

# Complete List of Munros February 24, 2025

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“★” indicates a target. “[Y]” indicates I have a printout.

## 1 The Cairngorms

These are ordered clockwise, from the South-East.

### 1.1 South-east Cairngorms

Mount Battock.

Ben Tirran (Glen Cova)

### 1.2 East of Braemar

Morven.

Brown Cow Hill

Conachcraig.

Culardoch and Creag an Dail Bheag

### 1.3 West of Braemar

Càrn na Drochaide, from Linn of Quoich

Sgòr Mòr, from the Linn of Dee

Morrone.

## **1.4 A93**

Creag nan Gabhar

Ben Gulabin

Monamenach (Monega Hill and Glas Maol round from Glen Isla)

## **1.5 Blair Atholl**

1.5.1. Ben Vrackie (Pitlochry). 10km; 787m; 3.5-4hrs. NN 943 595. OL49.

1.5.2. ★ Ben Vuirich. 22.75km; 673m; 7.5-8hrs. NN 905 671 (summit at 997 700). OL51.

1.5.3. ★ Beinn Mheadhonach. 22.25km; 857m; 7-8hrs. NN 874 662 (Glen Tilt; summit at 880758). OL49 and OL51.

1.5.4. ★ Beinn Bhreac, from Calvine. 41.25km; 1054m; 10-12 hrs; cycle to Bruar Lodge, c. 13km. NN 804 657 (summit at 869 820). OL49 and OL51.

## **1.6 Pass of Drumochter**

1.6.1. ★ Gaick Corbetts: An Dun and Meall Creag an Loch. 28km; 959m; 9-10hrs; cycle to Sronphadruig Lodge. NN 723 702 (signed “Trinafour”, 1.2km after start of dual carriageway). [Y]

1.6.2. Meall na Leitreach, from Dalnaspidal. 7.75km; 407m; 2.5-3hrs. NN 645 732 (summit at 641 703). OL51. Could combine with following.

1.6.3. The Sow of Atholl, from Dalnaspidal. 7km; 393m; 2.5-3hrs. NN 645 732 (summit at 625 741). OL50.

## **1.7 Dalwhinnie**

1.7.1. ★ The Fara. 21.5km; 775m; 6.5-7.5hrs. NN 633 846 (Dalwhinnie). OL50. [Y]

## **1.8 Glen Tromie**

1.8.1. ★ Meallach Mhòr. 25km; 734m; 7-8hrs. NN774997. OL56. [Y]

## 1.9 Glen Feshie

- 1.9.1. ★ Leathad an Taobhain and Càrn Dearg Mòr. 33.5km; 989m; 9–10hrs. NN850985. OL51, OL56 and OL57. [Y]

## 1.10 Glen More and the Ski Centre

- 1.10.1. Meall a' Bhuachaille circuit, Glenmore. 8.5km; 543m; 3.5–4.5hrs. NH 977 098 (summit at 991 116). OL57.
- 1.10.2. ★ Creag Mhor. 32km; 868m; 8–10hrs. NH 983 088. OL57. Maybe combine with Bynack More. [Y]

## 1.11 East

Geal Charn  
Càrn Ealasaid  
Càrn Mòr (Ladder Hills)  
Corryhabbie Hill  
Ben Rinnes

## 2 South West

### 2.1 A83 area

- 2.1.1. The Cobbler. 11km; 920m; 4–6hrs. NN 294 048. OL39(S).
- 2.1.2. The Brack and Cnoc Còinnich. 15.5km; 1086m; 6–7.5hrs. NN 269 037. OL39(S) and OL37 Buy..
- 2.1.3. Beinn Luibhean. 4.5km; 674m; 3–4hrs. NN 242 060. OL39(S).
- 2.1.4. Ben Donich. 7.5km; 575m; 3.5–4.5hrs. NN 227 069. OL39(S).
- 2.1.5. Beinn Bheula. 12km; 798m; 5–6hrs. NS 187 998. OL37 Buy..
- 2.1.6. Beinn an Lochain. 5.5km; 720m; 3–5hrs. NN 234 088. OL39(S).
- 2.1.7. Binnein an Fhìdhleir (or Stob Coire Creagach). 7km; 845m; 3–5hrs. NN 234 095. OL39(S).

