The Cowal Way is a magnificent 57 mile trail, starting in Portavadie on Loch Fyne and finishing in Inveruglas on the banks of Loch Lomond. The walk follows quiet roads, lochside paths and woodland trails through this tranquil and undiscovered area of Scotland. History and beauty prevail as you encounter ancient standing stones, burial cairns and rock carvings dating back to the Stone and bronze ages.

Your journey starts in Tarbert, Loch Fyne where you will spend your first night in the pretty fishing village. The following morning you catch the ferry to Portavadie where your walking adventure begins, heading up into Tighnabruaich you will be graced with great views behind over Loch Fyne. From here you follow quiet roads along the Kyle of Bute to Glendaruel and then north to Strachur. Lochgoilhead is your next overnight stop after the great views descending past Sruth Ban Falls and then on to Arrochar at the head of Loch Long for your final nights stay. You can either end you walk here or the following morning walk on to Inveruglas which is the official end of the walk, climbing the Cobbler is a great end to a spectacular walk but make sure an add on an extra day for the climb.

Every holiday we offer features hand-picked overnight accommodation in high quality B&B's, country inns, and guesthouses. Each is unique and offers the highest levels of welcome, atmosphere and outstanding local cuisine. We also include daily door to door baggage transfers, guide book with map and a pre-departure information pack as well as emergency support, should you need it.

- Immersing yourself in the history and culture of the Cowal Peninsula.
- Spectacular lochside and forest walking in the undiscovered Southwest Highlands.
- Breathing in the country air and experiencing the small villages on route.
- Searching for otters and grey seals on this wonderful walking adventure.
- Climbing the ‘Cobbler’ at the end of the walk with its fantastic views over the islands of Bute, Arran and Loch Long.

WHY CHOOSE A SELF GUIDED WALKING HOLIDAY WITH US?

Macs Adventure is a small, energetic company dedicated to delivering adventure excellence. We are passionate about delivering outstanding walking holidays where every last detail is taken care of. Each holiday we offer is unique, tailor made to meet your requirements. From your first contact with Macs Adventure you will deal with a local specialist who knows the region intimately.

Self guided walking holidays are a wonderful relaxed way to discover the magic of the Cowal Peninsula. Free to travel at your own pace and wander off the beaten track, you will discover the beauty of the landscape, the warmth of the people and the long history of this spectacular land. In the unlikely event you should require emergency support our office is always more than happy to help with your queries. So, from the moment you decide to visit Scotland and the Cowal Peninsula you can relax and look forward to an unforgettable self-guided walking holiday. We hope that you will choose to travel with Macs Adventure soon.

SUMMARY

COWAL WAY
TRANQUIL HILLS OF THE SOUTHWEST HIGHLANDS

Tour: Cowal Way
Code: WSSCOW1-2
Type: Self-Guided Walking Holiday
Price: see website
Single Supplement: see website
Dates: March—October
Walking Days: 4-6
Nights: 5-6
Start: Portavadie
Finish: Inveruglas
Distance: 57 Miles

WHAT’S INCLUDED?

- Accommodation: Hand-picked B&B’s, small hotels, country inns and guesthouses.
- Meals: A hearty breakfast included. Lunch and dinner not included but always available at accommodation or nearby.
- Baggage Transfer: Door-to-door baggage transfer.
COWAL WAY
Self Guided Itineraries:
The Cowal Way follows the route which runs the length of Argyll’s Cowal Peninsula. We offer the self guided walk in two itineraries but we can also tailor make any itinerary to suit.

ITINERARY: WSSCOW1
Description: This itinerary fits perfectly into a weeks holiday. 6 nights and either 5 or 6 days walking will have you feeling energised and give you a real sense of achievement which will last a lifetime.

