



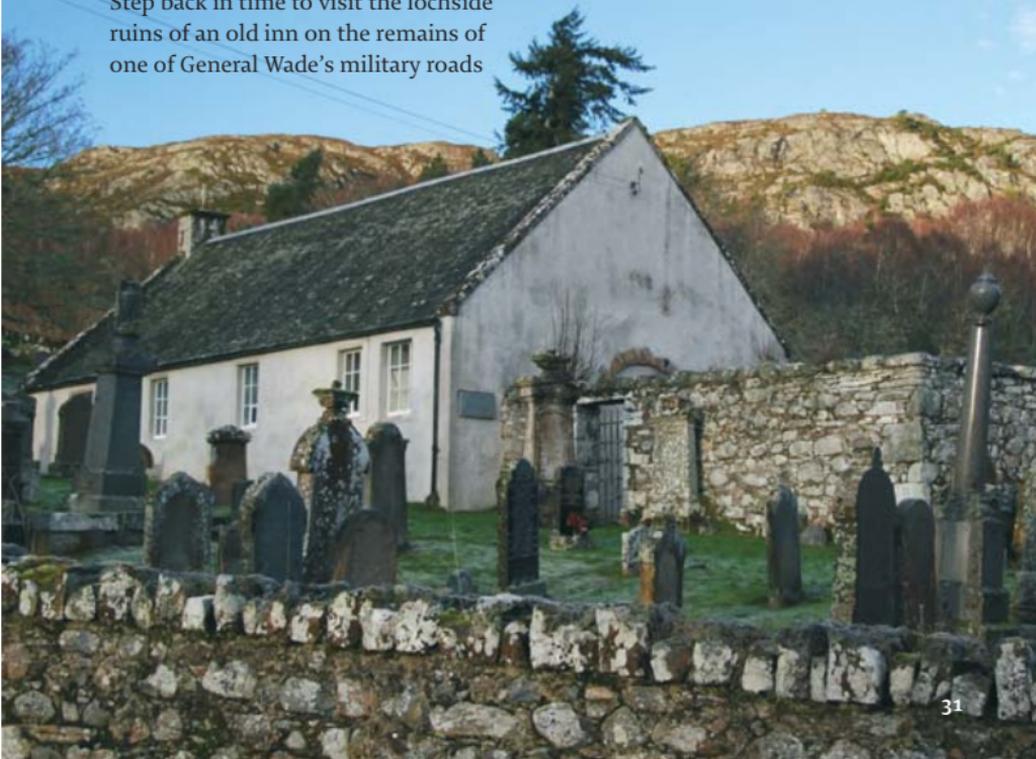
The impressive waterfalls at Foyers ensured that the south side of Loch Ness became an essential part of the Grand Tour. The later building of the main A82 Fort William to Inverness road on the north side has since led to this area becoming a quiet backwater, neglected by many visitors. The villages here are small and undeveloped, spared the coachloads of

Nessie spotters, though Loch Ness' only permanent Nessie hunter has been resident in a van on the shores of the loch near the Dores Inn for more than a decade. This rural idyll is shaken once each year when the RockNess festival springs to life, a weekend that always brings surprises with both the musical line-up and the range of Highland weather.

Strath Nairn is notable for its many smaller lochs; Loch Ruthven, in particular, is well worth a visit as the breeding ground for the rare but striking Slavonian Grebe. The area is enclosed to the south by the long barrier of the rolling Monadhliath mountain range.

South Loch Ness

- 1 The Falls of Foyers** 32
Get a grandstand view of this spectacular waterfall before following the rim of the gorge down to the shores of Loch Ness
- 2 Inverfarigaig and Foyers circuit** 34
Now a peaceful wildlife haven, this lochside and moorland ramble passes the former home of the 'Wickedest man in Britain'
- 3 An Ire Mhor and the Change House** 36
Step back in time to visit the lochside ruins of an old inn on the remains of one of General Wade's military roads
- 4 Dores and Aldourie** 38
Keep your eyes peeled for mythical monsters on this lochside ramble where red squirrels are more likely companions
- 5 The Three Lochs round** 40
Spend half a day getting to know some of the smaller watery cousins of Loch Ness





The Falls of Foyers

Distance 4km **Time** 1 hour 30

Terrain waymarked paths with some steep sections and steps; minor road

Map OS Explorer 416 **Access** bus (16) from Inverness to Foyers

The Falls of Foyers have been attracting tourists since the early 18th century and are still a major draw for visitors to the south side of Loch Ness. This short but spectacular walk follows the edge of the gorge to a viewing area before exploring the woodland and visiting Lower Foyers.

Waterfalls have always been popular with sightseers and when the Scottish Highlands first opened up to tourism the Falls of Foyers quickly became established as a fixture on any tour taking in the great romantic sights. Rabbie Burns immortalised the waterfall in a poem penned in 1787; visitors would arrive by

horse or from across the loch by steamer. Start from Upper Foyers where there is a car park, shop and café. From here cross the road and go through the left-hand gate, signed for the Falls of Foyers.

The stepped path travels quickly downhill to reach a superb viewpoint for the main falls. The volume of water varies greatly depending on recent weather. Reduced to a trickle after a long dry spell, in spite the falls truly thunder over the 62m drop, great consolation after a wet week in the Highlands.

After the viewpoint, continue downhill, ignoring a path to the right for now to reach another viewing area. From here, return to the junction and bear left along a fenced path which skirts the edge of the deep gorge. As the path drops through the woodland, there is a fine view of the lower falls which, whilst not so high,