

THE KNOYDART 7 7 munros - 63 km - 5000 m

Route/Summits	Grid Ref	Distance (km)	Cumulative Distance (km)	Height (m)	Ascent (m)	Cumulative Ascent (m)	Splits	Cumulative
Inverie (Inverie House)	NM774995	0	0	5	0	0	0	0
1 Ladhar Bheinn	NG824040	10.2	10.2	1020	1050	1050	1h 56m	1h 56m
2 Luinne Bheinn	NG870007	6.6	16.8	939	605	1655	1h 50m	3h 46m
3 Meall Buidhe	NM849990	4	20.8	946	430	2085	1h 9m	4h 55m
4 Sgurr na Ciche	NM902967	7	27.8	1040	1010	3095	2h 25m	7h 20m
5 Garbh Chioch Mhor	NM910961	1	28.8	1013	168	3263	0h 31m	7h 51m
6 Sgurr nan Coireachan	NM933958	2.6	31.4	953	220	3483	0h 47m	8h 38m
7 Sgurr Mor	NM965980	4.6	36	1003	567	4050	1h 11m	9h 59m
Sourlies		13.2	49.2	2	499	4549	3h 21m	13h 20m
Mam Meadail	NM854978	4.2	53.4	549	549	5098	1h 9m	14h 29m
Inverie (Inverie House)	NM774995	9	62.4	5	25	5123	1h 5m	15h 34m