Walking Days: 5
Nights: 6
Average Daily Distance: 11 miles
Grade: Moderate

<table>
<thead>
<tr>
<th>Day</th>
<th>Route</th>
<th>Miles</th>
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<tbody>
<tr>
<td>1</td>
<td>Arrive Tarbert, Loch Fyne and Overnight</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>Ferry to Portavadie and walk to Tighnabruich</td>
<td>6</td>
</tr>
<tr>
<td>3</td>
<td>Walk to Glendaruel</td>
<td>11</td>
</tr>
<tr>
<td>4</td>
<td>Walk to Strachur</td>
<td>16</td>
</tr>
<tr>
<td>5</td>
<td>Walk to Lochgoilhead</td>
<td>9</td>
</tr>
<tr>
<td>6</td>
<td>Walk to Arrochar</td>
<td>10</td>
</tr>
<tr>
<td>7</td>
<td>Onward Travel or walk to Inveruglas</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td><strong>Total Distance</strong></td>
<td><strong>57</strong></td>
</tr>
</tbody>
</table>

DETAILED ITINERARY

Your walking adventure starts with your first overnight stay in Tarbert, Loch Fyne. After a short ferry crossing to Portavadie the following day you will be met and your bags collected, ready to set off on your walk.

Stage 1: Portavadie to Tighnabruich – 6 miles (10km)
The first section of the walk is gentle, take your time and enjoy the glorious views behind over Loch Fyne to Kintyre. You pass through Lamont Country – the Clan Lamont is one of the oldest of the Scottish Clans and the Cowal Peninsula is their homeland. You will walk through forests and past the ruins of Asgog castle before reaching the old gunpowder mill. As you head towards the Kyles of Bute you pass a golf course and then as you head north you follow the loch past Kames up into Tighnabruich. The walking is varied and the route is fairly flat along forest tracks, quiet public roads and paths.

Stage 2: Tighnabruich to Glendaruel – 11 miles (18km)
Heading north, hugging the coastline of the Kyles of Bute and Loch Riddon you head up into Glendaruel. Wildlife enthusiasts will be fascinated by the many seabirds and sealife in this coastal section where the walking is fairly flat, with a slightly tougher short section in the middle after Glen Caladh. A magnificent days walking with some woodland path, but mostly tracks and some small road sections.
Glendaruel to Strachur – 16 miles (26km)

From Glendaruel the walking is relatively easy underfoot as you walk on farm and forest tracks most of the way. You can take a detour to see the ruined village of Kildalvan as you head up to Garvie burn and Dunans Castle. A remote section follows up to Glenbranter and a lovely wooded gorge follows before the quiet road section up to Strachur. Strachur is half a mile from the east shore of Loch Fyne and if you walk through Strachur House you will get some great views across the Loch.

Strachur to Lochgoilhead – 9 miles (14km)

Fantastic walking today, you get a real sense of this wild and rugged area with some great open hillside and great views as you pass the Struth Ban falls. Forest roads take you up near the summit of the pass and then a steep descent down to Curra Lochan where it can be a bit boggy. Great views over Loch Goil can be seen as you head up to Lochgoilhead. The village of Lochgoilhead was developed greatly after the coming of the Clyde Steamers and the parish church is one of the oldest foundations in the Cowal Peninsular.

Lochgoilhead to Arrochar – 10 miles (16km)

Mountains and glorious scenery surround you on today's walk up to Arrochar at the head of Loch Long. Most of the days walking is on tracks and paths so fairly easy underfoot. The cobbler's south peak which looks like a shark's fin can be seen on your left as you walk up to Ardgartan and Ben Lomond to the north. Arrochar is surrounded by beautiful mountains and 4 munros so why not add on an extra day for some climbing.

Arrochar to Inveruglas – 5 miles (8km)

Many chose to end their walk in Arrochar as onward transport is easier but if you decide to walk the final section to Inveruglas you will get some great views to Loch Lomond and a real sense of achievement on finishing this fantastic long distance walk.

