

SECTION SIX

Case Studies

Get ideas on where to visit – and see what others have done



Whether it's protected wildlife, spectacular scenery, geological wonders, cultural heritage or adrenalin-packed activities, Scotland's National Parks and National Nature Reserves have something amazing to offer:

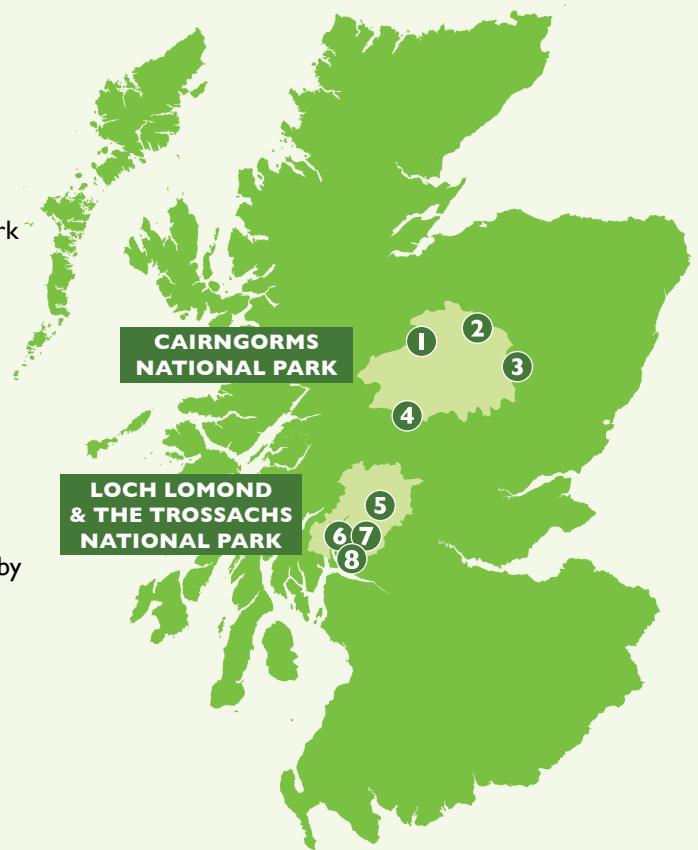


CASE STUDIES

- | | |
|---------------------|-------------------------------|
| 1 Craigellachie NNR | 5 Loch Katrine |
| 2 Glenlivet Estate | 6 Inchcailloch (NNR) |
| 3 Glen Tanar NNR | 7 Endrick Mouth (NNR) |
| 4 Atholl Estate | 8 Balloch Castle Country Park |

CASE STUDY ICONS

- | | |
|--|---|
|  Accommodation |  Parking |
|  All abilities access |  Picnic area |
|  Assistance dogs welcome |  Place of worship |
|  Audio or visual guide |  Ranger base |
|  Boat trip |  Refreshments nearby |
|  Bus |  Shop |
|  Cycling |  Toilets |
|  Family friendly |  Train |
|  Historic structure |  Walking |
|  Horse riding |  Watersports |
|  Information centre |  Wildlife watching |
|  National Nature Reserve | |






KEY CONTACTS

If you would like to explore opportunities in the National Parks and NNRs, please contact us for further information.




Cairngorms National Park

-  www.cairngorms.co.uk
-  01479 873535
-  enquiries@cairngorms.co.uk

Loch Lomond & The Trossachs National Park

-  www.lochlomond-trossachs.org
-  01389 722600
-  info@lochlomond-trossachs.org



Scotland's National Nature Reserves (NNRs)

-  www.nnr-scotland.org.uk
-  01463 725000
-  nnr@snh.gov.uk

For a **large print** Word version of these case studies, please contact the relevant National Park Authority above.

USEFUL WEBSITES



Visitor information

-  www.visitcairngorms.com
-  www.lochlomond-trossachs.org


Bus and train timetables

-  www.travelinescotland.com

Walking routes

-  www.walkhighlands.co.uk
-  www.walkingonwheels.org

Cycle routes

-  www.sustrans.co.uk



Weather forecast

-  www.metoffice.gov.uk

Mountain weather

-  www.mwis.org.uk

Scottish Disability Equality Forum – Access Panels

-  www.sdef.org.uk
-  01786 446456

Scottish Outdoor Access Code

-  www.outdooraccess-scotland.com



Scotland's National Nature Reserves

Magical places, amazing wildlife.

