

One of our favourite canoe trips could be your next adventure



1. Great Glen Canoe Trail

60 miles from Fort William to Inverness, including Loch Ness.

Typically paddled over 4-5 days.

Previous paddling experience required though no technical difficulties. Potential for waves in windy conditions.

Watch out for: Loch Ness..... It's big! Loch Ness Monster; historic Caledonian Canal.

Best for wild-camping with a couple of commercial sites on Loch Ness & comfy B&B in Fort Augustus.



2. River Spey

71 miles from Newtonmore to Spey Bay on the coast.

Typically paddled over 5 days, but shorter options available.

Experience required: previous paddling experience on white-water required. Lumpy grade 2 rapids to negotiate.

Watch out for: Distilleries! Wildlife; Cairngorm mountains; the fishermen & ladies (a great Salmon-fishing river)

Best for wild-camping with riverside & island campsites along the route.



3. Loch Lomond

23 miles from south to north or a 45 mile round trip possible.

2 days or more for a one-way trip south to north.

Previous paddling experience required though no technical difficulties. Potential for waves in windy conditions.

Watch out for: lots of islands to explore, Ben Lomond as your backdrop; sometimes busy on the water at south end; quiet solitude the further north you go.

Best for easy access from the central belt, small groups, fabby scenery.



Find special places



4. RiverTay

47 miles from Kenmore to Perth. Can be extended with Loch Tay as well.

3 days (tough going), 4 or 5 days better.

Previous paddling experience required. Grade 1-2 rapids plus some Grade 3s, which need to be portaged around.

Watch out for the big rapids, white-water rafters, fishing rods, awesome scenery.

Best for multi-day expeditions, mix of wild & commercial camping, easy access along most of the route.



5. River Glass & River Beauly

16 miles from Fasnakyle Power Station to Aigas Dam.

1 day or 2 lazy days. Also a half-day option at Aigas Gorge.

Previous paddling experience required if starting at Fasnakyle. Grade 1-2 rapids. Grade 1 rapids from Struy (half-way). Nice & flat at Aigas Gorge.

Watch out for the wildlife (Osprey, otters, deer), quiet & peaceful location.

Best for nature lovers, those that like hidden-gems!



6. Loch Shiel, River Shiel & Loch Moidart

Loch Shiel 18 miles, River Shiel (2 miles), Loch Moidart (up to 8 mile round trip).

3 or more days depending on how much island exploration you want to do.

No technical difficulties but paddling experience recommended due to distances.

Watch out for seal colonies, historic islands & ruins, remote location.

Best for variety (fresh water loch, river and sea loch), remote feeling & wild camping. Can extend further for an awesome canoe circuit back to start.



Find some peace & quiet



7. Inverpolly - Loch Veyatie, Fionn Loch & Loch Sionascaig

12 miles or more depending on how much exploring you want to do.

3 days or more recommended (could include Suilven ascent). On the North Coast 500 route.

No technical difficulties but there are 2 tough portages involved between Fionn Loch & Sionascaig. Need to be able to travel light & be totally self-sufficient.

Watch out for amazing landscape including the mountain Suilven, the midges in July & August



8. Glen Affric

19 mile round-trip (if paddling both Loch Beinn a Mheadhoin and Loch Affric).

2 days ideally—to wild camp and explore the islands & inlets.

No technical difficulties, 1 tiring portage between the lochs.

Watch out for 2 beautiful lochs, lots of trees, mountains & the midges in summer!

Best for getting away from it all, inexperienced paddlers, mountain lovers.



How do you go about organising a canoe trip?

If you have your own kit & transport then what are you waiting for?

If you need help deciding on where to go, when to go, how to do it & need the equipment, In Your Element may be able to help you out.

Want to go somewhere else? Ask us for ideas.

Need a guide book for more details—*Scottish Canoe Touring (Pesda Press)* is a good option to start with.

In Your Element contact details:

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