## **2.2 Loch Lomond**

- 2.2.1. Meall an Fhudair, near Inverarnan. 14.5km; 901m; 5–6hrs. NN 320 198 (on verge). OL39(N). [Y]

## **2.3 Crainlarich**

- 2.3.1. Beinn nan Imirean, Glen Dochart. 11km; 704m; 5–6hrs. NN 448 275. OL46(N) and OL48. Could combine with Meall Glas and Sgiath Chuil.

## **2.4 Tyndrum**

- 2.4.1. Beinn Chuirn. 16km; 706m; 5.5–6hrs. NN 343 291 (Dalrigh) (summit at 280 293). 377(E).
- 2.4.2. Beinn Odhar, Beinn Chaorach and Cam Chreag. 21km; 1367m; 7–8hrs. NN 329 304 (Tyndrum). 377(E). (Return via Auchtertyre.) Could be combined with following.
- 2.4.3. Beinn a' Chaisteil and Beinn nam Fuaran. 21.5km; 1030m; 7.5–8hrs. NN 328 331. 377(E). Could be combined with previous.

## **2.5 Glen Orchy**

- 2.5.1. Beinn Udlaidh and Beinn Bhreac-liath. 12km; 911m; 5.5–6hrs. NN 277 367 (west of bridge). 377(E). [Y]
- 2.5.2. Beinn Mhic-Mhonaigh. 13.5km; 752m; 4–5hrs. NN 243 320. 377(E). (Via Airigh Chailleach.)

## **2.6 Loch Awe**

- 2.6.1. ★ Beinn a' Bhuiridh via Monadh Driseig. 11.5km; 862m; 5–6hrs. NN 132 283. 377.

## **2.7 Mull**

Dùn da Ghaoithe

## **2.8 Glen Creran**

Creach Bheinn

## **2.9 Jura**

The Paps of Jura (Beinn an Oir)

## **3 Central**

### **3.1 Glen Turret, Glen Lednock**

This is the area reached via the A85, between Crief and Loch Earn.

3.1.1. Auchnafree Hill from Loch Turret. 18.25km; 623m; 5–6hrs. NN 820 264. OL47.

3.1.2. Creag Uchdag from Glen Lednock. 15km; 667m; 5.5–6.5hrs. NN 743 273. OL47 and OL48. Could be combined with Ben Chonzie.

### **3.2 South of Loch Tay**

3.2.1. Creagan na Beinne. 18km; 775m; 5–6hrs. NN701392. OL48.

### **3.3 Loch Earn**

3.3.1. Meall na Fearna. 12.25km; 730m; 4.5–5.5hrs. NN 632 232. OL47.

### **3.4 Loch Lubnaig**

This is the area reached from the A84 between Callandar and Lochearnhead.

3.4.1. Beinn Each. 7km; 693m; 3.5–4.5hrs. NN 582 137. OL46. Could be combined with Ben Vorlich (return via Glen Ample).

3.4.2. Ben Ledi. 10km; 760m; 4–6hrs. NN 587 091. OL46. Could combine with Benvane.

### **3.5 Inversnaid**

3.5.1. Beinn a' Choin. 8.75km; 697m; 5–6hrs. NN 348 096. OL39.

### **3.6 Loch Voil**

- 3.6.1. Benvane from Glen Buckie. 8.75; 617m; 4–5hrs. NN 529 174. OL46.
- 3.6.2. Beinn Stacath from Glen Buckie. 12.75km; 653m; 4.5–5.5hrs. NN 529 174. OL46.
- 3.6.3. Stob a' Choin, from Inverlochlarig. 10.5km; 790m; 6.5–7hrs. NN 445 184. OL46.

### **3.7 Lochearnhead**

- 3.7.1. Creag Mac Ranaich and Meall an t-Seallaidh. 20.75km; 984m; 7–8hrs. NN 593 237. OL46.

