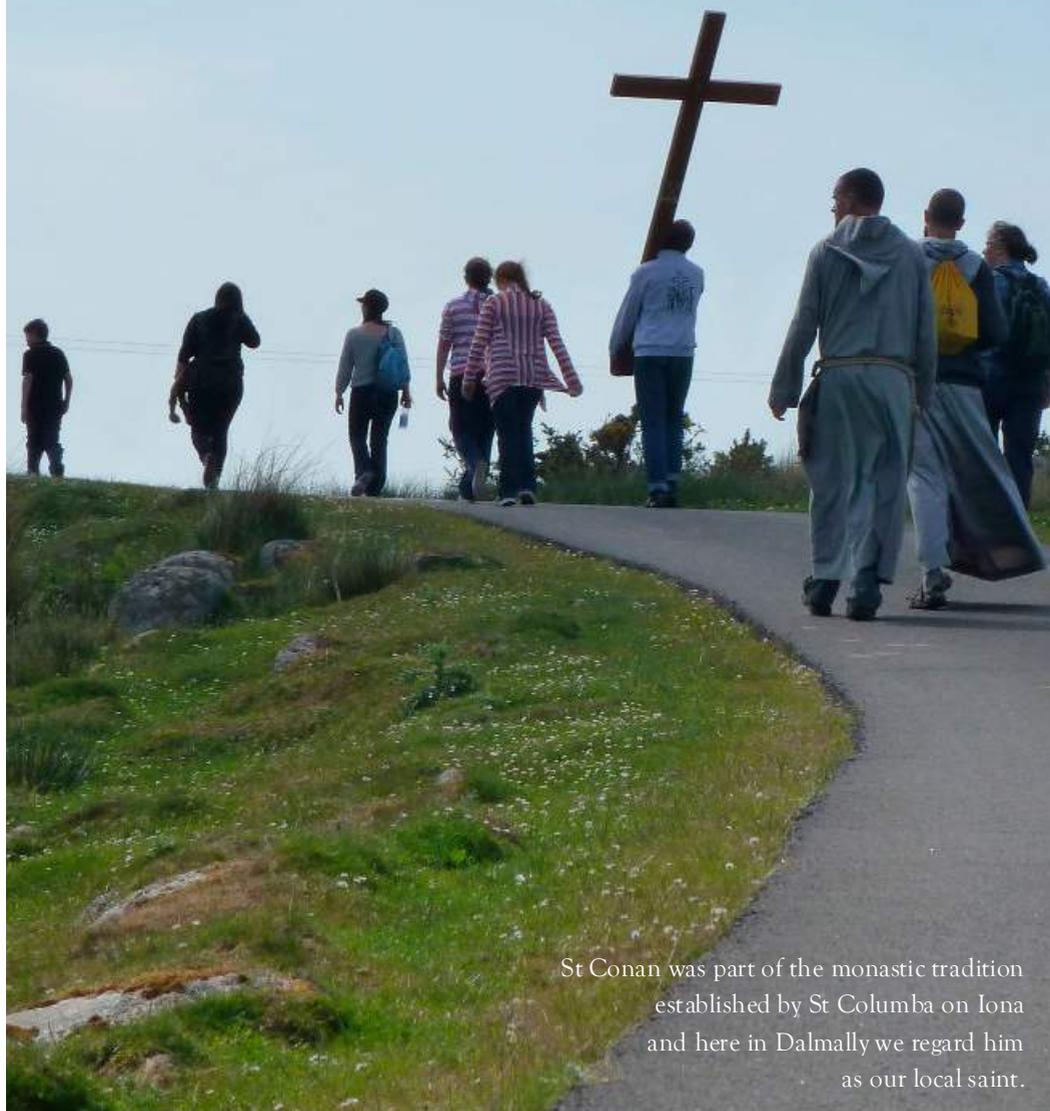


ST CONAN'S PILGRIM WAY

A walking pilgrimage route from Craig Lodge to Iona



St Conan was part of the monastic tradition established by St Columba on Iona and here in Dalmally we regard him as our local saint.

