



Useful information from the Expedition Network

Welcome!

Green forms and requests for assessment should be submitted to the Scottish Network Co-ordinator, who can also assist with enquiries regarding routes and campsites

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Introduction

Ross and Cromarty has scenery to equal any in Scotland. What it lacks is people. Groups carrying out expeditions in our area will find that, whilst no more remote than other areas, it is less populated and much less visited. It is possible to be in splendid isolation only one hour from Inverness. Many of the obvious routes run east to west or vice versa giving groups the opportunity, unavailable in all but one other wild country area, of going from coast to coast! The relative paucity, not just of Award expeditioners, but of hill-walkers generally, compared to the "honey pots" of the south means crowded campsites are a rarity and groups usually have the route to themselves. That of course poses challenges for training and supervision which groups coming to the area must be capable of dealing with.



When to come

Ventures planned for the deer season are quite common but please consult us for minimum hassle. It is definitely not a bar on ventures in Ross & Cromarty!

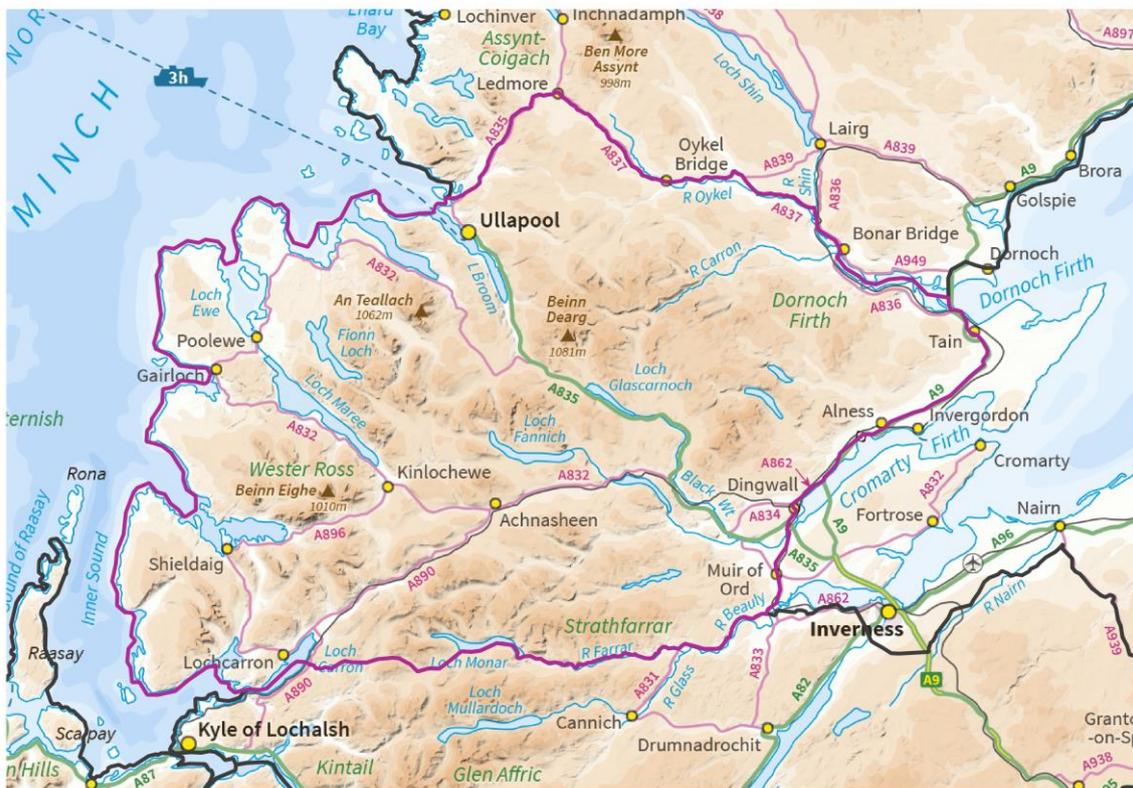


Although the official expedition season runs to end October, our northerly latitude makes the October day a good hour shorter than in the south of England. It's also just a tad nipper than further south. For these reasons our season effectively runs to end September. October ventures are rare and not encouraged.

