

# coast to coast eco challenge, scotland



This amazing trek from the East to West Coast of Scotland winds through remote areas of the Highlands. The spectacular landscape of glens and hill lochs provide a dramatic backdrop to this wilderness challenge. A strong emphasis on the preservation of the environment through camping and trekking means you take part in a really responsible challenge.

Your challenge begins at Bonar Bridge on the East Coast of Scotland. Called just 'Bonar' until the completion of the first bridge across the Kyle of Sutherland in November 1812. You then trek into the Alladale Wilderness Reserve, located one hour North of Inverness in the heart of the Scottish Highlands. The breathtaking landscape provides ample opportunity to recharge your spirit and soul during this adventure.

Day 2 sees your challenge head to the remote Glenbeg Bothy 25kms from the nearest road! This really becomes a wilderness challenge now. Bothies are found in remote, mountainous areas of Scotland and are particularly common in the Scottish Highlands. You will camp here overnight next to the bothy and stream.

From Glenbeg Bothy your final day trekking will take you to Loch Broom, a sea loch where the small town of Ullapool lies on the eastern shore. Here you will complete your challenge before heading off for a celebratory evening!

## Day 1: Saturday

### Bonar Bridge, East Coast of Scotland to Alladale Wilderness Reserve - 20kms/330m ascent

This morning you will be collected from Inverness train station and will transfer (approx 1hr 10mins) to Bonar Bridge for the start of your challenge. Here you will be met by your expedition leader and support team and be given a safety briefing on the challenge ahead as well as carrying out a pre-departure kit check. You will also be able to introduce yourself to the other people undertaking this fabulous challenge with you. Starting at the coast at Bonar Bridge, the challenge walks upstream following the river along a fisherman's path, through small gorges and along the beautiful riverbank for 7kms to Easter Gruinards. The route then heads into the foothills of Sutherland and Easter Ross crossing heather and marsh-land, creating your own path. Crossing the foothills will be the most difficult section of the day however there are several hundred beautiful deer on these foothills which you may well spot on route to the top at 270m. The route then descends to Amatnatua, crossing the river on a swing bridge. You will then follow the quiet road and 4x4 track for another 4kms to your first wild camp inside the Alladale Wilderness Reserve. You will set up camp (your tents and kit will have been dropped off for you along with all your food and other camping equipment) and dig your latrine. You will then take a stroll up to Alladale Lodge for refreshments and a talk on the conservation work in the Reserve. You will then return to your camp and cook your evening meal before sleeping in your wild camp for the night.

Approx trekking time: 7-8hrs

**Day 2: Sunday**  
**Alladale Wilderness Reserve to Glenbeg Bothy - 17kms/190m ascent**

After making your own breakfast and packing down the campsite, you will leave all the camping equipment behind for it to be delivered to your next wild campsite at the end of today. From the Alladale Wilderness Reserve you will make your way along the main 4x4 track through Gleann Mor. The route follows the glen along the river with larger and larger mountains flanking both sides. You will pass a large fenced off area set aside to study the reintroduction of wild boar and elk into the Scottish Highlands. The 4x4 track disappears after a while and you make your way following small, old, pony tracks crossing many rivers and marsh land. The views become more and more beautiful as you now head into Gleann Beag continually trending upwards towards the head of this glen. You will pass a weir and then make your way to the Glenbeg bothy which you will now be able to see in the distance. The bothy sits at 350m above sea level. Once again, all your camping equipment will be awaiting your arrival for you to then set up camp as before. The bothy offers an opportunity to cook inside and to sit around a fire talking about the day's challenge before moving into your tents for the night. Approx trekking time: 6-7hrs



**Day 3: Monday**  
**Glenbeg Bothy to Loch Broom on the West Coast - 18kms/410m ascent**

Your final challenge day begins with a hard walk up to the head of the glen on rough terrain, making your own path across heather and rock to the top of the pass at 760m (a height gain of 410m). Once on the top, you will traverse across the pass, around all the small lochans heading for Lochan Sgeireach and a spectacular panoramic view of the Highland Mountains on the West Coast. This is a great spot to stop for lunch. After lunch you will take a small path that heads all the way down the other side of the pass. This leads into a forest where you will follow the forestry tracks all the way down to the slipway on Loch Broom on the West Coast where you complete your challenge! Transport will be waiting for you at the slipway to drive you (approx 10mins) to your evening's accommodation where you will be able to relax, take a shower and enjoy your celebration meal.

Approx trekking time: 6-7hrs



**Day 4: Tuesday**  
**Coast to Coast Departure**

After having a full cooked breakfast, transport will be available to drive you to Inverness to commence your return journey home.

N.B. The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group and so on. We will do our very best to keep to the set itinerary however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

**Optional pre-expedition accommodation**

If you are travelling from a distance to join the challenge you may wish to stay overnight in Inverness the night before (Friday night). This will also give you a rest before the challenge begin (travel advice to Inverness will be provided 3 months prior to departure). If you would like to book accommodation this can be done so for approximately approx £70pp per night. You will need to meet the rest of the group back at Inverness train station on Saturday morning (transfers to be arranged yourself). Please contact Charity Challenge if you wish to request accommodation on the Friday night: [expeditions@charitychallenge.com](mailto:expeditions@charitychallenge.com)