CRAIG LODGE to TAYNUILT (14.2 miles, 23 km, a comfortable 8 hrs)

Start: Craig Lodge

	Miles	Km
a) Follow Craig Lodge access road to Dalmally Bridge. Do not turn left over the Bridge into Dalmally but continue west along the B8077 to the cattle grid entrance (136288) to Castles Farm. It was almost certainly here that St Columba founded a monastery on the side of Loch Awe and the hill immediately behind the farm is called Beinn Eunaich which translates into St Adamnan who was a follower and biographer of St Columba	3.7	6.0
b) Walk to the end of the well-maintained Hydro- Electric road up the Allt Mhoille. You initially pass Castles farm which is on your right. The gradient of the road is never too steep and wonderful views emerge as the hills and corries appear.....	2.8	4.5
c) From here, follow the sturdy poles to the top of the 'bealach' or pass (1850 ft; 564m). Shortly before the bealach you will pass, on your left the flat rock (103318) which was used by the MacIntyre clan (<i>see their clan history</i>) to conduct 'parliament meetings'! <i>(from Craig Lodge to Laraig Noe pass approx 3 hrs)</i>	0.3	0.5
d) Descend down Glen Noe to Glennoe farm. Keep to the high ground, to the right of the main burn to reach Glennoe farm. If the hills are clear of mist you will get fabulous views of the northern corries of Ben Cruachan which hold snow well into summer. You will also pass the ruins of former MacIntyre habitations. <i>(from Laraig Noe pass to Glennoe farm approx 2 hrs)</i>	3.0	5.0
e) Turn left at Glennoe farm and take the private road skirting along the side of beautiful Loch Etive where otters are frequently seen. At the Inverawe road junction turn right for the Inverawe Smokery where you will find a cafe	2.5	4.0
f) From the car park at Inverawe Smokery access the field by going down the steps to the right of the cafe heading toward Hugo's Lochan (sign posted) and once in the field head straight for the suspension bridge (019316) over the R.Awe. Cross the field straight up to the track and turn right for Taynuilt where B&B, shops etc are available	1.9	3.0
<i>(from Glennoe Farm to Taynuilt approx 2hrs 10mins)</i>		
	TOTAL	
	14 miles	23 km

This is a really fine walk through the hills and you are likely to see deer and perhaps golden eagles. If some of you think the 14.2 miles is a bit much we could drive you to Castles farm cattle grid thereby saving you 3.7 miles! Please note that if you propose walking in the autumn during the deerstalking season it is imperative that you contact Glen Noe estate to check if it is OK for you to walk on a particular day:

Glen Noe Estate T: 01866 822212

Looking towards the Lairig Noe Pass



Day Two: TAYNUILT to OBAN (12 miles, 19.4km, a comfortable 5 hrs)

Starting at **Taynuilt Hotel** at the crossroads (003310) you take the **Glen Lonan road** heading due south. This single, tarred road through beautiful Glen Lonan was a recognized pilgrim route to Iona and there has been evidence of Crosses marking the way. You gradually walk up to a height of 367ft (112m) before reaching **Barguilean Farm**(980288) and roughly 2.5 miles (4km) from Taynuilt (*from Taynuilt to Barguilean Farm approx 1hr 10 mins*). From there on the road more or less levels out. There is very little traffic on this road thereby allowing a wonderful quiet and peaceful walk. At Glenamacrie farm, a further 4.5 miles (7.2km) there is a knoll on the north side of the road called **Tom na Croise** (the hill of the Cross) (923287) and this cross is marked as standing on earlier maps. A mile further on you come on a very impressive standing stone and stone circle (907289), dating back to the Bronze Age, close to the road on your right. (*from Barguilean Farm to the Standing Stone approx 1hr 50mins*) After a further 1.5 miles (2.4km) you turn right at the junction (890292) on the **Connell road** which you follow for 5 minutes before turning left up to **Glencruitten House** (879296) at 348ft alt. (106m). From here you drop down into Oban a further 2 miles (3.2km) where there is an abundance of accommodation plus a Youth Hostel. (*from Standing Stone to Oban approximately 2 hrs*)

Miles Km

**TOTAL
12 miles 19.4 km**



Looking along Loch Etive towards Taynuilt



View of Loch Don two miles from Craignure



Lochbuie road and start of coastal path to Carsaig



A helpful rope on the Carsaig path (NB impassable at high tide)

Route 1 Craignure to Iona (37 miles, 59.3 km)

Crossing from Oban to Craignure, Isle of Mull

This exciting and exhilarating ferry crossing to Mull only takes 45 minutes and there are several sailings each day which you can check on www.calmac.co.uk

Miles Km

Isle of Mull - Craignure to Iona (via A849)

This route to Iona is via the main road which is a very beautiful and scenic route. You can also use sections of the old road which run adjacent to the main road; and there are exciting plans afoot to have the old road upgraded to cycle path standard the whole way. Road traffic is fairly light except at ferry times especially when coaches leave Fionnphort soon after 3pm to catch the 5pm ferry crossing from Craignure to Oban.

However, if you are relying on B&B facilities there are difficulties!

