

Johnston's Jigsaw Round

This is a hill run of about 33 miles and 14,000' of ascent taking in 21 hills and tops to 2400' around Glens Luss, Douglas, Fruin and Finlas (LDFF) that lie crumpled between the Highland Fault Line and lochs Long and Lomond.

You are rewarded with fine views, Ben Lomond, the Arrochar Alps, Crianlarich Munros and beyond, views down the Clyde estuary to Arran and Paddy's Milestone.

The route starts and finishes using a couple of hill race routes at the foot of Glen Luss, the Beinn Dubh Hill Race ascent, and Cruach Dubh, the Luss Highland Games Hill Race descent, although it could be done in either direction anti clockwise gets the bigger climbs done at the start and finishes mostly downhill.

The terrain is a mixture of grassy paths, sheep/deer tracks, heather and tussocks, there's some argo tracks and a few fence lines which can aid navigation on misty days. There are three short sections of road providing access to the route, one at the top of Glen Luss after 5 miles the other two before and after the Glen Douglas hills at 11 and 18 miles.

There are a few route options and a couple of additional hills, the Strone and Auchengaich Hill overlooking the Fruin reservoir which could be included, provide a fourth road/access point for an extra 3 or 4 miles and a few hundred feet of ascent.

The route was devised by joining many of my local training routes, a few years in the making, I finally managed to complete the route in June 2025 after reducing my training load (thanks to Arend for the advice), if you fancy something a bit shorter than LDFF have a look at my page called Lusstrous, a route taking in all the hills overlooking Glen Luss, it's about 19 miles and 8000' of ascent.

Contact Name - Stephen Johnston, e mail Stephen51johnston@gmail.com

Inaugural completion – Stephen Johnston, 6/6/25, 14 hrs 50 mins, incl breaks, solo unsupported

OS maps; OL 38 Loch Lomond South & OL 39 Loch Lomond North

No time limit, sub 7 hours should be possible.

Informal challenge, anti clockwise or clockwise, tops in sequence, completions can be registered via email to Stephen51johnston@gmail.com, would be nice with strava or similar route info.

First section; Luss to Glen Douglas, 12 miles and 5000' of ascent, short road section after 5 miles, this section has the best-defined paths except from last top into Glen Douglas, terrain walkers paths/argo track, tussocks

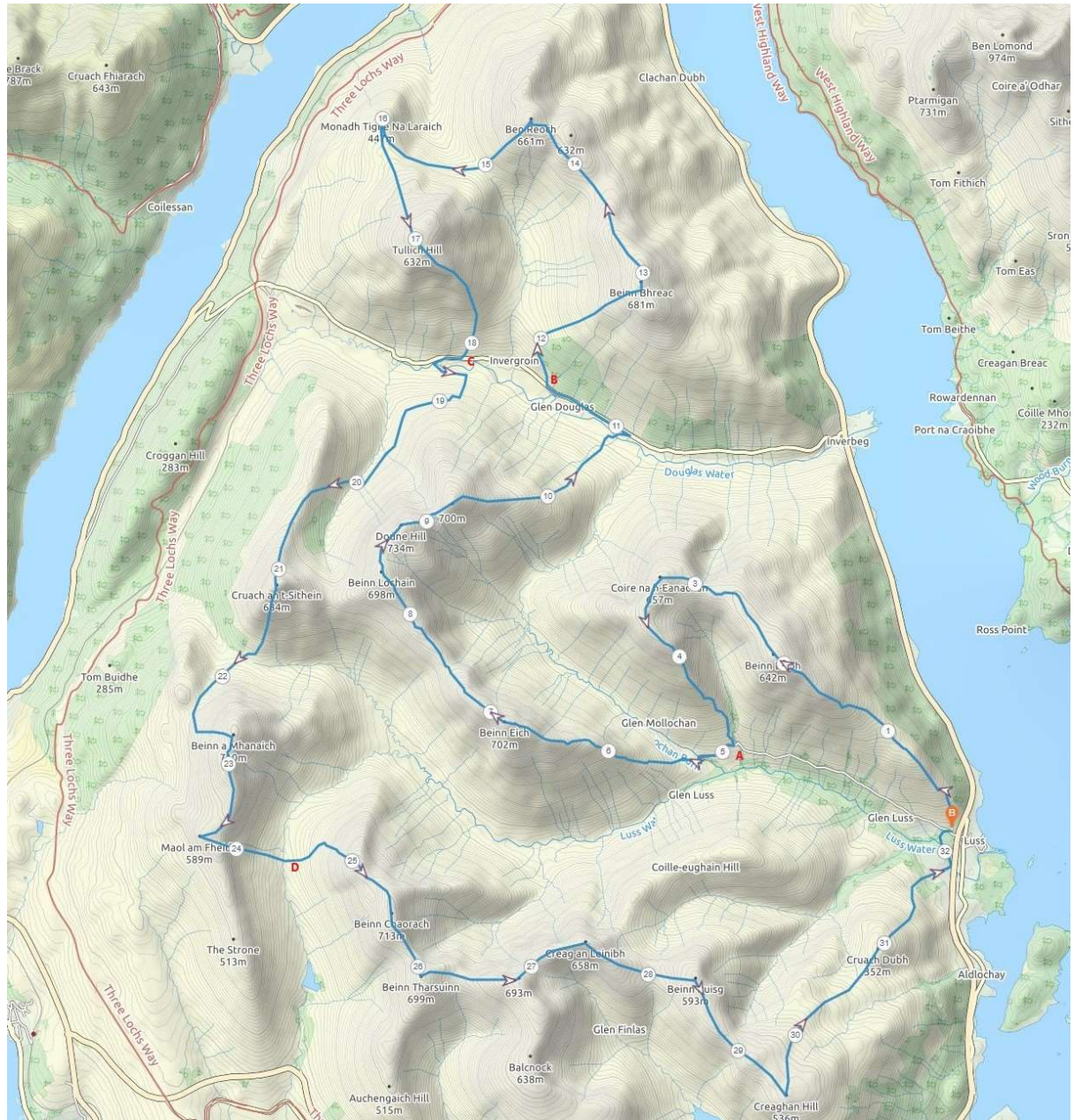
Second section; Glen Douglas, 7 miles and 3400' of ascent, terrain argo track, sheep/deer tracks/tussocks