A number of National Nature Reserves (NNRs) can be found within the National Parks. NNRs are magical places where you can experience the incredible sights and sounds of Scotland's natural world. They help protect a wide range of wildlife and landscapes, including many rare species and habitats of international importance.

Planning your visit

For help in planning your visit, please read the following sections in the Resource Pack:

Funding and transport

Section 2.2 Practicalities

Safety and risk assessments

Section 2.3 Assessing and Managing Risk

Contacts and packages

Section 4 Contacts & Information

Atholl Estate, Blair Atholl



Atholl Estate in Highland Perthshire is centred around the white-walled Blair Castle in Blair Atholl. This part of the Cairngorms National Park has something for everyone, from touring a working farm to going on a safari drive. The adventurous can even try white-water rafting.



Give us a break

Children in families suffering economic hardship can feel isolated and may miss out on activities that others enjoy.

SYHA Hostelling Scotland and The Lighthouse Foundation organised a funded two-day residential Give Us A Break trip for Primary 6 and 7 pupils and teachers to provide outdoor experiences and build confidence and self-esteem.

On their way to the youth hostel in Pitlochry, the children enjoyed a go-kart session before a delicious meal at the hostel. After breakfast the next morning, the group met Beyond Adventure, who organised the activities, at Weem Wood Forestry Commission park. Day one was 'land day' and the children participated in a full day of activities including wayfaring, a simple form of orienteering, and some simple crag rock climbing. Day two was 'water day' and after learning the basics of paddling canoes, the children explored Loch Faskally and visited the dramatic Linn of Tummel waterfall.

Afterwards, one teacher said, 'Three boys who find classroom learning challenging were alert, cooperative and participated throughout the whole experience.'



Inspired?
Here's how...


This youth inclusion project was organised by SYHA Hostelling Scotland and the Lighthouse Foundation. The Lighthouse Foundation provides support to families affected by addiction. SYHA offers funded activity breaks for socially excluded or vulnerable young people.

If you would like to organise a similar project, please contact SYHA ☎ 0845 293 7373
🌐 www.syha.org.uk/GiveUsABreak or The Lighthouse Foundation ☎ 01563 521343

Top things to do

Wildlife watching


Experience the changing beauty of Highland Perthshire by going on a guided dawn or dusk Land Rover safari led by one of the Atholl Estate gamekeepers. You will have the opportunity to see red deer, birds of prey and black grouse in their natural habitat.

 Atholl Estates Office 01796 481355

Walking and cycling

Atholl Estate has six waymarked trails for walking and cycling leading from the Glen Tilt car park in Blair Atholl. The paths in the castle grounds are wheelchair friendly and there are longer trails leading through the hills and glens. The Falls of Bruar trail, which starts at the House of Bruar car park, is a 1.5-mile circular woodland trail following a series of waterfalls.

 www.visitcairngorms.com

Blair Castle


     

Blair Castle is the ancient seat of the Dukes of Atholl and dates back to the 13th century. Castle tours bring you face-to-face with Jacobean weapon displays, stunning artwork and grand rooms. The ground floor of the castle, restaurant and gift shop are wheelchair accessible and a mobility scooter can be hired for access to the gardens. Access to the grounds is free. An audio-visual guide is also available.

 Blair Castle 01796 481207

Working watermill

Dating back to 1590s, the mill in Blair Atholl is one of the few remaining working watermills. You can tour the mill and watch the traditional methods of grinding wheat and oats before relaxing in the tea room where you can enjoy homemade baking.


 Blair Atholl Watermill
01796 481321



Adventure activities


    

This varied countryside of woodlands, rivers and mountains provide many opportunities for adventurous activities from mountain biking and hillwalking to off-road driving, pony trekking and white-water rafting.

 www.blairatholl.org.uk


Ranger service

The Atholl Estate Ranger Service has an active programme of guided walks and events for children and adults. They also run educational visits for all school ages and an indoor classroom is available.