Apart from Craignure where there is also good bunk house accommodation, and Lochdon a further 2.5 miles on, the next B&B's are in Pennyghael, where there is also a shop, some 20 miles from Craignure! If this is too long a walk a suggestion would be to use the local bus service for part of the way. For instance, there is a bus leaving Craignure for Fionnphort at 16.55, passing Lochbuie Crossroads at 17.05 and going through Pennyghael at 17.25. Visit www.westcoastmotors.co.uk for more info.

There is also B&B accommodation in Bunessan, Fionnphort and Iona. The walk from Pennyghael to Bunessan, (both these villages have shops) is very beautiful following the shores of Loch Scridain. One mile on from Pennyghael you will pass the ancient Crois an Ollaimh (506262) depicted below on the seaward side of the road. From Bunessan to Fionnphort the walk is straightforward. If you wanted to leave the main road you could take the side road and track from Pottie (*from Bunessan to Pottie turn off approx 1 hr 30 mins*) down to Fidden where there is an excellent camp site. (*from Pottie turn off to Fidden Campsite approx 45 mins*)

Craignure to Lochbuie Crossroads

Lochbuie Crossroads to Pennyghael

Pennyghael to Bunessan (*approx 3hrs 45 mins*)

Bunessan to Fionnphort

Fionnphort to Iona (*Calmac Ferry - 10 minute crossing*)



6.4	10.3
12.6	20
13	21
5	8

TOTAL	
37 miles	59.3 km

NB A monument to Mary Macdonald is on the left about 100m before the junction to Lee. She composed the lullaby 'Child in a Manger' (Leanabh an Aigh) sung to the well known 'Morning has Broken' melody

Route 2

Craignure to Iona (43.4 miles, 69.4 km)

Isle of Mull - Craignure to Iona- Coastal Route

Miles

Km

This is the wild way! It is very challenging and should only be attempted by experienced walkers. You will be rewarded with the most spectacular coastal scenery and a wonderful opportunity to observe wildlife – otters, porpoises and dolphins and on the land red deer and wild goats; and up above golden and sea eagles! Remember to check Carsaig Bay tides as this route is not passable at high tide

Craignure to Lochbuie (14.4 miles) (approx 5 hrs 25 mins)

Starting at Craignure take the A849 for 6.4 miles as far as the Lochbuie Crossroads (684308) (from Craignure to Lochbuie turn off approx 2hrs). You then turn left to take the 8 mile single track road to Lochbuie (608249) As yet there is no B&B in Lochbuie, only self-catering; however, there is a quaint little 'honesty' shop where you can replenish vital supplies. There is much of interest to see in the small village especially St Kilda's Episcopal church which is well worth a visit.

**Craignure to Lochbuie Crossroads**
Crossroads to Lochbuie

6.4

10.3

8

13

Lochbuie to Carsaig (5 miles) (approx 2hrs 35 mins)

You now take the 5 mile coastal footpath to Carsaig (538216). About a mile on and near to the track is St Columba's well (590244). There is a rope-assisted step on this section, impassable at high tides (*Lochbuie to rope - 1hr 15 mins, rope to Carsaig - 1hr 20 mins*). The scenery is stunning and a geologist's delight – basalt cliffs, stacks & dykes; and the sea views get even better as you approach Carsaig looking across to Islay and Jura. On the foreshore of beautiful Carsaig bay you can visit the site of St Mary's chapel and well; and also the burial ground (528216). From here, if you have the time, you can visit the Nuns' cave (523204) which has remarkable carvings similar to those in the Scoor cave later on, on the route (418186). Some are believed to date back to the 7th century. In times of persecution the nuns from Iona had to seek refuge in this cave. From here pilgrims can continue to Malcom's Point either by the coast or by the Nun's Pass (521204).

Lochbuie to Carsaig

5

8

NB If accommodation is not available in Carsaig you could choose to continue walking to Pennyghael, taking the road inland from Carsaig, approx a further 2 hours)

TOTAL**43.4 miles 69.4 km**

Isle of Mull - Craignure to Iona- Coastal Route Contd.

(43.4 miles, 69.4 km)

Carsaig to Scoor (11.2 miles)

There are no shops in Carsaig although b&b/self-catering can be obtained. On leaving the footpath at Carsaig Pier to continue Route Two (the coastal route) it is recommended to walk up the road to Pennyghael as far as the junction (532229) to the footpath that leads to Malcolm's Point overlooking the Carsaig Arches. (497185). This is easy walking and in good weather you get stunning views from this amazing cliff-top walk looking south to Colonsay and the Paps of Jura. You continue via a footpath to the ruins of a settlement, Airidh mhic Cribhain - 'McNiven's Sheiling' (477203), before heading back to the coast and continuing above the cliffs to Shiaba the deserted township in which over 300 people once lived including Mary MacDonald the poet. From here it only 1.5 miles to Scoor.