3rd section; Glen Douglas to Glen Fruin, 6 miles, 3400' of ascent, terrain walkers paths, sheep/deer tracks, tussocks, starts on a path beside the fence for the military base.

4th Section; Glen Fruin to the finish, 8 miles, 2000' of ascent, terrain walkers paths, sheep/deer tracks, argo tracks, tussocks

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ROUTEMAP



PROFILE



A Glen Luss Rd, **B** Glen Douglas Rd, **C** Glen Douglas Rd, **D** Luss/Fruin Watershed

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HILL LIST – Timings from inaugural run 6/6/25.

Name	Grid Ref	Height (m)	(feet)	Type	Summit
Start – Glen Luss	NS 35700 93122				
Beinn Dubh	NS 33577 95398	642	2106		Cairn
Top 657	NS 32244 96372	657 **	2156		Cairn
Mid Hill	NS 32136 96277	657	2156	Graham	Cairn
A Glen Luss rd	NS 33050 94269				
Beinn Eich	NS 30212 94681	703	2306	Graham	Cairn
Beinn Lochain	NS 28798 96611	698 **	2290		Cairn
Doune Hill	NS 29059 97139	734	2408	Graham	Trig
Doune Hill	NS 29683 97412	700	2296		Cairn
B Glen Douglas Rd	NS 30974 98725	12 Miles/5000' 4 Hrs 10 + 10 min break			
Beinn Bhreac	NN 32145 00076	681	2234	Graham	Trig
Ben Reoch	NN 32145 00076	660	2166		Cairn
Monadh Tighe Na Laraich	NN 29054 02124	447 **	1467		Trig
Tullich Hill	NN 29372 00649	632	2073	Graham	Cairn
C Glen Douglas Rd	NS 29874 99160	7 Miles/3400' 3 hrs 20 + 15 min break			
Cruach an t'Sithein	NS 27509 96501	684	2244	Graham	Cairn
Beinn A'Mahanaich	NS 26924 94647	709	2326	Graham	Cairn
Maoll Am Fheidh	NS 26416 93436	591	1939		Mast
D Luss/Fruin	NS 27494 93519	6 Miles/3400' 3 hrs 20 + 10 min break			
Beinn Chaorach	NS 28730 92369	713	2339	Graham	Trig
Beinn Tharsuin	NS 29096 91575	656	2152		Cairn
Balcnock	NS 30281 91433	693	2274		Cairn
Creag an Leinibh	NS 31141 91934	657	2156		Cairn
Beinn Ruisg	NS 32468 91488	595	1952		Cairn
Creachan Hill	NS 33542 89941	536	1759		Cairn
Cruach Dubh	NS 34758 91695	352	1155		Flag
Finish – Glen Luss	NS 35661 93131	8 Miles/2000' 3 hrs 30			

** Not shown on summitbag

TOTAL 33 miles 14,000' of ascent (Plotaroute gives 32/13835/Strava 33 miles/14898).

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- From the Arrochar Alps



- Links;
 - LDFF my blog webpage <https://oakenknmowesrocks.blogspot.com/>
 - Strava activity, inaugural run <https://www.strava.com/activities/14717445041>
 - Plotaroute Map <https://www.plotaroute.com/route/1028179?units=miles>
 - LDFF Photos, taken on the day, in sequence, (google photos) <https://photos.app.goo.gl/jQ2hh6AHgwyvCrB9>
 - My LDFF run report <https://bar51.blogspot.com/2025/06/ldff.html>
 - Lusstrous my blog webpage <https://lusstrous.blogspot.com/>