uppermost beach or parallel road (1155 feet above the present sea-level) was formed.<sup>1</sup> The Glen Treig glacier then shrank a little, and the lake was thus lowered about 78 feet, so as to form the middle terrace, which is 1077 feet above the sea, the outflow being now by the head of Glen Glaster (Gleann glas dhoire), and through Loch Laggan into the Spey. After the lake had remained for a time at that height, the Glen Treig glacier continued on the decline, and at last crept back out of Glen Spean. By this means the level of the lake was reduced to 862 feet above the sea, and the waters of Glen Roy joined those of Loch Laggan, forming one long winding lake, having its outflow, by what is now the head of Glen Spean, into Strath Spey.<sup>2</sup> While this level was maintained, the lowest of the parallel roads of Glen Roy was formed. As the climate grew milder, however, the mass of ice which choked up the mouth of Glen Spean, and ponded back the water, gradually melted away. The drainage of Glen Roy, Glen Spean, and their tributary valleys was then no longer arrested, and as the lake sank in level, the streams one by one took their places in the channels which they have been busy widening and deepening ever since. Such seems to have been the history of the mysterious 'Parallel Roads of Lochaber.' Instead of tracing back their origin to the days of Fingal, they stand before us as the memorials of an infinitely vaster

<sup>1</sup> The col between the head of Glen Roy and Glen Spean is marked on the Ordnance Survey Map as 1151 feet—that is, 4 feet lower than the highest terrace. The outflow of the glacier lake into Glen Spean must have been by a very shallow channel.

<sup>2</sup> The col between Glens Spean and Spey is marked on the Ordnance Map as 848 feet—that is, 14 feet below the level of the lowest of the Glen Roy shelves. A remarkable feature about it is its proximity to the River Pattack, which almost touches it—a curious case of a large stream descending upon the main watershed of the country.