Miles Km

Carsaig to Malcolm's Point path junction

1.6 2.6

Malcolm's Point path junction to Malcolm's Point

4.0 6.4

Malcolm's Point to Scoor

5.6 9

Scoor to Fionnphort (15 miles)

Before heading for Uisken and Ardanish it is well worth visiting the Scoor cave (418 186) and also the medieval Kilvickeon chapel and graveyard, where Mary MacDonald is buried. She composed the beautiful 'Child in a Manger' (Leanabh an Aigh) sung to the melody now known as 'Morning has broken' which is so popular. Before reaching the Ardachy Hotel you pass Ardanish, famous for its weaving. To continue to Fionnphort you can follow the route as described in the Stevenson Way (www.stevensonway.org.uk/mull) or alternatively leave the track half a mile SW of Ardanish at (366182) and make for the Knockvologan road via Loch Mor Ardanish and Lochan Sgalain and then passing the deserted villages of Tireragan and Breac Achadh. From Knockvologan you continue to Fidden an excellent camp site with superb views of Iona which is one mile short of Fionnphort where there are B&B's and a shop. The distance from Scoor to Fionnphort is approximately 15 miles

**Scoor to Fionnphort (via Ardanish & Fidden)**

12.8 21

Fionnphort to Iona (Calmac Ferry - 10 minutes crossing)



TOTAL
43.4 miles 69.4 km

Coastal Route Variations

Route Three

Take the coastal route as far as Carsaig and Malcolm's Point junction and instead of carrying on to Malcolm's Point you take the road to Pennyghael (5 miles) and then on to Bunessan and Fionnphort

Miles Km

Malcolm's Point path Junction to Pennyghael

Pennyghael to Bunessan

Bunessan Fionnphort



2.5	4
13	21
5	8

Route Four

Take the coastal route as far as the start of forestry plantation (466200), after Malcolm's Point and then continue on the Loch Assapol road to Bunessan (6 miles) and then on to Fionnphort

Start of Forestry Plantation make for Loch Assapol road junction

Loch Assapol road junction to Bunessan

Bunessan to Fionnphort



3.5	5.6
2.2	3.8
5	8

Route Five

At Bunessan rather than continue by the A849 road to Fionnphort you take the road to Ardalanish (2 miles) and then continue following the coastal route.

At Bunessan make for Ardalanish

Ardalanish to Fidden

Fidden to Fionnphort



2	3.2
6.8	11
1	2

Fidden campsite by Fionnphort



Pilgrims on the coastal route



Deer Culling Season

NB The deer stalking season begins on the 1st July with serious culling of deer taking place in the autumn. When planning your pilgrimage you should contact relevant estates to check it is ok to walk on a particular day. There is no stalking on Sundays

Glen Noe Estate T: 01866 822212

Mull & Iona Ranger Service T: 01680 300640

Pennyghael T: 01681 704232

Scoor & Argyll Estates T: 01681 700087

Ardalanish T: 01681 700265

Erraid & Knockvologan T: 01681 700372

Relevant Maps

OS Explorer Maps 377, 376, 375, 373

Always consult the Scottish Outdoor Access Code

More information from:

Craig Lodge Family House of Prayer

Dalmally, Argyll PA33 1AR

T: 01838200216 E: mail@craiglodge.org

www.craiglodge.org

Find us on: Facebook | Twitter | Instagram

Craig Lodge



Iona Abbey



Useful Contacts

Accommodation

Oban Tourist Info Centre for
Taynuilt/Oban/Mull Accommodation Info
North Pier, Oban, PA34 5Q T: 01631 563122

Oban Youth Hostel T: 01631 562025

Oban Backpackers T: 01631 562 107

Craignure Bunk House T: 01680 812043

E: info@craignure-bunkhouse.co.uk

Iona Abbey Info T: 01681 700512

Iona Prayer House

Cnoc a' Chalmain, Catholic House of Prayer,
Isle of Iona, PA76 6SP

T: 01681 700369 E: mail@catholic-iona.com

Churches

Catholic: Mass times in Craig Lodge

T: 01838 200216. In Taynuilt, Oban,

Craignure, Iona www.rcdai.org

T: 01631 567436

Church of Scotland:

www.argyllpresbytery.org

Scottish Episcopal Church: T: 01631 570870

Other Churches in Oban: www.oban.org.uk

Transport

Calmac Ferries

T: 0800 066 5000 www.calmac.co.uk

West Coast Motors (bus service on Mull)

T: 01586 552319

Mull Taxi Service

T: 07760 426351

Disclaimer

Walkers should be aware of the challenges of this pilgrim way and accept responsibility for their decisions and their actions. We do not accept any responsibility for you or anyone under your charge on these routes or for any actions based on the information in this leaflet or on our website.