



Ben More Coigach, left, and Speicein nan Garbh-choireachan (Rab Anderson)

the Allt Tarsuinn to reach the road (14.5km; 1170m; 5h 20min).

The easiest and quickest way of climbing both Grahams is to start as for the above route but stay on the initial path which climbs to Sgùrr an Fhìdhleir. Drop off this and climb Ben More Coigach then return to the approach path to descend. This is quick and easy, but an inferior route.

The other favoured route starts as for Beinn an Eoin, (see p266, for details of parking and the initial approach). The path up the left side of the Allt Claonaidh leads through a gate in a deer fence to reach lovely Lochan Tuath where the mighty prow

of Sgùrr an Fhìdhleir rears up ahead. Go round the south side of the lochan and continue up into the corrie to climb up the side of the burn beneath the peak. Towards the top, pass a stone gateway to emerge onto the shoulder and climb to the top of the Fhìdhleir (5.5km; 650m; 2h 20min).

It is possible to take in some of the peaks to the north and west but this involves some back tracking. Otherwise, return to the head of the corrie then continue over onto Ben More Coigach (8.5km; 840m; 3h 20min). The ridge is easily traversed but again involves back tracking.

On the return, the fine conical peak of Speicein Còinnich is worth climbing with a descent made back to the col at its base. From here, rather than return via the approach route down the corrie by the Fhìdhleir, descend a steep grassy slope north-east to go through a deer fence and climb onto Beinn Tarsuinn. Drop off this avoiding any craggy sections to rejoin the path alongside the Allt Claonaidh (14.5km; 970m, 5h). The eastern termination of Beinn Tarsuinn is rockier than the map suggests.

Although Beinn an Eoin gives a nice round on its own (see p266), it can be included with this round from Loch Lurgainn. If climbed on the way in, then it is best to return south-east from the summit for some way before descending to regain the path at the eastern end of Lochan Tuath. The steep ground directly above the loch is awkward to descend. If it is climbed on the way back then a number of ascent lines are possible but will always be easier further east.

From the south, Ben More Coigach can be climbed from the parking area at Blughasary just off the A835, by following the track up the River Runie then round to Loch Eadar dha Bheinn. From the east end of the loch climb onto the shoulder of Speicein Còinnich then over its summit to reach Ben More Coigach. Return the same way.



Ben More Coigach across Loch Kanaird from Ardmair (Rab Anderson)



The impressive rock prow of Sgùrr an Fhìdhleir above Lochan Tuath (Jim Teesdale)