Area boundaries

The panels' area is bounded on the east and west by the sea. The southern boundary runs in a southwesterly direction from the Cromarty Firth at Beaulie through Glen Orrin and Loch Monar to Loch Carron at Attadale. The northern boundary runs along the A835, A836 & A837.

Caithness and Sutherland are our northern neighbours whilst Inverness Area borders the south.



The DofE website includes a downloadable [PDF map](#) and [GPX of the area boundaries](#).

Maps of the area

Routemaster 2 -North Scotland 1.250,000 is useful for planning and determining access needs.

Landranger maps nos. 19, 20 & 21 cover most of the area. Expeditions in the southernmost part may require nos. 25 &/or 26 as well. It is a very big area but it is possible to organise Gold expeditions on 1 sheet. The Area Advisor can advise in that respect.

Route updates

Though all of Ross and Cromarty is wild country and the Torridon area is really rugged, there are many routes through the region, which are suitable for Bronze and Silver ventures. Routes can run from coast to coast, for example, from Western Fearn on the Dornoch Firth to Ullapool. Circular routes allowing less travel for supervisors are possible. For the really fit and adventurous there are munro's and expansive, trackless areas which present a navigational challenge not found everywhere. Ventures at all levels using the area west of Diabaig can incorporate sections into their expeditions with stunning sea views and the chance to see whales, eagles, pine martins and wild goats.

The bridges at NH 191 788 and NH 194 791 across the Abhainn Cuileig and Abhainn Droma west of the **Corrieshalloch Gorge** are gone, despite being shown on some maps. (reported January 2015)

The bridge over the Abhainn an t-Strath Chuileannaich at NH 391 960 is no longer there.

Kinloch damp bridge at NG 863 471 is shown on some maps, but is not there. This is crossable at low flow, but a broad river which narrows and deepens upstream, so could be a hazard when in spate. Once across the river the path goes close to the curtilage of the house on the south side.

The descent down **Gleann Bianasdail** (NH 036 690 to NH 012 657) can be tricky so teams should allow plenty of time for this, and be used to carrying their bags over rough terrain. The stream crossing at the top of this Gleann (NH 040 694) can present a hazard when in spate.

Lower Diabaig – Alligin Shaus path – the path between NG 798 597 to NG 830 578 is quite steep and exposed in some places, particularly the western end near Lower Diabeg, and may be difficult to find the start of the route as it climbs quite steeply up a stream before traversing around the hill southwards.

Kinlochewe – Coulin path - The path shown on OS maps going south from Kinlochewe to Torran-cuilinn, by Loch Coulin, passing just west of Carn Dhomhnuill Mhic a' Ghobha, has for the past few years been obscured due to clear felling in the forest. A route is now passable along here, but it varies from the route on the OS map. Several DofE leaders have collaborated to prepare [a description and some notes to follow the route](#). (May 2016)

The stream crossing at NG 976 692 on the **north side of Loch Maree** may be a hazard in spate - the original path has been washed away, small steep paths lead down into a steep gully which is partially filled with fallen trees which could cause entrapment in conditions of spate. There are less hazardous crossing points downstream, to reach them, whatever direction one is travelling in, one needs to retreat from the 'official' crossing-point to reach grassland and then descend the grassland until the gullies below the official crossing point have been bypassed. (reported 2016)

The crossing at NH 373 976 on the Allt nan Caisean in **Glen Elg** is a ford and has been reported as a particular issue in rain, swelling to over 3m wide and thigh depth. Alternative routes can be found around this (going south) by going off path along the side of the hill.

