

SPORTING ACTIVITIES.

from
Inverour Guesthouse, Spean Bridge
www.inverourguesthouse.co.uk
T: 01397 712 218

Lochaber has been voted the outdoor capital of Great Britain, so when you choose to come to this area hopefully, you will be able to enjoy the great outdoors and what we have to offer.

This section is just a small selection on what's available.

Nevis Mountain Range



The Nevis Range based on the mountain Aonach Mor, offers all year round mountain access, and is only 5 miles from Inverour.

The mountain gondolas run all year round, to a height of 2150ft and offers sightseers stunning views and the option to enjoy an effortless ride, rather than the more arduous walk.

Mountain Bikes

During the months of May to September the gondola provides access to the thrilling downhill mountain bike track.

The World downhill mountain bike championships are held on Aonach Mor this attracts teams from all over the world who come to compete in the off road, cross country as well as the down hill, for mountain biking enthusiasts its something not to be missed.

Para gliders, and hand gliders, can also be seen as they launch themselves off the mountain to catch the up drafts and soar off into the clouds.

Duel taster flights can be arranged from the centre during the summer months.

Skiers and snowboarders hit the slopes in the winter along with ice-climbers who make use of the ride to reach the winter routes

Britain's only mountain gondola.

The gondolas carry visitors up to 2150ft. The journey takes 15 minutes each way and the gondola seats up to 6 people. It's fun, suitable for all age groups, and most wheelchair users. There are 2 gift shops and a restaurant / bar, at the upper station. On reaching the top there are two marked trails to viewpoints from where you can see the hills of Knoydart, Argour and Moidart, as well as spectacular views over Spean Bridge and Fort William.



Ski and Snow board Facilities.

Nevis range offers the highest Skiing in Scotland, with a great record for good snow conditions running late into the season. Of course situated next to Ben Nevis the pistes have a stunning backdrop!

Lifts & Runs

The highest at 4000ft and the longest run being 2km, there are 12 lifts including 3 chairlifts, 3 t-bars & 4 buttons 35 downhill runs many wide for carving runs.

Ski & Snowboard school

BASI trained instructors of all disciplines. Ski workshops, private lessons.

Crèche

Friendly supervision for 3-7 year olds, at the base station café

Ski Patrol

Professional BASP trained team of patrollers.

Ski patrol provides first aid and emergency care on the slopes free.

Equipment Hire.

From ski suits to skis, poles, snow boards to helmets, everything you could possibly require for your day on the slopes.

Web site www.nevisrange.co.uk

Mountaineering

Glen Spean and the southern end of the Great Glen are the ideal location for exploring the wild and rugged mountains of Scotland's west coast.

Ben Nevis soaring to its impressive 1344 metres and being Britain's highest summit, watches over its southern region, while to the West we have the peaks surrounding Loch Arkaig, East and North the gentler rolling hills, of to the Cairngorms.

The higher peaks can provide challenges for even the most experienced mountaineer, the soaring ridges of Ben Nevis being some of the most exhilarating expeditions in the British Isles.

There's also rock climbing, abseiling, gorge walking and ice-climbing (weather permitting).

Then of course we have a vast array of walks from low level strolls, to ridge walks, forestry tracks to wilderness. Views and climatic change, from lazy streams to raging torrents of course you will also need the equipment to go with it!

Waterproofs, to sun block, you can never tell.

The mountains, hills and glens, of Lochaber should never be underestimated what ever the weather, they offer peace, tranquillity, and abandonment and for those of us who seek this offering, we should be very aware of our surroundings.

Some may need help and advice, we have a local based mountain guide in Roybridge, please feel free to ask us for his number

MUNRO BAGGING:

The Great Glen and Glen Spean, offer the Munro enthusiast paradise, Spean Bridge is the ideal base for totalling up your tops.

North of us are a total of 33 Munros, around Glen Shiel, Loch Quotch and Knoydart.

East are 25 Munros in the area of Loch Laggan, Loch Trieg, Loch Ossain and Loch Enicht.

South there are 18 taking in the Grey Corries, Ben Nevis, Aonachs, and the Mamores

West there are 5 in the area of Loch Lochy, Loch Arkaig and Loch Eil

All these Munros are within a driving time of 30 minutes, but if you want to drive a little longer there are plenty more.

We must also point out that there are the Corbetts in and around this area.

I'm sure that every one who reads this item will not hold it against us, when we point out that care must be taken in every way.

Just a reminder:

DO NOT SET OFF WITH OUT

Waterproofs, spare clothes, food, drink, map and compass, whistle, torch and survival bag.

Leave someone your route.

Tell them how long you expect to be out.

Mobile phones DO NOT ALWAYS WORK IN THE MOUNTAINS. SAFTY FIRST

www.munromagic.co.uk

SPARE CLOTHES

FOOD AND WATER.

MAP.COMPASS (MAKE SURE YOU CAN USE THEM)

WHISTLE, TORCH

SURVIVAL BAG, Leave your route, with someone tell them how long you expect to be out

TELL PEOPLE WHERE YOU ARE GOING HOW LONG YOU EXPECT TO BE.

MOBILE PHONES DO NOT ALWAYS WORK IN THIS AREA.

ICE FACTOR Indoor Climbing at Kinlochleven

VERTICAL DESCENT at Onich

MONSTER ACTIVITIES at South Laggan

WHITE WATER RAFTING.

CANOEING

Less energetic activities:

We have

Fishing, Golf, Cruising on the canal,

Bird watching,

Steam trains, geology, seals, otters, bats, dolphins, whale watching, white tailed eagles,

These are just a small selection.

