




WALK/RUN: ADVANCED

If you fancy a bigger day out on foot, this is the route for you. Take the Cowal Way signs to the viewpoint and past Loch Ascog. Staying on the Cowal Way, take the brief bit of tarmac to Millhouse and toward Tighnabruaich to then head up and over the golf course and into Kaimes. Onwards to Tighnabruaich itself, the climbing now starts. Into Kilfinan community woodland and onto the splendid Kilfinan Way. Be sure to stop, look back and marvel!



 Hard route, 21km

 Look out for ticks and traffic