

### Great Glen Canoe Trail - Distances

You are Here ▼	Loch Linnhe	Corpach Upper	Banavie Lower	Banavie Upper (Drop)	Moy Swing Bridge	Gairloch Lower	Gairloch Middle	Loch Lochy				Loch Oich				Loch Ness										Dochfour													
								Gairloch Upper	Glas-dhoire TBR	Laggan Lower	Laggan Upper	Laggan Swing Bridge	Well of Seven Heads	Leitirfean TBR	Aberchalder	Cullochy Upper	Cullochy Lower	Kytra Upper	Kytra Lower	Ft. Augustus Upper	Loch Ness	Knockie TBR	Invermoriston Pier	Foyers TBR	Inverfargaidh Pier	Urquhart Castle	Dores Beach	Bona Lighthouse	Dochgarroch Upper	Dochgarroch Lower	Tomnahurich Upper	Tomnahurich Lower	Muirtown Upper	Muirtown Car Park	Muirtown Lower	Clachnaharry Upper	Beauly Firth		
Loch Linnhe		0.5	2.0	2.5	11.0	12.5	12.5	13.0	24.5	29.0	29.0	31.5	33.0	35.0	37.5	38.0	38.0	41.0	41.0	44.5	45.0	52.5	53.0	61.5	65.0	69.5	78.5	81.0	85.0	85.0	90.5	90.5	92.5	93.0	93.5	94.5	95.0		
Corpach Upper	0.5		1.5	2.0	10.5	12.0	12.0	12.5	24.0	28.5	28.5	31.0	32.5	34.5	37.0	37.5	37.5	40.5	40.5	44.0	44.5	52.0	52.5	61.0	64.5	69.0	78.0	80.5	84.5	84.5	90.0	90.0	92.0	92.5	93.0	94.0	94.5		
Banavie Lower																																							
Banavie Upper	2.5	2.0	0.5		8.5	10.0	10.0	10.5	22.0	26.5	26.5	29.0	30.5	32.5	35.0	35.5	35.5	38.5	38.5	42.0	42.5	50.0	50.5	59.0	62.5	67.0	76.0	78.5	82.5	82.5	88.0	88.0	90.0	90.5	91.0	92.0	92.5		
Moy Swing Bridge	11.0	10.5	9.0	8.5		1.5	1.5	2.0	13.5	18.0	18.0	20.5	22.0	24.0	26.5	27.0	27.0	30.0	30.0	33.5	34.0	41.5	42.0	50.5	54.0	58.5	67.5	70.0	74.0	74.0	79.5	79.5	81.5	82.0	82.5	83.5	84.0		
Gairloch Lower	12.5	12.0	10.5	10.0	1.5		0.0	0.5	12.0	16.5	16.5	19.0	20.5	22.5	25.0	25.5	25.5	28.5	28.5	32.0	32.5	40.0	40.5	49.0	52.5	57.0	66.0	68.5	72.5	72.5	78.0	78.0	80.0	80.5	81.0	82.0	82.5		
Gairloch Middle	13.0	12.5	11.0	10.5	2.0	0.5		0.5	12.0	16.5	16.5	19.0	20.5	22.5	25.0	25.5	25.5	28.5	28.5	32.0	32.5	40.0	40.5	49.0	52.5	57.0	66.0	68.5	72.5	72.5	78.0	78.0	80.0	80.5	81.0	82.0	82.5		
Gairloch Upper	13.0	12.5	11.0	10.5	2.0	0.5	0.0		11.5	16.0	16.0	18.5	20.0	22.0	24.5	25.0	25.0	28.0	28.0	31.5	32.0	39.5	40.0	48.5	52.0	56.5	65.5	68.0	72.0	72.0	77.5	77.5	79.5	80.0	80.5	81.0	82.0		
Glas-dhoire TBR	24.5	24.0	22.5	22.0	13.5	12.0	11.5	11.5		4.5	4.5	7.0	8.5	10.5	13.0	13.5	13.5	16.5	16.5	20.0	20.5	28.0	28.5	37.0	40.5	45.0	54.0	56.5	60.5	60.5	66.0	66.0	68.0	68.5	69.0	70.0	70.5		
Laggan Lower	29.0	28.5	27.0	26.5	18.0	16.5	16.0	16.0	4.5		0.0	2.5	4.0	6.0	8.5	9.0	9.0	12.0	12.0	15.5	16.0	23.5	24.0	32.5	36.0	40.5	49.5	52.0	56.0	56.0	61.5	61.5	63.5	64.0	64.5	65.5	66.0		