Strathfarrar has a unique access agreement for vehicles details of which can be found here <https://www.mountaineering.scot/campaigns/safeguarding-access/strathfarrar-access>

Way marked and long distance paths

The DofE *Expedition Guide* says “long distance footpaths should not be used, particularly by Silver and Gold teams, except in small sections to link up other paths.” (page 10, also see page 39). The quality of way-marked and long distance paths in Scotland varies considerably – some are concepts that don’t exist on the ground (for example the Skye and Cape Wrath trails) while others are clearly signposted heavily used routes (for example, the West Highland Way).

In some areas there are no alternatives to some way-marked paths. Teams may use these, but should not plan an expedition with more than half a day continuously on the same route. Heavily used way-marked paths provide little navigational challenge, undermine the sense of isolation, and potentially have negative environmental impacts, and therefore should be avoided by DofE teams as much as possible. Any such routes in this area have been highlighted in the above advice about route updates.

Scottish Hill Tracks

Scotways, the Scottish rights of way and access society, publishes ***Scottish Hill Tracks***, a book listing rights of way across Scotlands uplands. This is an excellent resource for ideas for routes as some paths are not shown connecting on a map where historic routes exist. Scotways are also interested to hear about any issues with paths and routes.

Core paths

Under the Land Reform (Scotland) Act 2003 every local authority and National Park authority (access authority) in Scotland was required to draw up a plan for a system of core paths that gives the public reasonable access throughout their area. Some of these paths do not yet appear on OS maps, and may help DofE teams link up routes. All core paths can be seen **on the SNH website**, with links to details from each council.

Campsites

Serviced sites:

There is free camping, but no facilities except water, at Shieldaig.

There are commercial sites at

- *Ullapool* -Broomfield Holiday Park, West Lane, Ullapool 01854 612664
<http://www.broomfieldhp.com/>
- *Evanton* -Black Rock Camping & Caravan Park, Balconie Street 01349 830917
<https://www.blackrockscotland.com/>
- *Dingwall* -Jubilee Park Site, Jubilee Park Road, Dingwall 01349 822236
<http://www.campingandcaravanningclub.co.uk/campsites/uk/highlands/dingwall/dingwall>
- *Gairloch* - Gairloch Camp Site, 1 Starth, Gairloch 01445 712373
<http://www.gairlochcampsite.co.uk/>
- Sands Holiday Centre 01445 712 152
<http://www.sandscaravanandcamping.co.uk/>
- *Lochcarron* – The Wee campsite, Croft Road, Strathcarron, Highland, IV54 8YA 07876 642355
<https://www.facebook.com/oncroftroad/>
- *Torridon* Next to public toilets, near youth hostel (NG 905 557) no phone.
https://www.highland.gov.uk/info/379/countryside_facilities_and_wildlife/44/our_camping_sites/2
- *Inverness* Municipal camp site, The Bucht, Inverness 01445 712345
https://www.highland.gov.uk/info/379/countryside_facilities_and_wildlife/44/our_camping_sites
- *Kinlochewe* Kinlochewe Caravan Club Site, Achnasheen, Highlands, IV22 2PA 01445 760239
<https://www.caravanclub.co.uk/club-sites/scotland/highlands/kinlochewe-caravan-club-site/>
- *Tain* - Dornoch Firth Caravan Park, Meikle Ferry South, Tain, Ross-shire, IV19 1JX 01862 892292
<http://dornochfirth.co.uk/>

- *Applecross* – Applecross Campsite, by Strathcarron, Ross-Shire, IV54 8ND 01520 744268
<http://applecross.uk.com/campsite/>
- *Poolewe* - Inverewe Gardens Camping and Caravanning Club Site, Poolewe, Achnasheen, Highlands, IV22 2LF 01445 781249
<http://www.campingandcaravanningclub.co.uk/campsites/uk/highlands/achnasheen/inverewegardens>
- *Badrallach (Loch Broom)* – Dundonnell, Ross-shire, IV23 2QP 07435 123 190
<http://www.badrallach.com/stay/camping.html>

Wild camping

Scottish access rights (see the [Outdoor access code section](#) for further information) extend to wild Camping for small groups (i.e. individual expedition teams), although the DofE still recommends that, as a courtesy to land owners concerned and to maintain existing good relations, expedition teams inform them of their intentions. It is reasonable for owners to react by saying why a particular site might be unsuitable and to suggest alternatives.