Navigation

This route is graded moderate, it passes through some remote country and be prepared for some boggy ground underfoot. This area of Scotland is mild but can be very wet. The route is waymarked by distinctive squares with red lettering and a red arrow and at the beginning and end of the walk there is an information board. In adverse conditions you may need to be able to navigate with a compass.

Walking Direction

We can offer this itinerary in either direction but the book is published from South to North, Portavadie to Inveruglas.

RECOMMENDATIONS

Additional Nights

Many of our clients choose to add extra nights along the walk to sample more of the wonderful walking and attractions available on the Cowal Way. If you are looking to climb the 'Cobber' in Arrochar you will need an extra night as this walk can take up to 6 hours.

Fewer Nights

If you wish to reduce the number of nights we can tailor your trip to your requirements.

HOLIDAY INFORMATION

Accommodation

One of the highlights of this walking holiday is the high standard of the accommodation. We specifically choose the hotels, inns, guesthouses and B&B's to ensure that you enjoy every minute of your stay. They all offer a warm welcome to walkers, traditional hospitality and delicious local food.

Single Rooms

This walking holiday is not available to solo walkers but if you have single room requests in your party we will try our best to accommodate you.

Meals

A hearty breakfast is included each morning. Lunch and dinner are not included so you are free to choose from the available options. Most of your accommodations will more than happy to provide a packed lunch on request and this can be booked on arrival. Dinner is available either at your accommodation or nearby pubs or restaurants.

Equipment

Your information pack has a detailed equipment list which includes standard walking gear such as good walking boots or shoes, warm and waterproof clothes and a day pack.

Baggage Transfer

Your bags will be transferred from your accommodation as per your itinerary and moved onto your next overnight accommodation. We ask you to limit your luggage to one bag of up to 20kg per person.

Dogs

Unfortunately we are unable to accommodate walkers with dogs as many of the accommodation providers do not accept pets.
Recommended Reading
The Cowal Way has a great website http://www.cowalway.org.uk/ if you are looking for further information on the walk.

Argyll and the Western Isles (exploring Scotland's Heritage) - by the Royal Commission on the Ancient and Historical Monuments of Scotland

Scotland - Lonely Planet Guides

Many guides are also available at visitor centres and local shops.

TRAVEL INFORMATION

Please Note: Tarbet and Tarbert
It is important to point out that Tarbet and Tarbert are in fact 60 miles apart, there spelling only differs by one R but Tarbet (Loch Lomond) is 2 miles east of Arrochar where you finish the walk and Tarbert (Loch Fyne, on Kintyre) is where the walk starts.

Getting to Tarbert, Loch Fyne
If you are driving, the best place to leave your car is at the end in Arrochar or in Tarbet (10 min walk) and then you can catch the bus to Tarbert, Loch Fyne to begin your walk (2 hrs). The bus leaves from just outside the Tarbet Hotel.

You can also get the bus from Glasgow to Tarbert, Loch Fyne (3 hours). There is a bus service from Glasgow to Fort William which stops in Arrochar but is less frequent than the bus.

There is the option of getting the ferry from Gourock to Dunoon (1 hour) and the bus to Portavadie (1 hour). We could amend your 1st night and have you staying in Tighnabruich for 2 nights.

Getting back from Arrochar
You can catch the bus from just outside the Tarbet Hotel (10 mins walk from Arrochar) back to Glasgow or north up to Fort William. Again the train is an option but less frequent than the bus.

M.A.C.S. RESPONSIBLE TRAVEL

Minimise Impact & Maximise Benefit
Our operating policies, office policies, holidays and tours are all designed to minimise impact and maximise benefit to the environment and local communities.

Action & Advocacy
We believe that by engaging our team and clients in environmental and community projects we can make a real difference.

Carbon & Communities
Travel and our business activity does of course contribute to carbon output and climate change. We have put several policies in place to minimise our carbon footprint.

Sensitive & Sustainable
Macs Adventure has worked hard to ensure that our holidays are sensitive to the community you are visiting and sustainable over the long term.