Laggan Upper	29.0	28.5	27.0	26.5	18.0	16.5	16.0	16.0	4.5	0.0		2.5	4.0	6.0	8.5	9.0	9.0	12.0	12.0	15.5	16.0	23.5	24.0	32.5	36.0	40.5	49.5	52.0	56.0	56.0	61.5	61.5	63.5	64.0	64.5	65.5	66.0		
Laggan Swing Bridge	31.5	31.0	29.5	29.0	20.5	19.0	18.5	18.5	7.0	2.5	2.5				6.0	6.5	6.5	9.5	9.5	13.0	13.5	21.0	21.5	30.0	33.5	38.0	47.0	49.5	53.5	53.5	59.0	59.0	61.0	61.5	62.0	63.0	63.5		
Well of Seven Heads	33.0	32.5	31.0	30.5	22.0	20.5	20.0	20.0	8.5	4.0	4.0	1.5		2.0	4.5	5.0	5.0	8.0	8.0	11.5	12.0	19.5	20.0	28.5	32.0	36.5	45.5	48.0	52.0	52.0	57.5	57.5	59.5	60.0	61.5	62.0			
Leitirfean TBR	35.0	34.5	33.0	32.5	24.0	22.5	22.0	22.0	10.5	6.0	6.0	3.5	2.0		2.5	3.0	3.0	6.0	6.0	9.5	10.0	17.5	18.0	26.5	30.0	34.5	43.5	46.0	50.0	50.0	55.5	55.5	57.5	58.0	58.5	59.5	60.0		
Aberchalder	37.5	37.0	35.5	35.0	26.5	25.0	24.5	24.5	13.0	8.5	8.5	6.0	4.5	2.5		0.5	0.5	3.5	3.5	7.0	7.5	15.0	15.5	24.0	27.5	32.0	41.0	43.5	47.5	47.5	53.0	53.0	55.0	55.5	56.0	57.0	57.5		
Cullochy Upper	38.0	37.5	36.0	35.5	27.0	25.5	25.0	25.0	13.5	9.0	9.0	6.5	5.0	3.0	0.5		0.0	3.0	3.0	6.5	7.0	14.5	15.0	23.5	27.0	31.5	40.5	43.0	47.0	47.0	52.5	52.5	54.5	55.0	55.5	56.5	57.0		
Cullochy Lower	38.0	37.5	36.0	35.5	27.0	25.5	25.0	25.0	13.5	9.0	9.0	6.5	5.0	3.0	0.5	0.0		3.0	3.0	6.5	7.0	14.5	15.0	23.5	27.0	31.5	40.5	43.0	47.0	47.0	52.5	52.5	54.5	55.0	55.5	56.5	57.0		
Kytra Upper	41.0	40.5	39.0	38.5	30.0	28.5	28.0	28.0	16.5	12.0	12.0	9.5	8.0	6.0	3.5	3.0	3.0	0.0	0.0	3.5	4.0	11.5	12.0	20.5	24.0	28.5	37.5	40.0	44.0	44.0	49.5	49.5	51.5	52.0	52.5	53.5	54.0		
Kytra Lower	41.0	40.5	39.0	38.5	30.0	28.5	28.0	28.0	16.5	12.0	12.0	9.5	8.0	6.0	3.5	3.0	3.0	0.0	3.5	4.0	11.5	12.0	20.5	24.0	28.5	37.5	40.0	44.0	44.0	49.5	49.5	51.5	52.0	52.5	53.5	54.0			
Ft Augustus Upper	44.5	44.0	42.5	42.0	33.5	32.0	31.5	31.5	20.0	15.5	15.5	13.0	11.5	9.5	7.0	6.5	6.5	3.5	3.5	7.0	7.5	15.0	15.5	24.0	27.5	32.0	41.0	43.5	47.5	47.5	53.0	53.0	55.0	55.5	56.0	57.0	57.5		
Loch Ness	45.0	44.5	43.0	42.5	34.0	32.5	32.0	32.0	20.5	16.0	16.0	13.5	12.0	10.0	7.5	7.0	7.0	4.0	4.0	0.5	0.5	8.0	8.5	17.0	20.5	25.0	34.0	36.5	40.5	40.5	46.0	46.0	48.0	48.5	49.0	50.0	50.5		
Knockie TBR	52.5	52.0	50.5	50.0	41.5	40.0	39.5	39.5	28.0	23.5	23.5	21.0	19.5	17.5	15.0	14.5	14.5	11.5	11.5	8.0	7.5	15.0	15.5	24.0	27.5	32.0	41.0	43.5	47.5	47.5	53.0	53.0	55.0	55.5	56.0	57.0	57.5		
Invermoriston Pier	53.0	52.5	51.0	50.5	42.0	40.5	40.0	40.0	28.5	24.0	24.0	21.5	20.0	18.0	15.5	15.0	15.0	12.0	12.0	8.5	8.0	15.0	15.5	24.0	27.5	32.0	41.0	43.5	47.5	47.5	53.0	53.0	55.0	55.5	56.0	57.0	57.5		