### **3.8 Glen Lochay**

- 3.8.1. Meall nan Subh. 12.75km; 602m; 3–4hrs. NN 476 368. OL48. Could be combined with Meall Ghaordaidh.
- 3.8.2. Beinn nan Oighreag. 15.5km; 803m; 5–5.5hrs. NN 539 352. OL48. Could be combined with Meall Ghaordaidh.

### **3.9 Ben Lawers area**

- 3.9.1. Meall nam Maigheach. 5.5km; 270m; 2–2.5hrs. NN 582 416. OL48.

### **3.10 Glen Lyon**

- 3.10.1. Meall Buidhe and Sròn a' Choire Chnapanich. 15.75km; 921m; 6–6.5hrs. NN 459 419. OL48(W). Could be combined with Stuc an Lochain and Meall Buidhe as a tour of Loch an Daimh.
- 3.10.2. Cam Chreag. 12.75km; 640m; 3.5–4hr. NN 586 475. OL48(E/W). Could be combined with following.
- 3.10.3. Beinn Dearg. 10.5km; 627m; 3.5–4hr. NN 586 475. OL48(E).

### **3.11 Foss**

- 3.11.1. Meall Tairneachan and Farragon Hill. 17.25km; 878m; 5.5–6.5hrs. NN 780 561. OL49.

### **3.12 Loch Rannoch**

- 3.12.1. Beinn a' Chuallaich. 10.5km; 678m; 4–5hrs. NN 707 614. OL49(W).
- 3.12.2. Stob an Aonaich Mhòir. 28.5km; 649m; 7.5–8.5hrs. NN 521 582 (summit at 937 693). 385.
- 3.12.3. ★ Beinn Pharlagain, near Rannoch Station. 18.25km; 640m; 5.5–6hrs. NN 446 578. 385. Could be combined with Sgor Gaibhre and Carn Dearg.

## **4 Glen Coe and Fort William**

### **4.1 Glen Etive**

- 4.1.1. ★ Beinn Mhic Chasgaig. 9.75km; 752m; 5.5–6hrs. NN 197 512 (summit at 221 502). 384.
- 4.1.2. ★ Stob Dubh. 11.5km; 1005m; 7.5–8hrs. NN 197 512 (summit at 166 488). 384.
- 4.1.3. Beinn Maol Chaluim. 8km; 844m; 5–6hrs. NN 148 493 (summit at 135 526). 384.
- 4.1.4. Beinn Trilleachan. 8.75km; 1000m; 6–7hrs. NN 111 453. 377 and 384.

### **4.2 Glen Coe**

From East to West.

- 4.2.1. Beinn a' Chrùlaiste. 11km; 652m; 4–5hrs. NN 221 563. 384.
- 4.2.2. Meall Lighiche (with Sgòr na h-Ulaidh). [Y]
- 4.2.3. ★ Fraochaidh. 21km; 1113m; 7–8hrs. NN 083 584 (Ballachulish) (summit at 029 517). 384.

### **4.3 Loch Leven**

- 4.3.1. Garbh Bheinn. 6km; 865m; 4.5–6hrs. NN 142 607. 384.
- 4.3.2. Glas Bheinn. 20.75km; 889m; 7–8hrs. NN 187 622 (Kinlochmore). Circuit via Loch Eilde Mor, Meall na Cruaidhe and Blackwater Reservoir. 384 and 392.

4.3.3. Mam na Gualainn. 19.5km; 1084m; 7–8hrs. NN 187 622 (Kinlochmore).

## **4.4 Ben Nevis Range, from North**

4.4.1. Cruach Innse and Sgùrr Innse. 13km; 890m; 6–7hrs. NN 255 788. 392.

## **5 A86**

Described from West to East. East of Roybridge, including Newtonmore area.

