



Papadil
hunting lodge





Inside Dibidil bothy



1990s action man



Tick inspection!

Refreshingly cold and powerful sea
waterfall at Dibidil



Connor's shellfish spearing technique needs work



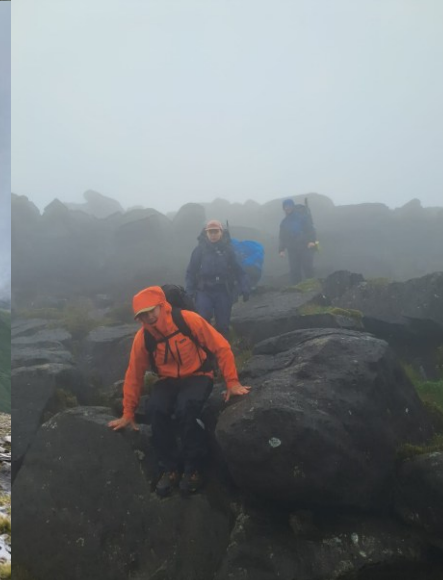
Nick at Dibidil beach, with Eigg behind



Looking back towards Dibidil



Summit of Askival



Nick, Andy, Sarah, Katie





Haggis, neeps and tatties in the luxury of the Rum bunkhouse. Toilets, showers, accommodation that is not self-assembly...



Connor and Michael from Atlas Mountaineering

Jeanie – she was in the orange shelter on Askival yesterday!



Kilmory Beach, and a site of a very successful deer project.



Kilmory beach, Rum.



Chinese dragon in filo chocolate rock!



Eilean Chanaidh Isle of Canna



- Where to Stay•
 - B&B, S/C Camping
- Where to Eat•
 - Canna Tea-room
- Where to Shop•
 - Canna Community Shop
- What to See•
 - Canna House walled garden
 - Rhu Church & exhibition
 - Coroghan lower
 - The Old Dairy
 - Celtic Cross & stone
 - Camus Arts Centre & Gread Clearance ruins
 - Dùn Beag & puffin cliffs
 - Soulstream
- What to Do•
 - NTS ranger guided walks
 - Canna House tours

Visit the
Small Isles
portal!



www.smallisles.gov.scot

- Where to Stay•
 - B&B, Catered Lodge, S/C, Bunkhouse, Yurt
- Where to Eat•
 - The Craftshop & Tea-room
 - Gallianach Lodge
- Where to Shop•
 - The Green Shed
 - The Craftshop & Tea-room
- What to See•
 - A'Chill Clearance Ruins
 - Muck Archive
 - Caisteal an Dùin Bhain
 - Camus Mòr
 - Brough blackhouse & Shell beach
 - Seal colony
 - Seabird cliffs
- What to Do•
 - Muck Craft Courses

Eilean na Mùc Isle of Muck



S/C = Self Catering Cottages



Thairis an cuan gu na h-Eileanan Beaga! Over the Sea to The Small Isles!

Whether you are looking for a family day out or a few days' wilderness and adventure away from it all, the Small Isles are one of the best Lochaber destinations for walking, cycling or birdwatching. Steeped in history and heritage, they offer breathtaking scenery and geology, perfect sandy beaches and abundant wildlife: an island treasure for you to discover...

Eilean Rùm Isle of Rùm



- Where to Stay•
 - B&B, Hostel, Bothys, Camping
- Where to eat•
 - Rum Tearoom
- Where to Shop•
 - Rum Craftshop & Bike hire
 - Rum Shop & PO
- What to see•
 - Rum Castle
 - Visitor Centre
 - Blackhouse ruins & Otter Hide
 - Kilmory Beach & Clearance ruins
 - Kilmory Deer Hide
 - Harris Clearance ruins & Harris Mausoleum
- What to do•
 - URCT Ranger Activities
 - Rum Stag Shoals

