

The Cowal Way

A 57-mile route passing through Argyll's Secret Coast, from Portavadie in the south, to Inveruglas (Loch Lomond) in the north.

Paths for All grading symbols



1 Corrachra — A delightful path through ancient woodland. Join the forest track and head back to Kames village over the golf course.

Forest path and gravel track.
moderate 3 miles / 5 km. Allow 1 ½ hours.

2 Kames Forest Tracks

Walk a variety of routes across the golf course and through the forest above the Kyles of Bute. Note: these are not circular and there is no through route to Glenahull because of forestry operations.

Gravel tracks: 1 – 3 miles / 1.5 – 5 km (each way). Allow ½ to 1 ½ hours (each way).

3 Achadachoun

A beautiful woodland path. Follow the stream up to an atmospheric abandoned settlement in a grassy glade.

Forest track and grass.
moderate ½ mile / 0.8 km (each way). Allow 15 mins (each way).



4 Carry Point

Easy stroll over grassland and shore. Look out for the Hebridean sheep and friendly donkeys.

Grass track. Some gates. 1 ¼ miles / 2 km (Circular). Allow 45 mins.



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12 Glenan Woods

Explore the native oak woodlands, rocky shore and views over Loch Fyne. Take a short, uphill detour to an atmospheric abandoned village, last inhabited in 1309. In Glenan Bay, explore another "island" connected only by a narrow land strip.

Bridge, boardwalk, rocky, sometimes narrow, uneven and boggy. 2 – 4 miles / 3.2 – 6.4 km. Allow 1-3 hours.



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11 Low Stillaig

Circular route through woodland, open moorland, and coastline. Discover Bronze Age standing stones, sheltered bays and explore an accessible "island".

Grass, moorland, gravel and tarmac. 4 miles / 6.4 km. Allow 2 hours.



10 Millhouse to Ostel Bay forest route

An alternative, more adventurous route to Ostel Bay through mature forest.

The section around the coast may involve some scrambling at high tide. The river can be crossed via a bridge to reach Ostel Bay.

Gravel, grass, and rocks. 3 ¼ miles / 5.2 km. Allow 1 ½ hours.

9 Ostel Bay (a.k.a. Kilbride Bay)

Discover a wonderful sandy beach with amazing views across to the Isle of Arran. Perfect for swimming or a picnic.

Gravel track and grass. ¾ mile / 1.3 km (one way). Allow ½ hour.

8 Glenahull

Gradual climb as far as Glenahull Farm with lovely views back over Loch Fyne.

Farm track. ¾ mile / 1.2 km (each way). Allow 30 mins (each way).



7 Ardlamont Bay

Easy walk to a peaceful bay.

Good track. ¼ mile / 0.5 km (one way). 15 mins (one way).

Routes 6 and 7 can be joined by a rugged route around the point (Black). Path can be difficult to find.

Rocky path. 1 ¼ miles / 2 km (one way). Allow 1 hour (one way).

6 Point Farm

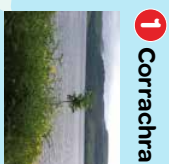
A secluded shore awaits.

Farm track and grass. 1 ¼ miles / 2 km (one way). Allow ½ hour (one way).

5 Ardlamont Ferry

Short stroll to the shore line.

Tarmac road. ¼ mile / 300 m. Allow 15 mins (each way).



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