### **5.1 Corrour**

5.1.1. Leum Uilleim. 9.5km; 524m; 3–4.5hrs. Alternatively from Kinlochleven.

### **5.2 Glen Roy**

5.2.1. Beinn Iaruin and Leana Mhor. 8.75km; 786m; 4.5–5hrs. NN 300 880. 400.

5.2.2. Càrn Dearg. 9km; 674m; 4–6hrs. NN 330 909. 400.

5.2.3. The Eachach Càrn Deargs. 14km; 767m; 5.5–6hr. NN 334 911. 400.

### **5.3 Above Lagan**

5.3.1. Meall na h-Aisre. 13km; 611m; 4.5–5hrs; NN 522 947 (Garva Bridge)

5.3.2. Gairbeinn. 15.5km; 754m; 5–6.5hrs. NN 467 959 (apparently possible to drive to Melgrave; alternatively, starting at Garva Bridge adds 12km). 400.

### **5.4 Loch Ness**

5.4.1. Càrn a' Chuilinn. 17.25km; 681m; 5–6hrs. NH 396 088 (summit at 416 034). 400.

5.4.2. Càrn na Saobhaidhe. 417 Buy. From north.



## 5.5 Kingussie

- 5.5.1. Càrn an Fhreicheadain. 18km; 682m; 4–5hrs. NH 755 007 (Kingussie) (summit at 725 072).

## 5.6 Aviemore

- 5.6.1. Geal-charn Mòr. 12.5km; 608m; 3–4.5hrs. NH882107 (Lynwilg, signed from A9) (summit at 837 124). OL57 and 417 [Buy.](#) or [Needs printout.](#)

# 6 Loch Eil, Knoydart, Glen Dessarry, Loch Lochy and Loch Quoich

This area is broadly North of the Great Glen, but South of Glen Shiel.

## 6.1 Corran Peninsular

Mostly 391 [Buy.](#)

- 6.1.1. Stob Coire a' Chearcaill. 14km; 789m; 4.5–6hrs. NN047771
- 6.1.2. Beinn na h-Uamha. 16km; 835m; 7–8hrs. NM978629.
- 6.1.3. Garbh Bheinn. 8km; 978m; 5–6hrs. NM927597
- 6.1.4. Càrn na Nathrach. 17.25km; 886m; 6–7hrs. NM815673. 391 [Buy.](#)
- 6.1.5. Sgùrr Dhomhnuill. 17.75km; 913m; 7–8.5hrs. NM825633.
- 6.1.6. Creach Bheinn & Fuar Bheinn. 16km; 1428m; 7–9hrs. NM866531. 383 buy.
- 6.1.7. Beinn Resipol from Ariundle. 15.25km; 828m; 6–7hrs. NM823643. 390 buy and 391 buy.

## 6.2 Loch Eil, Loch Eilt

- 6.2.1. ★ Braigh nan Uamhachan. 18.75km; 1038m; 7–8hrs. NM 929 798 (Craigag) (summit at 975 866). 398(E).
- 6.2.2. ★ Streap. 18.5km; 1197m; 8–9hrs. NM 929 798 (Craigag) (summit at 947 864). 398(E).

- 6.2.3. ★ The Sgùrr Ghiubhsachain round (Sgùrr Ghuibhsachain, Druim Tarsuinn, Sgùrr Craobh a'Chaorainn). 21.75km; 1454m; 9–11hrs. NM 924 792 (800m after Craigag car park). 391 Buy..
- 6.2.4. Sgùrr an Utha. 9km; 757m; 4–6hrs. NM 873 816 (layby) (summit at 885 839). 398(E).
- 6.2.5. ★ Beinn Odhar Bheag and Beinn Mhic Ceadidh. 14km; 1282m; 6–7hrs. NM 856 813. 398(E) and 391 Buy..
- ★ Rois-Bheinn round (Sgùrr na Ba Glaise, Rois Bheinn, An Stac). 19km; 1649m; 9–10hrs. NM765817. 390 Buy..

### 6.3 Knoydart

All nominally from the pier in Inverie.