 Atholl Estates Office 01796 481355

How to get here


Nearest train station is Blair Atholl (1.5 miles)

 Scotrail 08457 559933


Local buses to Pitlochry, Bruar, Calvine and Struan

 Elizabeth Yule 01796 472290

Citylink services to Blair Atholl

 Citylink 0871 266 3333

Community Travel Grant

 <http://outdoors4all.org.uk/ctg.html>

Pick up a copy of *The Cairngorms Explorer* leaflet from Blair Atholl Visitor Information Centre for useful information about how to get to and around the Park without a car.

Access for all

Blair Castle gardens have accessible trails, and mobility scooters are available for hire.

Accommodation

Blair Atholl and nearby Pitlochry have a range of accommodation including camping and caravan parks, youth hostel, B&Bs, hotels and lodges.

Scottish Youth Hostel Association


 SYHA Pitlochry 01796 472308


Eating

From cosy tea rooms to roast dinners there is a good selection of places to eat in the surrounding area.


Further information

Atholl Estates Office

 pf@atholl-estates.co.uk

 01796 481355


Blair Atholl Area Tourism Association

 www.blairatholl.org.uk

Visit Cairngorms

 www.visitcairngorms.com

Scotland's National Nature Reserves

 www.nnr-scotland.org.uk

Staying longer?

Visit nearby:

- Killiecrankie Visitor Centre
- Queen's View
- Pitlochry's salmon ladder
- Creag Meagaidh NNR

Craigellachie NNR, Aviemore



Within walking distance of Aviemore, Craigellachie is one of nine National Nature Reserves in and around the Cairngorms National Park and offers breathtaking panoramic views. Native birch woodlands burst with colour and life throughout the year, tranquil lochs attract dragonflies and damselflies, and rugged crags provide a nesting site for peregrines.

Nepalese youth group



Getting young people interested in the environment can sometimes be a challenge, but that is exactly what Nepal Scotland Association wanted to achieve with the help of Backbone and the Cairngorms National Park Authority.

A group of nine 13 – 21 year old Nepalese young people stayed for two nights in the Highland Council Outdoor Centre at Badaguish, near Aviemore. As part of their outdoor learning experience, they had the opportunity to explore Loch Morlich by canoe, and enjoyed a ranger-led guided walk around Craigellachie National Nature Reserve where they found out about the history of the area and the different habitats, plants and animals.

Tika Limbu, one of the group, said, "The walk at Craigellachie National Nature Reserve was interesting and educational. We learnt about new plants and their benefits, and how the peregrine kills its prey – it was fantastic! Finding out about medicinal plants was great. I will definitely recommend others to come here."

By the end of their stay, the young group felt that they had learnt a lot about the local wildlife and environment, but they also realised how many fun and interesting activities there are just waiting to be discovered in the outdoors.



"Today was the most amazing experience I've had in my life"

Inspired?
Here's how...

This project was organised by Nepal Scotland Association and Backbone. If you would like to organise a similar project, please contact Backbone
☎ 01997 414703 🌐 www.backbone.uk.net

Top things to do

Wildlife watching

Famous for the breeding ospreys at nearby Boat of Garten, this area of the Cairngorms National Park has a wealth of wildlife-watching opportunities. Follow the trails or take part in a ranger-led event.


Walking


Access to the Reserve is past the Catholic Church or Youth Hostel. There are four separate trails leading around Craigellachie, offering you the chance to explore the lochs, hills and woodlands. The all-ability Lochan Trail skirts the banks of Loch Puladdern, the Buzzard Trail leads you through the higher birches to the old reservoir and the Woodland Trail winds through the trees. For the more energetic, the Viewpoint Trail takes you near the summit where you will have stunning views of the Cairngorm plateau. An audio guide for your mobile phone is available.

Adventure activities

This varied landscape of lochs, forests and mountains provides many opportunities for adventure activities from canoeing and windsurfing to Land Rover safaris and sled dog tours.

 Aviemore Visitor Centre
01479 810930

 www.visitcairngorms.com

Cycling

Nearby Glenmore and Rothiemurchus have many cycle routes of varying distances and terrains. Bikes can be hired locally and maps are provided.

Steam train

Relive the age of steam by travelling on a steam locomotive from Aviemore to Boat of Garten and Broomhill. The 20-mile round trip takes one hour.


 01479 810725




Castles, museums, galleries


Loch an Eilein, in the Rothiemurchus Estate has a 13th century ruined castle, an award-winning picnic site and a gallery that boasts a huge display of local artwork and crafts. The trail around the loch is suitable for all abilities. The Highland Folk Museum in Newtonmore is an ideal place to learn how people lived in rural Highland villages many years ago.