If multiple teams from the same DofE centre intend to camp at the same location, this falls outside the definition of 'Wild camping' permitted under access rights. Therefore, centres planning to camp with multiple teams in the same location should always seek permission from the landowner.

Teams should not camp too close to the buildings at Letterewe. (NG 952 713)

Teams should consult the advice on camping in the *Expedition Guide* (page 101), there are also lots of useful information resources about wild camping;

- [Mountaineering Scotland](#) has lots of good advice, with links to their minimal impact and 'where to go in the outdoors' leaflets
- [The Outdoor Access Code website](#) has advice on responsible wild camping, including various information downloads.

Travel and transport to the area

Inverness is the gateway town for the whole area. Most groups come by minibus but with a bit of planning and timetable study the train allows good access to start or finish points. Using public bus services is trickier.

By Air. The only airport is Inverness Airport 9 miles east of Inverness. Flights daily from Gatwick, Glasgow, Manchester, Luton and Stansted.

By Bus Regular Services from Aberdeen, Edinburgh, Glasgow and London including the very cheap "Megabus" Bus. Services to Ullapool are frequent but to those other parts of the area where expeditioners could be heading are less so.

By Train Frequent services from London, Aberdeen, Glasgow and Edinburgh to Inverness. There are 3 trains daily from Inverness to Wick and to Kyle of Lochalsh. The line to Wick stops at Invershin for Carbisdale Castle Youth Hostel which makes a superb base for the East of the area. Unfortunately due to flooding it is closed for the 2014 season. The equally scenic line to Kyle of Lochalsh runs close to the southern boundary. Achnasheen and Achnashellach stations are both ideal bases for expeditions in the west and centre of the area.

Road works

Road closures and works in the area can have a serious impact on the ability of team's and leaders to get to and from expeditions, and for supervisors and assessors getting around due to the lack of quick alternative routes. Information about current or planned noticed road works in Scotland is available at [the Scottish Road Works Register](#)

Hazards

Ticks

Ticks are small, blood sucking creatures found across the uplands of Scotland, especially in areas with lots of deer and sheep. Some ticks carry Lyme disease, which is treatable but can be tricky to diagnose. Teams should be made aware of the risks of Lyme disease and how to reduce the risk of being bitten. All teams should carry a tick remover and check themselves daily.

There are several useful information resources about ticks;

- The organisation Lyme Disease Action has useful downloadable **leaflets about ticks and Lyme disease**.
- **Stop the tick** has lots of infographics (some a bit graphic, but informational)
- Lyme disease UK has posters and leaflets as part of their **Wake up to Lyme campaign**, as well as detailed information about the disease

Midges

The biting midge is particularly prolific in parts of Scotland, and worst in late Spring through to early Autumn. The detrimental effect midges can have on an expedition is not proportionate to their tiny size, and should not be underestimated, especially with teams unused to them. During this summer period teams should carry midge nets, insect repellent and clothes to provide full coverage (including gloves and long sleeved tops) and first aid kits should include antihistamines to reduce discomfort. Teams should also be aware of how to reduce their impact including:

- choice of campsite (in direct sunlight and breezy, ideally in both morning and evening)
- choice of clothing (pale, bright, and smooth rather than dark, wooly, or fleecy)
- campcraft (menu planning, positioning of tents, keeping tent doors closed)

Snakes

There are Adders (the UK's only venomous snake) in the area. They are not aggressive or commonly seen, but they will bite if stood on, sat on, or picked up. Because of this teams who are wild camping should always wear shoes (which the snakes cannot bite through) and not walk around bare foot, in socks, or in sandals such as flip-flops. If anyone has the unusual misfortune to be bitten, then medical assistance must be sought urgently.