Foyers TBR	61.5	61.0	59.5	59.0	50.5	49.0	48.5	48.5	37.0	32.5	32.5	30.0	28.5	26.5	24.0	23.5	23.5	20.5	20.5	17.0	16.5	9.0	9.5	13.0	13.5	17.0	26.5	28.5	32.5	32.5	38.0	38.0	40.0	40.5	41.0	42.0	42.5		
Inverfargaidh Pier	65.0	64.5	63.0	62.5	54.0	52.5	52.0	52.0	40.5	36.0	36.0	33.5	32.0	30.0	27.5	27.0	27.0	24.0	24.0	20.5	20.0	12.5	13.0	3.5	5.0	13.5	16.0	20.0	20.0	25.5	25.5	27.5	28.0	28.5	29.5	30.0			
Urquhart Castle	69.5	69.0	67.5	67.0	58.5	57.0	56.5	56.5	45.0	40.5	40.5	38.0	36.5	34.5	32.0	31.5	31.5	28.5	28.5	25.0	24.5	17.0	17.0	8.5	5.0	9.0	11.5	15.5	15.5	21.0	21.0	23.0	23.5	24.0	25.0	25.5			
Dores Beach	78.5	78.0	76.5	76.0	67.5	66.0	65.5	65.5	54.0	49.5	49.5	47.0	45.5	43.5	41.0	40.5	40.5	37.5	37.5	34.0	33.5	26.0	26.5	17.0	13.5	9.0	3.5	7.5	7.5	13.0	13.0	15.0	15.5	16.0	17.0	17.5			
Bona Lighthouse	81.0	80.5	79.0	78.5	70.0	68.5	68.0	68.0	56.5	52.0	52.0	49.5	48.0	46.0	43.5	43.0	43.0	40.0	40.0	36.5	36.0	28.5	28.5	19.5	16.0	11.5	3.5	4.0	4.0	9.5	9.5	11.5	12.0	12.5	13.5	14.0			
Dochgarroch Upper	85.0	84.5	83.0	82.5	74.0	72.5	72.0	72.0	60.5	56.0	56.0	53.5	52.0	50.0	47.5	47.0	47.0	44.0	44.0	40.5	40.0	32.5	32.5	23.5	20.0	15.5	7.5	4.0	0.0	5.5	5.5	7.5	8.0	8.5	9.5	10.0			
Dochgarroch Lower	85.0	84.5	83.0	82.5	74.0	72.5	72.0	72.0	60.5	56.0	56.0	53.5	52.0	50.0	47.5	47.0	47.0	44.0	44.0	40.5	40.0	32.5	32.5	23.5	20.0	15.5	7.5	4.0	0.0	5.5	5.5	7.5	8.0	8.5	9.5	10.0			
Tomnahurich Upper	90.5	90.0	88.5	88.0	79.5	78.0	77.5	77.5	66.0	61.5	61.5	59.0	57.5	55.5	53.0	52.5	52.5	49.5	49.5	46.0	45.5	38.0	38.0	29.0	25.5	21.0	13.0	9.5	5.5	5.5	0.0	2.0	2.5	3.0	4.0	4.5			
Tomnahurich Lower	90.5	90.0	88.5	88.0	79.5	78.0	77.5	77.5	66.0	61.5	61.5	59.0	57.5	55.5	53.0	52.5	52.5	49.5	49.5	46.0	45.5	38.0	38.0	29.0	25.5	21.0	13.0	9.5	5.5	5.5	0.0	2.0	2.5	3.0	4.0	4.5			
Muirtown Upper	92.5	92.0	90.5	90.0	81.5	80.0	79.5	79.5	68.0	63.5	63.5	61.0	59.5	57.5	55.0	54.5	54.5	51.5	51.5	48.0	47.5	40.0	40.0	31.0	27.5	23.0	15.0	11.5	7.5	7.5	2.0	2.0	0.5	1.0	2.0	2.5			
Muirtown Car Park	93.0	92.5	91.0	90.5	82.0	80.5	80.0	80.0	68.5	64.0	64.0	61.5	60.0	58.0	55.5	55.0	55.0	52.0	52.0	48.5	48.0	40.5	40.5	31.5	28.0	23.5	15.5	12.0	8.0	8.0	2.5	2.5	0.5	1.0	1.5	2.0			
Muirtown Lower	93.5	93.0	91.5	91.0	82.5	81.0	80.5	80.5	69.0	64.5	64.5	62.0	60.5	58.5	56.0	55.5	55.5	52.5	52.5	49.0	48.5	41.0	41.0	32.0	28.5	24.0	16.0	12.5	8.5	8.5	3.0	3.0	1.0	0.5	1.0	1.5			
Clachnaharry Upper	94.5	94.0	92.5	92.0	83.5	82.0	81.5	81.5	70.0	65.5	65.5	63.0	61.5	59.5	57.0	56.5	56.5	53.5	53.5	50.0	49.5	42.0	42.0	33.0	29.5	25.0	17.0	13.5	9.5</										