

East Highland Way | Scotland’s best officially unofficial walking route

	Amenity Guide	Taxi Service	Train Station	Shop / Food	Hostel / Bunkhouse	Campsite	Wild Camping	Glamping	Hotel	B&B/AirBnB	Free Bothy
1	Fort William	1. Lochaber Taxis (01397 703334) 2. Nevis Taxi (01397 703000) 3. Braveheart Taxis (07783009000) 4. DM Taxis (07869 811223)	Yes (FortWill-Glasgow)	1. Morrisons 2. ALDI 3. Lidl 4. M&S Foodhall 5. Tesco Express 6. Outdoor Gear Shops 7. Café/Bar/Rest. Multiple	1. Glen Nevis Youth Hostel 2. Black Sheep Bunkhouse 3. Fort William Backpackers 4.Blacksmiths Bunkhouse 5. Chase The Wild Goose	Glen Nevis Camping Park	Walk out of Fort William towards Glen Nevis or Leanachan Forest to find suitable clearings for responsible wild camping, well away from roads and buildings.	1. Glen Nevis Holiday Pods 2. Dalaraban Luxury Pods 3. Westwind Pod 4. Tigh Breagha Pods 5. Nevis Pods	1. Base Camp Hotel, Nevis Range 2. Travelodge Fort William 3. Bank Street Lodge 4. Ossian's Hotel 5. Alexandra Hotel 6. Cruachan Hotel 7. The Garrison Hotel	1. Fassfern Guest House 2. Ardlinnhe Bed & Breakfast 3. Myrtle Bank 4. Buccleuch Guest House 5. Guisachan Guesthouse 6. Hillview Guest House	/
2	Torlundy	1. MACD's Taxis (01397 701 125) 2. Speeders Cabs (01397 704000)	/	Nevisrange (off the trail, check amenity times)	Taxi/Train to Fort Willaim	Taxi to Glen Nevis	Woodland Clearings off trail	1. Ben Nevis Basecamp Pods (2 Night min.) 2. Kingswood Pods	The Factor's Inn	1. Tower Ridge Courtyard 2. Leasona B&B 3. Mayfield B&B	/
3	Spean Bridge	Sonas Taxis (07852 447384)	Yes (FortWill-Glasgow)	1. SPAR Shop 2. Mill Restaurant / Cafe	Taxi/Train to Fortwilliam or to the Grey Corrie Bunkhouse	Glen Spean Camping	Woodland Clearings off trail	1. Glen Spean Camping Bell-Tent 2. Burnbank Lodges	1. OX Hotel 2. Highland Bridge Hotel	1. Oak Hill B&B 2. Braelea B&B 3. Smiddy House B&B 4. Inverour B&B 5. Coire Glas Guest House 6. Distant Hills Guesthouse	/
4	*Roy Bridge (over river)	Sonas Taxis (07852 447384)	Yes (FortWill-Glasgow)	1. Stronlossit Inn Restaurant 2. Glen Roy Café	Grey Corrie Bunkhouse (over river)	Bunroy Park Tent Pitches	Woodland Clearings off trail	Bunroy Park Pods/Lodges	1. Stronlossit Inn 2. The Roy Bridge Hotel	Birchbank Guesthouse	/
5	Monessie / Achluachrach	Sonas Taxis (07852 447384)		Glenspean Lodge Bar/Restu.	Àite Cruinnichidh Hostel	/	Yes / by River	/	Glenspean Lodge Hotel	/	/
6	Moy Bridge	Sonas Taxis (07852 447384)		/	Taxi to Àite Cruinnichidh Hostel	/	Yes / Loch Laggan Beach	/	Taxi to Glenspean Lodge Hotel	/	/
7	Inverlair/Tulloch	Sonas Taxis (07852 447384)	Yes (FortWill-Glasgow)	/	1. Taxi to Àite Cruinnichidh Hostel 2. Station Lodge Bunkhouse (Temp. Closed)	/	Areas near An Dubh Lochan, woods off-trail around Fersit.	/	Taxi to Glenspean Lodge Hotel	/	/
8	Feagour / Ardverikie	1. Aviemore Taxis (01479 811111) 2. Gerry's Aviemore Taxis (01479 812000) 3. Doc's Taxis (07971 736599)	/	Wolftrax Café, Strathmashie	Taxi to Laggan Community Hall	/	Yes / Woods, Beach	Ardverkie Eco Pod (2 night min)	Taxi to The Laggan Hotel	Foresters Lodge (Groups)	/
9	Laggan Village	1. Aviemore Taxis (01479 811111) 2. Gerry's Aviemore Taxis (01479 812000) 3. Doc's Taxis (07971 736599)	/	1. Laggan Coffee Bothy (check times) 2. Wolftrax Café, Strathmashie	Laggan Community Hall budget accommodation	Taxi to Invernahaven Campsite	Yes / Glen Banchor or by the Spey	1. Laggan Glamping - Pods 2. WeeWilds Glamping Pods (by Taxi)	The Laggan Hotel	Tigh an Each B&B, Balgowan	Dalnashalag Bothy, Glen Banchor
10	Newtonmore	1. Aviemore Taxis (01479 811111) 2. Gerry's Aviemore Taxis (01479 812000) 3. Doc's Taxis (07971 736599)	Yes (Inverness -Perth)	1. Co-op Foodstore 2. Esso Garage 3. Antlers Café 4. Post Office 5. Strathspey Pharmacy 6. Café/Bar/Rest.	1. Newtonmore Hostel 2. Craigower Lodge	Taxi to Invernahaven Campsite	Yes/Glen Banchor	Gypsy Hut Newtonmore	1. Highlander Hotel 2. The Braeriach Hotel 3. The Glen Hotel 4. The Balavil Hotel	1. Clune House B&B 2. Coig na Shee Guest House 3. Eagle View Guest House 4. Dower House 5. Greenways 6. Larick House B&B	/
11	Kingussie	1. Aviemore Taxis (01479 811111) 2. Gerry's Aviemore Taxis (01479 812000) 3. Doc's Taxis (07971 736599)	Yes (Inverness -Perth)	1. Co-op Foodstore 2. Railway Café 3. Star Hotel Bar/Rest. 4. Joe's Chippy 5. Royal Tandoori 6. Sugar Bowl Café 7. Post Office 8. Pharmacy 9. Ghillies Rest 10. Café Aroma 11. The Paper Shop 12. Butchers	1. Railway Rooms (Groups) 2. Glenspey Exclusive use (Groups)	Aire Croila Croft Camping	Yes/ Spots along Loch Gynack south shore, mid-way, nestled in the woods.	/	1. Star Hotel 2. Columba House 3. Osprey Hotel 4. Duke of Gordon Hotel	1. Avondale House 2. The Crossing 3. Avondale House 4. Arden House 5. Sutherlands Guest House 6. Dunmhor Guest House	/
12	Kincraig/Loch Insh	1. Aviemore Taxis (01479 811111) 2. Gerry's Aviemore Taxis (01479 812000) 3. Doc's Taxis (07971 736599)	/	1. Insh Watersports Bar & Restaurant 2. Old Post Office Café 3. The Suie Bar	1. Insh Hall Bunkhouse 2. Glenfeshie Hostel (Slight walk) 3. Cairngorms Christian Centre Bunkhouse	Taxi to Dalraddy Campsite	Yes/ Spots along Loch Insh or nestled in the woods.	1. By Loch Insh (Contact Watersports Centre, use of WC's) 2. By River Feshie 3. Surrounding Woods	Loch Insh Chalets & Apartments	1. Forces Manor 2. Meadowside House 3. Rowan Tree Country Hotel & Restaurant (Taxi to Alvie)	Drakes Bothy, Inshriach Forest. (Timber Bunk)
13	Aviemore	1. Aviemore Taxis (01479 811111) 2. Harvs Aviemore Taxis (01479 811 015) 3. Gerry's Aviemore Taxis (01479 812000) 4. Doc's Taxis (07971 736599)	Yes (Inverness -Perth)	1. Rothiemurchus Barn Cafe 2. Tesco Superstore 3. ALDI 4. Co-op 5. Outdoor Gear Shops 6. Café/Bar/Rest. Multiple	1. Old Bridge Inn Bunkhouse 2. Aviemore Youth Hostel	1. Rothiemurchus Campsite 2. Oakwood Campsite 3. Badaguish Campsite	Walk out of Aviemore into the surrounding forests or hills to find a discreet pitch well away from roads, buildings and popular visitor areas.	1. Oakwood Pods (Min 2 night) 2. Badaguish Pods	1. Coylumbridge Hotel 2. Premier Inn 3. Macdonald Hotel 4. Cairngorm Hotel	1. Cairngorm Guest House 2. Ravenscraig Guest House 3. Ardlogie Guest House & Self-Catering 4. Carn Mhor Bed And Breakfast 5. The Park Guest House	Town centre new band-stand shelter, potential emergency Bivvi.

