Contents

Map of location of hills and glens featured 7

List of maps 8

Frontispiece Poem—*The Higher Way* 9

Preface 11

Introduction on how to use the guided meditations 15

1. *Exquisite Beauty and Mystery*—Glen Carron and Ben Hope 17
2. *The Harsh Night*—Driesh 31
3. *In Father's Footsteps*—Ben More, Mull 39
4. *Despite the Odds*—Fionn Bheinn and the Fannaichs 47
5. *Not Alone*—Lochnagar 55
6. *Being Approved*—Ben Lui 65
7. *Seeking Direction*—Ben Lawers 73
8. *In Fear of Man*—Slioch 81
9. *A Clearing of Mists*—Creag Mhor and the Glen Lyon Hills 91
10. *Impetuosity Checked*—Ben Lomond 103
11. *Epic Exploits*—Fisherfield and Letterewe 113
12. *Placing your Trust*—The Inaccessible Pinnacle, the Skye Cuillin 125
13. *Moving beyond Doubt*—Glen Dochart and Monadh Liath 135

A Clearing of Mists_first correction.indd 5 29/10/2015 16:59:36

14. *Adoration Greater than Vision*—the Glen Affric Hills 149

15. *In Adversity*—Ben Wyvis and the Stobs of the Black Mount 159

16. *Walking by Faith and not by Sight*—Drumochter Hills 173

17. *On the Trail of Legends*—Ben Alder and Glen Finnan 183

18. *In Company*—Schiehallion, Cruachan, Beinn Eighe, Loch Maree 195

19. *Plans Frustrated*—Knoydart 209

20. *Weathering the Storm*—Glen Etive and Glen Cannich Hills 221

21. *In the Splendour of his Holiness*—Sgurr Mhic Choinnich 235

Creating a Mountainous Panorama of your Life 248

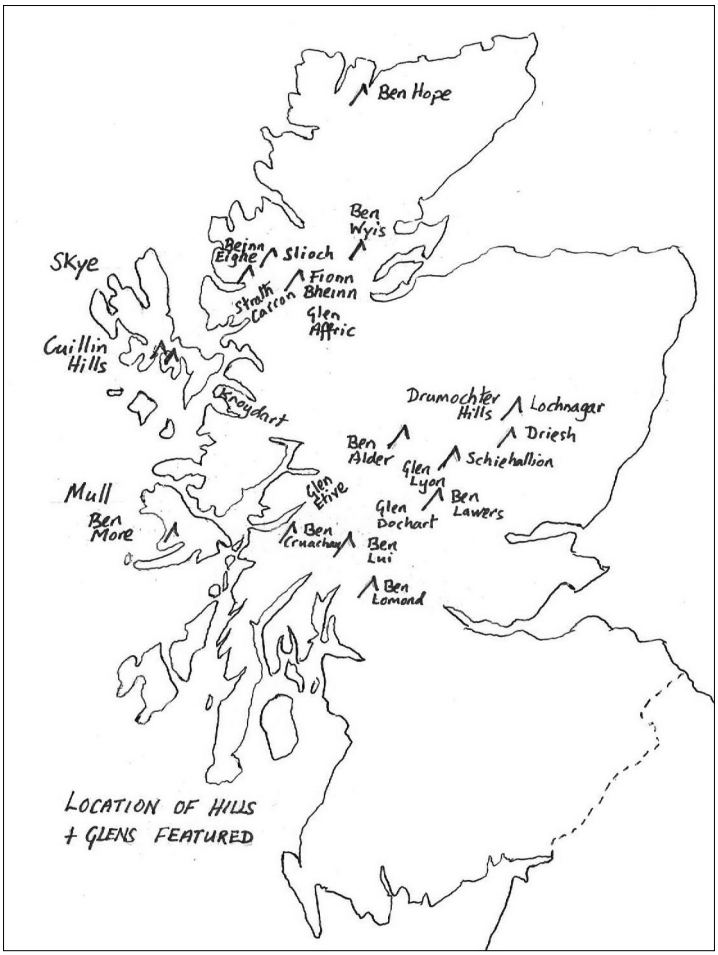
Glossary 251

Scripture references 255

Bibliography 259

Further Reading 260

A Clearing of Mists_first correction.indd 6 29/10/2015 16:59:36



A Clearing of Mists_first correction.indd 7 29/10/2015 16:59:36

List of maps

(page numbers of where they appear)

Wester Ross	Pages 16, 46, 80
North West Highlands	Page 20
Grampians	Pages 30, 54, 72, 90, 134, 158, 172, 182, 194
Mull and Argyll	Pages 38, 64, 102, 220
Fisherfield	Pages 112
Lochaber	Pages 124, 148, 208, 234

A Clearing of Mists_first correction.indd 8 29/10/2015 16:59:37