

Name of Walk	Knock Hill, via Seven Bridges & Back Passage	
Miles	Total Ascent (feet)	Type
7.28	823	Moderate
Drive to start required	No, walk starts from hostel front door	

Starting Grid Reference	NO 37146 95712
Map available	Yes

An extension to the classic seven bridges route, taking in little known Knock Hill. A wee scramble off route is required to get to the top but you rewarded with a cairn in the middle of the woods. To get down again follow the fence line through the woods (easy walking). You then take in some of Prince Charles' "Back Passage" - a back route he uses when visiting his Birkhall home.