Notes for the Trail

Responsible Wild Camping	Wild Camping is perfectly legal. Follow the Scottish Outdoor Access Code. Camp in small numbers, away from roads, buildings and other people, stay no more than two or three nights in one place, and leave no trace.	Bothy Etiquette	Bothies are free shared shelters, two of which are located along the route. Leave them clean, take your litter home, use fuel sparingly, be considerate of other users and respect local estate restrictions.
Campfires & Barbecues	Wildfires can set back Scottish conservation and rewilding efforts for decades. Fires and BBQs are prohibited throughout the Cairngorms National Park from 1 April to 30 September. At all other times, use a camping stove and do not light fires.	Midges (tiny) & Clegs (big)	Midges (May–September) and clegs (June–August) are common during the Scottish summer. Carry insect repellent and avoid lingering in sheltered woodland or around loch shores on warm, still days. They are often most active on calm mornings and evenings.
Rare Native Species	Do not seek out, approach or disturb sensitive wildlife, nests or dens, including Capercaillie, Scottish wildcat and Pine Marten. Keep dogs under close control and respect local signs, farming operations and seasonal restrictions.	Baggage Transfer	EHW Baggage Transfer available via Loch Ness Travel & Piggyback Baggage Transfer.
Human Waste & Toileting	Use public toilets where possible. Otherwise, go at least 30 m from water, paths and buildings. Bury human waste in a shallow hole and carry out all wipes and sanitary products.	*Roy Bridge Amenities	Many walkers cross the shallower sections of the River Spean near Bunroy Park to access amenities in Roy Bridge. There is no bridge, only attempt to cross if the river is shallow and conditions are safe, taking extreme care.
Glamping Pods	Glamping Pods often have a two-night minimum stay. In some locations, it may be possible to return by taxi for the second night rather than carrying all your gear for the full route.		