We are justifiably proud of our reputation for outstanding holidays on the Cowal Way. You can read numerous customer reviews on our website to get a good idea of what to expect from Macs Adventure on the Cowal Way.

Availability
This walking holiday is best enjoyed between April and October. You can start on any date that suits your travel plans and you will find up to date availability on our website. The Cowal Way is very popular so it is best to book as far in advance as you are able to.

Price
Detailed up to date prices for all our Cowal Way Holidays are available on our website here...

Included
- Hand picked bed and breakfast accommodation in ensuite rooms wherever possible.
- Door to door baggage transfer.
- A detailed info pack and guide book with map for the group leader.
- Emergency telephone support from our office in the event of a problem.

Excluded
- Travel to the start or from the finish of the itinerary including the ferry to Portavadie at the start of the walk.
- Lunches, dinners, snacks and drinks.
- Travel Insurance.
- Personal Equipment.
- Taxi transfers or public transport should you need to skip a stage.

Once you have read all the information in this factsheet or on our website and decided on your preferred itinerary, visit our website or give us a call to confirm availability. You can then book by any of the following methods:

Book Securely Online: www.macsadventure.com

Telephone: +44 (0) 141 530 8886

Fax/Post: Download or request a booking form and post it to Macs Adventure, 44 Speirs Wharf, Glasgow, G4 9TH, UK or fax it to +44 (0) 845 527 5688

Please don’t hesitate to contact us by phone on...
+44 (0) 0141 530 8886 or email: info@macsadventure.com if you have any queries and one of our expert customer service team will be happy to help.

**BOOK WITH CONFIDENCE**

**Financial Security**

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations1992" all passengers booking with Macs Adventure Ltd are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required (this insurance will not cover repatriation to the country of origin for the passengers outside of the EU), arising from cancellation or curtailment of your travel arrangements due to the insolvency of Macs Adventure Ltd

There is no requirement for Financial Protection of day trips, and none is provided. This insurance is only valid for packages booked that DO NOT include flights.

Consumer aware: Your booking is insured by IPP Ltd and its panel of insurers. - This insurance is only valid for passengers who book and pay directly with/to Macs Adventure Ltd. For further information please go to www.ipplondon.co.uk

This Insurance has been arranged by International Passenger Protection Limited and underwritten by Insurers who are members of the Association of British Insurers & Lloyds Syndicates.

**ABTA Member Statement**

Macs Adventure Holidays is a Member of ABTA. ABTA and ABTA Members help holidaymakers to get the most from their travel and assist when things don’t go according to plan. We are obliged to maintain a high standard of service to you by ABTA’s Code of Conduct. For more information on ABTA, the Code of Conduct and the arbitration scheme available to you if you have a complaint, contact ABTA, 30 Park Street, London SE1 9EQ, tel 020 3117 0581 www.abta.com

**Activity Scotland Code of Conduct**

Macs Adventure is a member of the Activity Scotland Association, the trade association which supports and promotes activity providers in Scotland. Macs Adventure abides by the Activity Scotland Code of Practice, which ensures that your activities are safely and professionally organised, comply with the law and are financially protected.

“The thank you and your team for providing us with an excellent holiday, my partner Theresa and I had a fantastic time, the walk was as spectacular has we hoped it would be and with the added comfort of knowing that our luggage would be waiting for us when we arrived at our accommodation each night made the trip much more relaxing. I can not praise the organization enough everything was perfect, your choice of accommodation was clean and comfortable and the food was of a good standard” – Alan Beale

“The service that we received from Macs adventure was excellent and it certainly took the hassle factor out of planning the trip. We would certainly use the company again. It was good value for money and I was impressed with the efficiency of the customer service” – Helen Quarrell

“I just want to thank you for interpreting our wishes so superbly. You were right to advise that the distances we wanted to cover each day would be a challenge, but an achievable one. We thoroughly enjoyed every aspect of our walk - apart, maybe, from the inevitable rain in July.”—Barbara Ross & Party