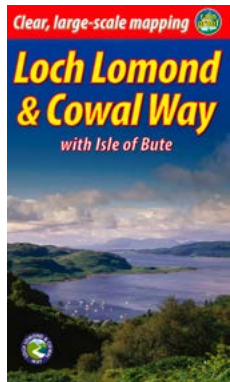


## Loch Lomond & Cowal Way app and guide book

Though the Loch Lomond & Cowal Way is fully waymarked, users may wish to download the free app, or purchase the guide book, to add value to your adventure. The mobile app is free to download. Check [www.lochlomondandcowalway.org](http://www.lochlomondandcowalway.org) for details. The app will show your position on the path, using a map-based system with GPS. Additional information includes an overview of the path in manageable sections, some key attractions and images supported with text and audio, and much more. Our detailed guide book, available to purchase from Rucksack Readers at [www.rucksacs.com/book/loch-lomond-cowal-way](http://www.rucksacs.com/book/loch-lomond-cowal-way), provides readers with a wealth of information, including detailed analysis of the path, easy-to-use maps, local heritage and wildlife, transport links, and much, much more.



## Argyll and the Isles

Argyll and the Isles has an abundance of choices for short breaks or extended holidays. There are many seaside resorts such as Dunoon, the capital of Cowal, or Rothesay in Bute, and also the sea capital of Argyll – the town of Oban. There are also many islands to choose from. The most recognisable is Islay, home to many famous whisky distilleries and brands. The island of Mull is known for its rich wildlife, especially for sightings of whales. Other populated islands include for example Bute, Gigha, Jura, Colonsay, Tiree and Coll.

The area is also home to the Argyll Sea Kayak Trail and six of Scotland's Great Trails are either wholly in Argyll or pass through, including the West Highland Way and the John Muir Way. [See [www.lochlomondandcowalway.org/links](http://www.lochlomondandcowalway.org/links) for more details]

For more information about Argyll and the Isles visit [www.wildaboutargyll.co.uk](http://www.wildaboutargyll.co.uk)

## How to get to the Loch Lomond & Cowal Way

By road there are two main routes to the path. From Glasgow/central belt of Scotland take the M8 towards Greenock and continue to drive to Gourock. There is a car ferry called Western Ferries (distinctive red ferries) and this regular 20 minute sea journey will take you to Dunoon. From Dunoon drive to Portavadie which is approximately 40 minutes by car. Alternatively, if you want to start the walk at Inveruglas, drive along Loch Lomond on the A82, Inveruglas is less than one hour from Glasgow.

If you wish to travel by public transport, there is a Citylink bus from Glasgow Buchanan Street Bus Station (Fort William/Skye service) to Sloy next to Inveruglas, which takes approximately one hour. There is also a train service from Glasgow Queen Street to Ardlui station, which is four miles north of Inveruglas. There are also regular trains from Glasgow Central Station to Gourock, where you can board Argyll Ferries (passenger only service) to Dunoon. The bus stop is at the Dunoon ferry terminal, where you can catch a bus to Portavadie, Tighnabruach, Strachur or Lochgoilhead.

For more detailed travel information, including transport providers and their websites, please visit [www.lochlomondandcowalway.org](http://www.lochlomondandcowalway.org)

## For more information/contact us

For more information, or to contact us, please use any of the following methods:

**website:** [www.lochlomondandcowalway.org](http://www.lochlomondandcowalway.org)

**facebook:** [www.facebook.com/LochLomondCowalWay](https://www.facebook.com/LochLomondCowalWay)

**email:** [ormidale@hotmail.com](mailto:ormidale@hotmail.com)

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# LOCH LOMOND & COWAL WAY

Scotland in 57 miles



[www.lochlomondandcowalway.org](http://www.lochlomondandcowalway.org)