 Loch an Eilein Centre 01479 811085

 Highland Folk Museum 01540 673551


How to get here

Nearest train station is Aviemore (400m)

 ScotRail 08457 550033

Local and national bus services at Aviemore

 Stagecoach/Rapsons 01463 222244

 Citylink 0871 266 3333

Community Travel Grant

 <http://outdoors4all.org.uk/ctg.html>

Pick up a copy of *The Cairngorms Explorer* leaflet in the Visitor Information Centre for useful information about how to get to and around the Park without a car.

Eating

There is a good range of eating places available in and around Aviemore.

Access for all

Accessible trails at Craigellachie NNR

 www.phototrails.org

Mobility scooters are available for hire from the Glenmore Visitor Centre.

 01479 861220


Disabled toilets in Aviemore require a RADAR key

 RADAR www.radar.org.uk


Accommodation


Scottish Youth Hostel Association

 SYHA Aviemore 01479 810345


 SYHA Cairngorm Lodge 01479 861238

Badaguish Outdoor Centre (Speyside Trust) runs residential activity programmes for people with learning difficulties and disabilities.

 01479 861285


 www.badaguish.org

Highland Council also has an outdoor centre and lodges at Badaguish.


 Highland Council @ Badaguish
01479 861734

Further information


Scotland's National Nature Reserves

 www.nnr-scotland.org.uk


Visit Cairngorms

 www.visitcairngorms.com

Highland Council Ranger Service

 01479 873914

Visitor Information Centres

 Aviemore 01479 810930

 Glenmore 01479 861220

Staying longer?

Explore nearby:

- Glenmore NNR and Forest Park
- Loch Garten Osprey Centre, Abernethy NNR
- Invereshie & Inshriach NNR

Glenlivet Estate, Tomintoul



Explore the beautiful peaceful surroundings of The Crown Estate's Glenlivet Estate and the Highland village of Tomintoul. Breathe in the fresh air of the Cairngorms National Park as you discover the local history, follow one of the trails or take part in fun outdoor activities – there are lots of things to do!

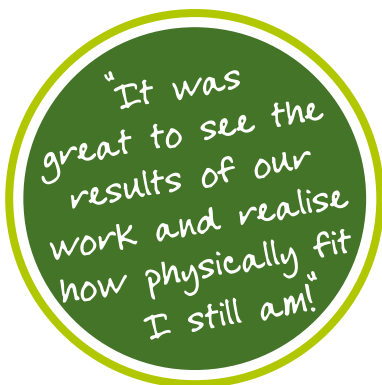
Live it up in Glenlivet!

Enjoying the beautiful scenery of the Glenlivet Estate could be difficult if you were in a wheelchair or unsteady on your feet – until a group from the Grampian 50+ Network joined with estate rangers and skilled locals to construct a path with bridges suitable for everyone.

Over the years, the enthusiastic group have built stone walls, boardwalks, bridges and even a rockery and a bird hide! Making new friends and seeing what can be achieved by working together was a highlight for those involved.

Vicky Hilton, The Crown Estate Countryside Manager, said, "A lot of people are retiring earlier and many of them enjoy the outdoors and want to contribute. This is an ideal way of doing it."

Thanks to all their hard work, this fully accessible path is now a delight to follow, with plenty of benches allowing you to admire the stunning views and maybe even catch a glimpse of a red squirrel.



Inspired?
Here's how...

This project was organised by Rural Environmental Action Project, The Crown Estate and Grampian 50+ Network.

If you would like to organise a similar project, please contact Glenlivet Estate Ranger Service

☎ 01479 870070 🌐 www.glenlivetestate.co.uk



Top things to do

Wildlife watching 🦊

The Glenlivet area supports many iconic plants and animals including threatened species such as wildcat and red squirrel.

Walking 🚶🦽🦹🦺🦻

There are many waymarked trails suitable for all levels and abilities including a 500-metre trail from the Estate Office that is suitable for wheelchairs. Those seeking a longer trail can join the Tomintoul spur of the Speyside Way.

📞 Glenlivet Estate Information Centre
01479 870070

Visitor centres 📄🦽🦻🦺🦹🦺

Discover stories from the past at the Tomintoul Visitor Information Centre with replica blacksmith shop and farmhouse kitchen. Find out about wildlife and how the countryside is managed at the Glenlivet Estate Information Centre. Both free entry.