Eilean Eigg Isle of Eigg



- Where to Stay•
 - B&B, S/C, Hostel, Camping, Yurts
- Where to Eat•
 - Galmisdale Bay Café restaurant
 - Lageoma restaurant
 - Craigard Garden Teas & Gallery
- Where to Shop•
 - Eigg shop and PO
 - Isle of Eigg Craftshop
 - A' Nead knitwear
 - Craigard Garden Teas & Gallery
- What to See•
 - Cleadaile Croft Museum
 - The Old Shop exhibition
 - Eigg Archives
 - Kildonan Graveyard
 - Kildonan Watermill
 - Gruin Clearance ruins
- What to Do•
 - SWT Ranger weekly guided walks
 - Eigg Adventures Archery & Bike hire
 - Ceilidh Studio Dance and music classes
 - Earth Connections Eco-courses
 - Eigg Organics holiday gardening courses
 - Eigg Well-being



Canna



An Sgurr

Eigg

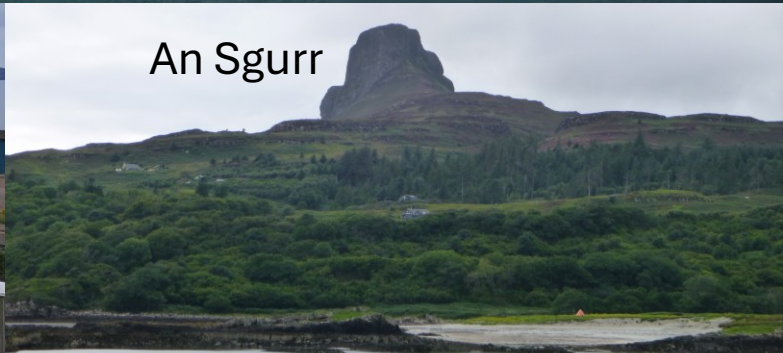