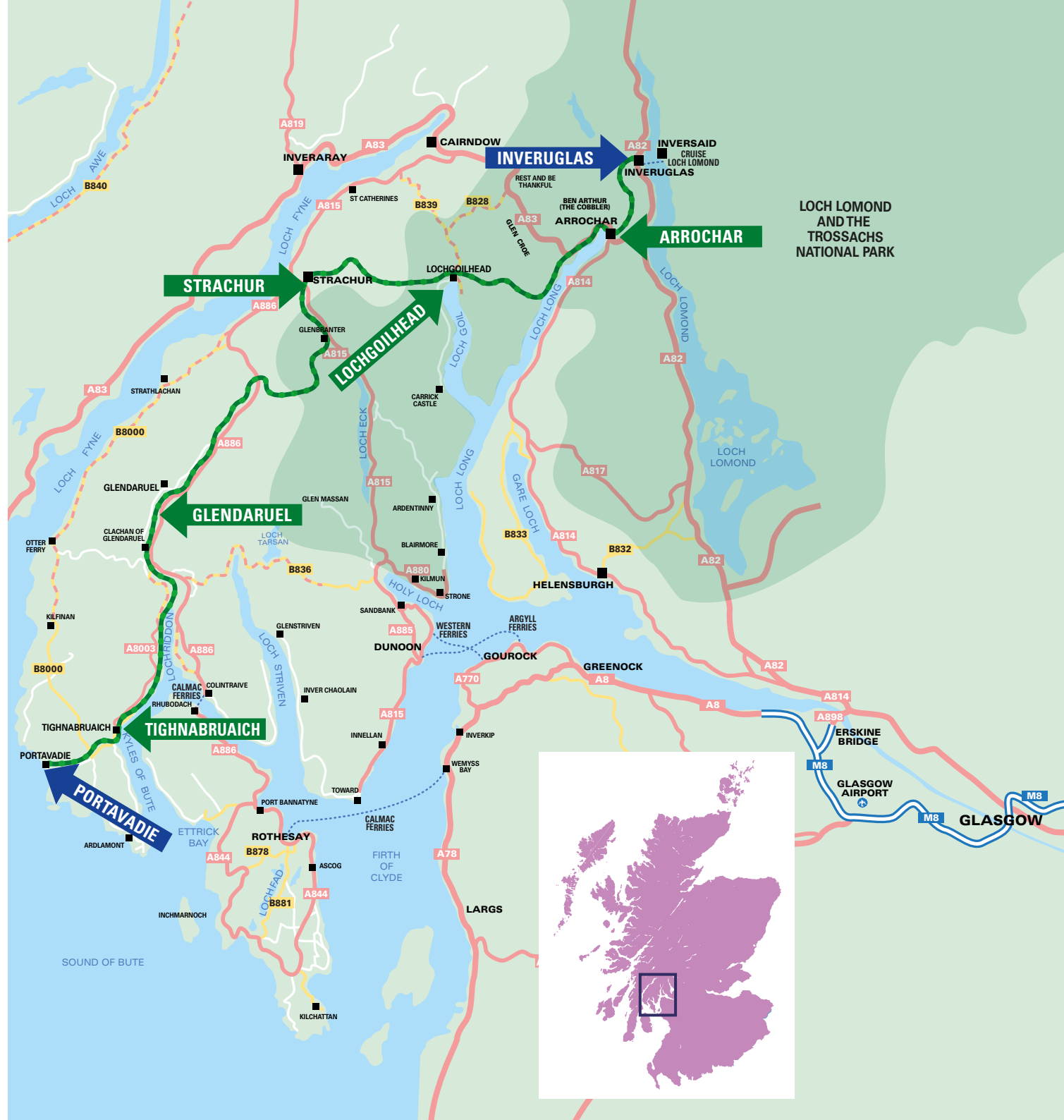
## Walking, Running or Cycling

The Loch Lomond & Cowal Way in Argyll, officially recognised as one of *Scotland's Great Trails*, is Scotland's most diverse and ever-changing long distance route. This very accessible part of the Highlands of Scotland is less than one hour away from Glasgow International Airport, but it is also remote and quiet. The fully waymarked path offers beautiful coastlines, amazing forests and hills, dramatic scenery, engaging heritage sites, an abundance of wildlife, and friendly communities. The path surface constantly changes too, and includes for example footpaths, forest trails, beaches, hills and quiet roads.

The Loch Lomond & Cowal Way originated in 2000 and stretches from Portavadie in south Cowal to Inveruglas at Loch Lomond, passing through the friendly communities of Tighnabruaich, Glendaruel, Strachur, Lochgoilhead, and Arrochar. There are over 100 tourism businesses on or near the Loch Lomond & Cowal Way. This includes: a range of accommodation including hotels, guest houses, B&B's, caravan parks & campsites; a marina with accommodation choices, a leisure centre and spa; a choice of eating places such as restaurants, cafes and coffee shops; a variety of village grocery shops and other retail outlets; outdoor activity centres; and a range of heritage sites and natural beauty spots.

Almost £750,000 has been invested in the path since 2015, making it accessible for walkers and other users.

For more details about the Loch Lomond & Cowal Way visit our website at [www.lochlomondandcowalway.org](http://www.lochlomondandcowalway.org), where you can also find details of our dedicated baggage transfer service, where to stay, where to eat, what to see, and much, much more.



LOCH LOMOND AND THE TROSSACHS NATIONAL PARK