📞 Tomintoul Visitor Information Centre
01807 580285

📞 Glenlivet Estate Information Centre
01479 870070

Guided events 🦊🦻🦺🦹🦺

The Glenlivet Ranger Service runs a number of guided walks and events throughout the year.

📞 Glenlivet Estate Information Centre
01479 870070

Adventure activities 🦊🚴🦹🦺

Glenlivet Estate has a number of outdoor activities including snow sports, pony trekking, clay pigeon shooting, cycling, fishing, gorge walking and Land Rover safaris.

📞 Tomintoul Visitor Information Centre
01807 580285

🌐 www.visitcairngorms.com

Historic Tomintoul & Glenlivet

📄🦽🦻🦺🦹🦺

Learn about the remote Scalan college, 18th century iron mining and the 16th century Battle of Glenlivet. Discover the fascinating underground Knock Earth House, the restored ruin of Drumin Castle and the historic village of Tomintoul.

📞 Tomintoul Visitor Information Centre
01807 580285



The Glenlivet Distillery

📄🦽🦻🦺🦹🦺

Founded in 1824 by George Smith, this distillery produces the world famous single malt, The Glenlivet. There are distillery tours, an exhibition centre, café and gift shop. All facilities have disabled access. Admission is free.

📞 The Glenlivet Distillery 01340 821720

Adventure playground 📄🦽🦻🦺🦹🦺

From balance beams and swinging steps to climbing walls and rocking logs, you can have hours of fun at the woodland adventure playground in Tomintoul. The area has a woodchip safety surface and there is full accessibility to the playground.

📞 Glenlivet Estate Information Centre
01479 870070

How to get here

Nearest train stations are Aviemore (27 miles) and Carr-Bridge (26 miles)

📞 ScotRail 08457 550033

🌐 www.firstscotrail.com

Limited bus services from Keith and Elgin to Tomintoul

📞 WW Smith 01542 882113

📞 Maynes Coaches 01542 831219

Community Travel Grant

🌐 <http://outdoors4all.org.uk/ctg.html>

Pick up a copy of *The Cairngorms Explorer* leaflet in the Visitor Information Centre for useful information about how to get to and around the Park without a car.

Eating

Choose from a selection of cosy coffee shops, restaurants and pubs.

Access for all

Both the Glenlivet Estate Information Centre and the Tomintoul Visitor Information Centre are fully accessible including parking and toilets.

Vehicular access to viewpoints within the Estate for elderly and disabled people can be arranged. Assistance dogs are welcome on all trails.

📞 Glenlivet Estate Information Centre 01479 870070

🌐 www.glenlivetestate.co.uk

Accommodation

Tomintoul and the Glenlivet Estate have a range of accommodation available including hotels, B&Bs, self-catering cottages and a youth hostel.

🌐 www.visitcairngorms.com

🌐 www.syha.org.uk

🌐 www.glenlivet-cairngorms.co.uk

Further information

Glenlivet Estate Information Centre

📞 01479 870070

🌐 www.glenlivetestate.co.uk

@ info@glenlivetestate.co.uk

Tomintoul Visitor Information Centre

📞 01807 580285

Visit Cairngorms

🌐 www.visitcairngorms.com

Scotland's National Nature Reserves

🌐 www.nnr-scotland.org.uk

Staying longer?

Why not explore:

- Ailnack Gorge
- Glenmullach Forest
- Scalan seminary
- Drumin Castle
- Glen Tanar NNR
- Muir of Dinnet NNR

Glen Tanar NNR, Aboyne



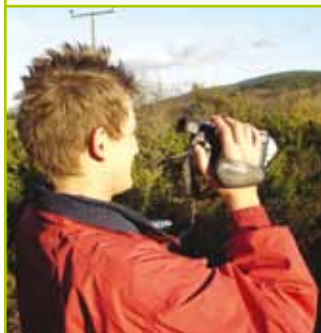
Discover the breathtaking wildness of Glen Tanar National Nature Reserve in the Cairngorms National Park and explore the mountains, rivers and moorland. With impressive ancient Caledonian pine forests and oakwoods that gradually thin into vast hillsides of heather, this glen near Aboyne has lots to offer.

