



**Argyll's Secret Coast** has a network of lovely walking routes from short easy strolls to more adventurous hill routes, and the long distance Cowal Way. Exploring on foot is the best way to see and appreciate the wildlife and remarkable views.

The walks around **Kames South, Ardlamont and Portavadie** will take you through ancient woodland to abandoned settlements, secluded rocky coves and a magnificent sandy beach. Walk over grassy moorland, discover ancient standing stones and explore 'almost' islands. Parking can sometimes be difficult on the Ardlamont peninsula, so why not get out your bike and pedal round the quiet lanes to discover the walks. Wildlife abounds on both land and sea, so a quiet, slow approach will enable you to see and appreciate it all.



**Enjoy Scotland's outdoors responsibly**

- Take responsibility for your own actions; respect the environment and other people.
- Keep dogs under control, especially around livestock.
- Make use of stiles and leave gates as you find them.
- Take your litter home.

**KNOW THE CODE BEFORE YOU GO**  
 outdooraccess-scotland.com

SCOTTISH OUTDOOR ACCESS CODE

Discover more at:

[www.argyllsecretcoast.co.uk](http://www.argyllsecretcoast.co.uk)

[www.kilfinancommunityforest.co.uk](http://www.kilfinancommunityforest.co.uk)



Design by: Tea & Type

Photo credits: Michaela Blair, Andree Hawke, Fiona McPhail, John Skarp, Elaine Cameron.



Argyll's Secret Coast Trails

# Kames South, Ardlamont and Portavadie



## 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



## 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.

## 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.

## 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 Glenahuil

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

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

## 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.

## 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).



Millhouse

## 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. 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 Glenahuil 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. 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.

## 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).



Marina

Portavadie

Ostel Bay

Carry

Kildavaig

Ardlamont

Kyles of Bute

B8000