- 6.3.1. Beinn Bhuidhe. 19.5km; 1120m; 7–9hrs. Summit at 823 967. 398.
- 6.3.2. Sgùrr Coire Choinnichean. 12.75km; 857m; 5.5–6hrs. 413(S).
- 6.3.3. Beinn na Caillich. 21.5km; 1048m; 8–9hrs. 413(S). Could be combined with Ladhar Bheinn (shares 7km).

### 6.4 Glen Loy

- 6.4.1. Meall a' Phùbuill. 15km; 738m; 5–6hrs. NN093847. 399.
- 6.4.2. Beinn Bhan. 8.5km; 771m; 4–5hrs. NN125831. 399

### 6.5 Glen Arkaig

All except first are from NM987915. Mostly 398(E).

- 6.5.1. Meall na h-Eilde and Geal Charn. 17km; 1017m; 6.5–7hrs. NN 157 892. (in plantation) (summits at 155 942 and 185 946). 399.
- 6.5.2. Sgùrr Mhurlagain and Fraoch Bheinn. 15km; 1243m; 6.5–8hrs. 398(E) & 399.
- 6.5.3. Sgùrr Cos na Breachd-laoidh. 13km; 861m; 6–7hrs. Summit at 948 947. Could be combined with Sgurr Mor.

6.5.4. Càrn Mòr. 21km; 1015m; 6.5–7.5km. Summit at 905 910. Could be combined with following (shares 11km; long day; also possible to use A’Chuil bothy).

6.5.5. Bidein a’ Chabair. 26km; 1095m; 9–10hrs. Summit at 888 930.

## **6.6 Loch Lochy**

6.6.1. Ben Tee. 10km; 911m; 4.5–6hrs. NN 278 958 (or Laggan Locks) (summit at 241 972). 400

## **6.7 Loch Quoich**

6.7.1. ★ Ben Aden. 26.75km; 950m; 11-13hrs. NG 993 034 (summit at 898 986). 414(S) & 398(E). If reservoir full, add an hour.

6.7.2. ★ Sgùrr a’ Choire-bheithe. c. 27km. NG 993 034. 414(S) & 398(E). (“Truly epic”). Alternatively from Barrisdale Bay (4.5–5.5hrs).

6.7.3. Sgùrr nan Eugallt. 9.5km; 786m; 4.5–5hrs. NG958055 (summit at 927 048). 414(S) & 413.

6.7.4. Buidhe Bheinn. 12km; 1070m; 5.5–6hrs. NG 950 065 (Kinloch Hourn) (summit at 963 090). 414(S)

## **7 Far North**

This is the area north of Garve and east of Poolewe.

### **7.1 Strathgarve**

Little Wyvis

### **7.2 Dirie More**

Beinn a’ Chaisteil via Strath Vaich. Could be combined with following.

Càrn Bàn via Strath Vaich (or via Alladale)

Beinn Liath Mhòr a’ Ghiubhais Li

Beinn Enaiglair from Braemore Junction

## **7.3 A832**

7.3.1. Creag Rainich

7.3.2. ★ Beinn a' Chlaidheimh (part of Fisherfield Six).

7.3.3. ★ Beinn Dearg Mòr and Beinn Dearg Bheag from Shenavall (or via Gruinard).

7.3.4. ★ Sail Mhor. 12km; 825m; 5.5–6hrs. NH053897. 435..

## **7.4 From Poolewe**

Beinn Airigh Charr

Beinn a' Chaisgein Mòr

Beinn Lair (combine with previous and camp)

## **7.5 Assynt**

Cùl Beag

Cùl Mòr

Canisp

Breabag

Glas Bheinn

Quinag: Spidean Coinich, Sail Gorm, Sail Gharbh

## **7.6 Sutherland**

Ben Hee

Beinn Leoid and Meallan a' Chuail (Fiona)

Meallan Liath Coire Mhic Dhughail

Meall Horn

Arkle (could combine with previous).

Foinaven

Cranstackie and Beinn Spionnaidh

Ben Loyal

## **7.7 Easter Ross**

West of Bonar Bridge.

Càrn Chuinneag

Càrn Bàn via Alladate (or via Strath Vaich) (can cycle in)