Eigg

Rum

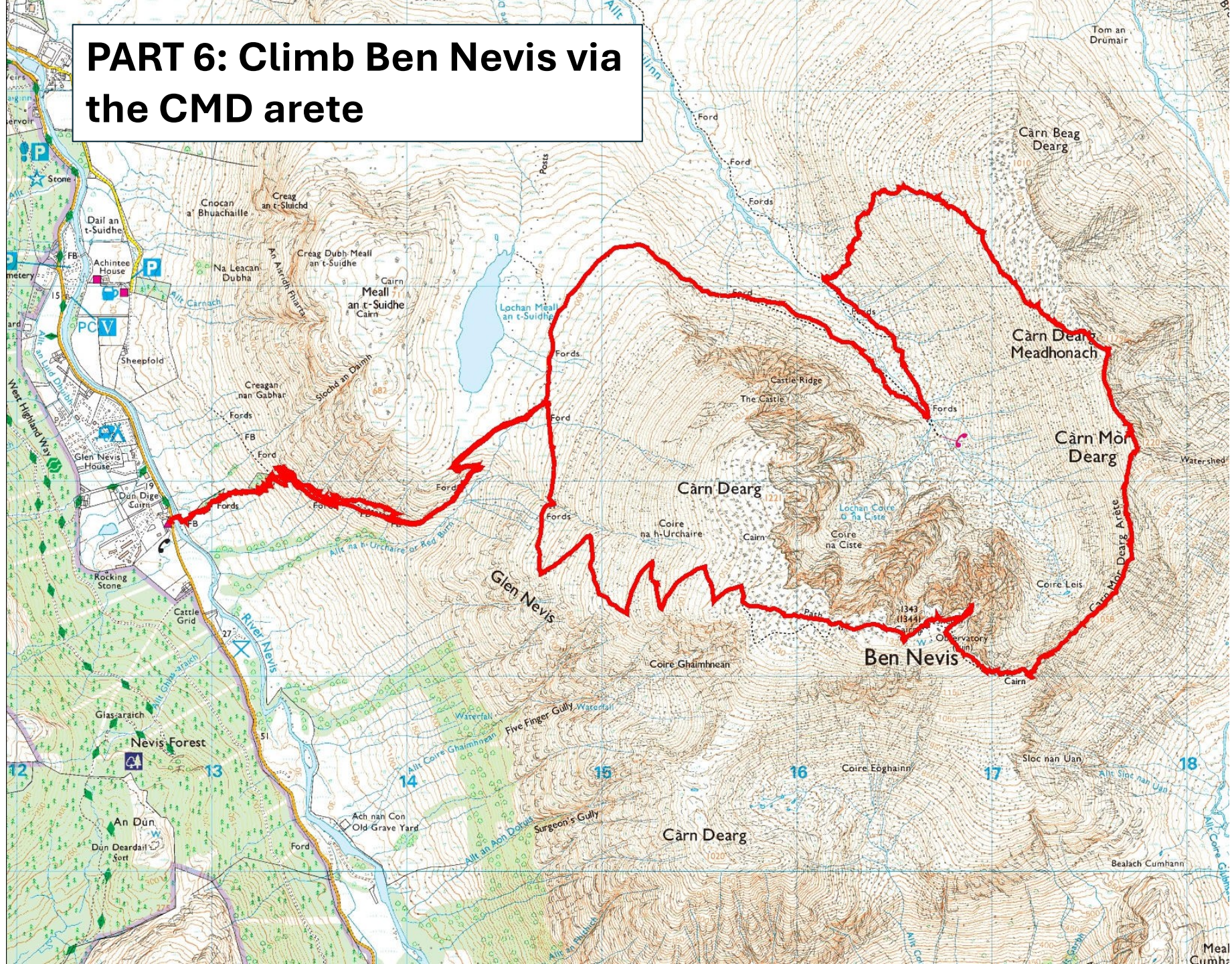
Skye

Mallaig



An Sgurr

PART 6: Climb Ben Nevis via the CMD arete





Glen Nevis youth hostel at 0515



Tourist path from Glen Nevis



CIC hut

The North Face of Ben Nevis

CIC hut



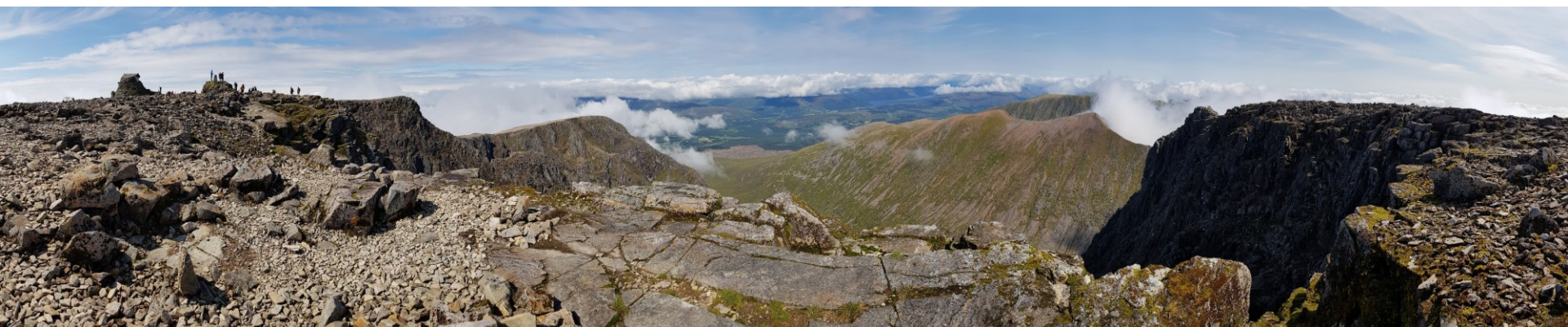


Carn Mor Dearg (CMD) arete route to the summit of Ben Nevis



Carn Mor Dearg (CMD) arete route to the summit of Ben Nevis





Summit of Ben Nevis, and North Face revealed.



Ben Nevis summit shelter
and selfie cairn

Mind the Ben Nevis gap



Returning via the zig-zags



Half way lochan



Half way lochan. Fort William, Loch Eil and Loch Linnhe below.





Club class return to Euston from Fort William
via the Caledonian Sleeper



Tomatin whiskey

