Nevis John Muir trust

Exploring Ben and Glen Nevis

Most visitors climb Ben Nevis using the path accessed from the visitor centre known as the mountain track. This track reaches the summit via a series of sharp bends, known as the zigzags, up the western face of the mountain. Experienced hill walkers often ascend Càrn Mòr Dearg and continue to Ben Nevis along the spectacular but exposed Càrn Mòr Dearg arête.

Upper Glen Nevis can be explored from the public car park in the glen. A short walk through the spectacular wild wooded and rocky Steall Gorge brings you to the tranquil Steall meadow, where you can see An Steall Bàn, (the white spout), Britain's second highest waterfall. A wire bridge crosses the Water of Nevis here, leading to the foot of the falls and taking hardy walkers up into the Mamores.

The map on this leaflet is for illustrative purposes only and is not intended for navigation.

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