Giving back to the community

Four young local men came to Glen Tanar National Nature Reserve on a community service project and found it to be a life-changing experience thanks to practical conservation work on the Glen Tanar Estate.

The Glen Tanar rangers took these young men on board and showed them how rewarding helping people and the environment could be. Starting with simple jobs, such as cutting and stacking firewood for the visitor centre stoves, the men quickly moved onto learning new skills including fencing, protecting trees from deer and the importance of habitats for wildlife.

At the end of their time at Glen Tanar, the men felt that they had truly benefited from their experience. The initial culture shock of working in the outdoors was so different to their daily lives that they left the programme feeling inspired and motivated.



"The nature and landscape were enough to make me feel motivated about my daily life"

Inspired?
Here's how...


This project was organised by Glen Tanar Ranger Service.

If you would like to organise a practical conservation project with the Glen Tanar rangers, please contact ☎ 013398 86072 🌐 www.glentantar.co.uk

Top things to do

Wildlife watching

Glen Tanar NNR has excellent examples of ancient pine forests, which provide a home to some of Scotland's most endangered species, including the Scottish crossbill, capercaillie and red squirrel. Red and roe deer are frequently seen and birds of prey soar overhead. Guided Land Rover tours can be booked at the Estate Office.

 Estate Office 013398 86451

Walking and cycling


Glen Tanar has a network of waymarked trails that lead through farmland, native pine forest and along the River Tanar. Many trails are suitable for walking, mountain biking and pony trekking. There are toilets at the entrance to the Reserve.

 Visitor Centre 013398 86072




Historic Aboyne


Aboyne in Royal Deeside dates back to the 17th century, although there has been a castle here since the 13th century. Nearby Craigievar Castle is a baronial castle which has Jacobean artwork and furniture and a delightful park with trails. Disabled parking is available and assistance dogs are welcome in the castle.

 Craigievar Castle 0844 493 2174

Adventure Activities

This varied countryside provides many opportunities for adventurous activities from mountain biking and karting to archery and horse riding.

 Ballater Visitor Information Centre
013397 55306

 www.visitcairngorms.com

Walking to health


Every Friday, the Ranger Service leads a one-hour guided walk around the Reserve for those who are starting out or are unsure of their fitness level. A minibus picks up and drops off people in Aboyne. Everyone is welcome and you can enjoy a cup of tea and a chat afterwards.

 Ranger Service 013398 86072




Conservation volunteering

If you would like to be involved in hands-on practical conservation activities, the Ranger Service with the John Muir Trust hold regular monthly sessions. By prior arrangement, they can also organise wildlife monitoring where you can learn how to sample and identify species in river, pond and woodland habitats.

 Ranger Service 013398 86072


Ranger service

Glen Tanar has an active, friendly ranger service that organises a number of events throughout the year, including for Red Squirrel Week and the Royal Deeside Venison Festival. They also arrange visits for a wide range of groups, from pre-school to special interest.

 Ranger Service 013398 86072


How to get here

Nearest train station is Aberdeen (30 miles)


 Scotrail 08457 550033

 www.firstscotrail.com

Nearest bus stop is Aboyne (3 miles)

 Northern Bluebird 01224 212266

Community Travel Grant

 <http://outdoors4all.org.uk/ctg.html>

Pick up a copy of *The Cairngorms Explorer* leaflet in the Visitor Information Centre for useful information about how to get to and around the Park without a car.

Eating

There are a number of restaurants in nearby Aboyne.

Access for all

The Visitor Centre has accessible parking and toilets. Some of the trails are fully accessible.

Accommodation

Glen Tanar Estate has a campsite, which can be booked in advance. It also has holiday cottages, all of which welcome walkers. One of the cottages is a designated assisted disabled property.

Staying longer?

Explore nearby:

- Balmoral, Royal Deeside
- Linn of Dee
- Muir of Dinnet NNR

Further information

Scotland's National Nature Reserves

 www.nnr-scotland.org.uk


Visit Cairngorms

 www.visitcairngorms.com

Glen Tanar Ranger Service and Visitor Centre


 www.glentantar.co.uk

 ranger@glentantar.co.uk


 013398 86072

Glen Tanar Estate Office

 info@glentantar.co.uk

 013398 86451

Ballater Visitor Information Centre

 013397 55306