Drinking water

Watercourses across Scotland can contain a variety of waterborne infections. Therefore, when wild camping it should not be assumed that streams and rivers are clean sources of drinking water, especially due to the high density of livestock and deer across large areas. Leaders should refer to the DofE *Expedition Guide* advice on taking water from streams (pg 122). Other good sources of information about health and hygiene outdoors (including issues around drinking water) are the NHS advice about **avoiding bugs and germs outdoors**, and the Mountaineering Scotland advice on **health and hygiene**.

River crossings

Rivers and streams throughout the area rise quickly after rain, or during snow melt, and careful consideration should be given to any route which involves river crossings. Even small streams can quickly become completely impassable and larger rivers can become very dangerous even if the rain has not been falling in the immediate vicinity of the planned crossing.

All teams should understand what to do in case of streams rising – stream levels will fall as fast as they rise and often waiting overnight is all that is needed. In case of snow melt, peak levels are often late afternoon/evening, and the lowest levels in the morning. Teams planning river crossings must have an alternative plan in the event of continued wet weather.

Hours of daylight

All visitors, especially those from the south, need to be aware of the shortness of daylight hours in the expedition shoulder season; March has 11 hours of daylight and the October half term a little over 9 hours.

Emergencies and Incidents

Mountain rescue

In Scotland, responsibility for the provision of rescue facilities rests with the Police Force - who will call out/co-ordinate mountain rescue as appropriate. Teams must be clear that if they need to call for help they must ask for the police, and then ask for mountain rescue. Teams may not be connected to the nearest police control

room to their location, so should be clear on the general area they are in, and their exact location. **Scottish mountain rescue** has advice about the process of calling for help, and the information that should be supplied.

Teams must be trained to supply the control room with a six-figure grid-reference for their location, including the two-letter prefix code e.g. NX 345 678 not 345 678. 'GR' is not the correct prefix for any location; it is a commonly used shorthand for 'grid refence'. There is information about six figure grid references **the Ordnance Survey website**. Correct provision of a full six figure grid-reference is essential as the police computer system will not be able to interpret a grid reference without this two-letter prefix. Also, some Network Areas in Scotland have intersections of the letter labelled 100 km² grid squares in their centre, so a mistake may lead to significant delays in support from Mountain Rescue. DofE Scotland strongly recommend that all DofE route cards are prepared including two letter prefixes to avoid delays or uncertainty in emergency situations.

The Mountain Rescue teams that cover the expedition area are **Torridon**, **Dundonnell**, and **Kintail**.

Remember that in case of an incident both the team's Licenced Organisation and the **Scottish Expedition Network Coordinator** should be notified using the DofE Incident Report Form (available through the resources zone in eDofE).

Mobile signal

It should be noted that in many parts of the area telephone boxes are rare and the mobile phone network reception is limited/non-existent away from centres of population and cannot be relied upon for getting assistance. Therefore, teams must know how to deal with an emergency in a location without mobile phone signal.

Teams should be encouraged to **sign up for the 999 text service** in advance of their expedition to give them the best chance of contacting emergency services in an emergency.

Outdoor access code

The Land Reform (Scotland) Act 2003 has been implemented through the Scottish Outdoor Access Code. This provides access rights for the purposes of recreation or education across most of the land and inland water in Scotland. This includes mountains, moorland, woods and forests, grassland, margins of arable crop fields, paths/tracks, rivers and lochs, and the coast. These access rights are balanced with responsibilities towards the environment and the interests of those who make a living from the land.

Three key principles of access

- Take responsibility for your own actions
- Respect the interests of other people
- Care for the environment.
-

For further information (including a downloadable e-book) visit **www.outdooraccess-scotland.com**

Any access issues should be reported to the **Scottish Expedition Network Coordinator** who will investigate.

Landuse

The **Countryside Calendar - Year** gives a month by month snapshot of typical activities and happenings in the farming and wildlife year in Scotland, any may be helpful in planning expeditions and thinking about appropriate aims.

Landowners

To identify the borders of estates see **www.whoownsscotland.org.uk**. There is a subscription option which gives access to see contact details.

Lambing

Sheep and lambing season cans start as early as February and can continue until the end of May and lambing ewes must not be disturbed. If an apparently 'lost' lamb is seen - do not touch or intervene, as the mother will not be far away. At all other times it is advised that teams should pass through sheep quietly and if possible at a distance in an effort not to disturb and stress them.

Traps

Teams may observe traps on the high moorland. These should not be touched or disturbed as they have been set by the game keepers to catch predators to the ground nesting birds, typically the Hooded Crow.

Scottish game seasons

During the deer stalking season teams should utilise the '[Heading for the Scottish Hills website](#)' in addition to contacting landowners to find out where and when shooting will be taking place. Teams should stay on recognised footpaths whilst in these areas for safety reasons.

Game	Season Opens	Season Closes
Salmon/Sea Trout	Jan/Feb	October (dates vary)
Trout	15th March	6th October
Roe Deer (bucks)	1st April	20th October
Red & Sika Deer (stags)	1st July	20th October
Fallow Deer (bucks)	1st August	30th April
Grouse & Ptarmigan	12th August	10th December
Snipe	12th August	30th January
Black Grouse	20th August	10th December
Wild Fowl	1st September	30th January
Partridge	1st September	31st January
Capercaillie & Woodcock	1st October	30th January
Pheasant	1st October	31st January
Roe Deer (does)	21st October	31st March
Red, Sika, & Fallow Deer (hinds)	21st October	15th February

Bothies

Bothies are basic shelters in the hills. Many are open to the public for use and managed by the [Mountain Bothies Association \(MBA\)](#). If teams plan to use a bothy for lunch or shelter they should be aware of the [MBA's bothy code](#).

DofE teams are generally advised not to camp within close proximity to a bothy without permission from the owner because of problems that come with the pressure of numbers. This often leads to issues with pollution from human waste, so risk assessment would suggest these sites are not appropriate as a campsite.

You can find more information about use of Bothies, via the DofE ['Use of Bothies information sheet'](#)



Weather forecasts

- The Met Office provides:
 - [Forecasts with summaries for the region and 7 day detailed forecasts for the chosen town/village.](#)
 - [Surface pressure charts](#)
 - [Mountain area forecasts for the Northwest Highlands](#). This included a forecast for the region, with forecasts for individual summits available. These summit forecasts are for the summit height of the mountain, which should be considered when teams interpret them.
- [The Mountain Weather Information Service \(MWIS\)](#) provides 72 hour forecasts for 5 Scottish regions. These forecasts are for the summits of the mountains which must be considered when interpreting them for DofE use. They provide some interpretation which can assist participant understanding. The forecast area that covers the expedition area is [North-west highlands](#).
- Outdoor conditions forecasts are available on BBC Radio Scotland (FM: 92.8-94.7, MW: 810) at 18:25 Monday-Friday, and on Saturday and Sunday at 07:00 and 19:00.

Useful Links

There are Tourist Information Bureaux in Ullapool, Inverness & Strathpeffer.

Before coming you should find all you need to know on <http://www.visithighlands.com/>

DofE resources

The current DofE expedition kit list can be downloaded from:

www.dofeshopping.org/expedition-kit

A range of expedition downloads, such as the Green Form and spare expedition safety cards, can be downloaded from: www.dofe.org/leaders/resources-and-downloads/expedition-downloads/.

Further information of the Expedition section can be found at: www.dofe.org/doing-your-dofe/activities-sections/expedition/