

Badenoch and Strathspey Paths with Easy Access

Discover Badenoch and Strathspey



Welcome to Badenoch and Strathspey!

Badenoch and Strathspey forms an important communication corridor through the western edge of the Cairngorms National Park. The Cairngorms is the largest National Park in Britain, a living, working landscape with a massive core of wild land at its heart.

However, not all of us are intrepid mountaineers and many of us prefer much gentler adventures. That's where this guide will come in very handy.

The 12 paths in this guide have been identified as easy access paths in terms of smoothness, gradients and distance. We have included paths from different parts of Badenoch and Strathspey from Laggan in the south to Granttown-on-Spey in the north.

We have added turning points as options for shorter or alternative routes so look out for the blue dot on the maps.

Some of the paths are also convenient for train and bus services so please check local timetables and enjoy the journey to and from your chosen path.

Given that we all have different ideas of what is 'easy' please take a few minutes to carefully read the route descriptions before you set out, just to make sure that the path you want to use is suitable for you and any others in your group.

Enjoy your day out, keep your eyes open for wildlife and remember – always be prepared for the weather!



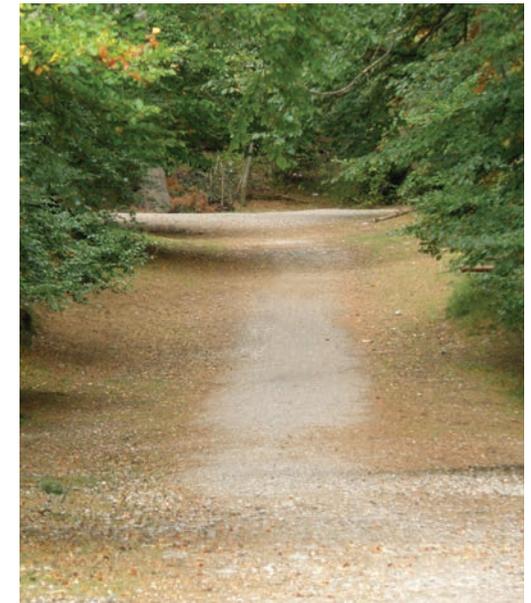
Contents

- 1 **Granttown-on-Spey** P5
Kylindra Meadow Path
- 2 **Nethy Bridge** P7
The Birch Wood
- 3 **Carr-Bridge** P9
Riverside Path
- 4 **Carr-Bridge** P11
Ellan Wood Trail
- 5 **Boat of Garten** P13
Heron Trail, Milton Loch
- 6 **Aviemore, Craigellachie** P15
Loch Puladdern Trail

Central Spread Area Map

Shows location of the 12 easy access paths

- 7 **Kingussie** P19
Glebe Ponds
- 8 **Feshiebridge** P21
Frank Bruce Sculpture Trail
- 9 **Newtonmore** P23
Loch Imrich
- 10 **Glenmore** P25
Ryvoan (Green Lochan) Trail
- 11 **Glenmore** P27
Beach Trail
- 12 **Laggan** P29
Wolftrax Trail



- Easy Access Path, start
- Easy Access Path, turning point
- Road
- Track
- Path
- Railway station

- Car park
- Bus stop
- Public toilet
- Visitor information centre
- View point
- Tourist attraction
- Golf course
- Public telephone

Granttown-on-Spey

Kylintra Meadow Path

Route type:

A short, circular path with a burn, large pond, woods and former meadow. The surface is mostly level and firm with boardwalk on bridges and approaches. There are steps on the short route option.

Distance:

0.75 miles (1.2 kms)

Start Point:

Woodlands Terrace where there is on-road parking in lay by near start of path.

Turning Point:

Two options to shorten route (see map).

Facilities:

Information panels, and a bench with views over the site. Public toilets available in High Street about 330 yards from start of path (see map). There is a wide variety of outlets for refreshments in Granttown.

Getting there:

Bus: Stagecoach 33 and 34X operate regularly to Granttown from Aviemore and Inverness, nearest bus stop is 75 yards from start of path (see map).

Car: Follow signs for Granttown-on-Spey on A95 or A939 then B9102 (Woodlands Terrace) in Granttown.

Description:

From Woodlands Terrace there is a short gradient down to an information board with a large site map.

After about 300 yards is another information board which describes the wildlife around the pond. For a very short route there is also a path on the right with bridge across burn. However, there are two steps down to bridge.

For the full route, carry straight on with burn on right until you enter a wooded area marked by a green and white sign welcoming you to Kylintra Wood, part of the wider Anagach Woods, managed by a local community trust.

A little further on the path forks to right, over the burn and then deeper into the wood in a series of undulating meanders. The trees around you are mostly silver birch and scots pine which are typical of Strathspey.

From woods enter Kylintra Meadow, a much more open landscape. Continue on path until you come to a bench where you can stop to look over the site. The path turns to left and past an information shelter which has details of the history of the meadow. From here you can return to Woodlands Terrace and back to the start point which is about 40 yards slightly uphill via a pavement.

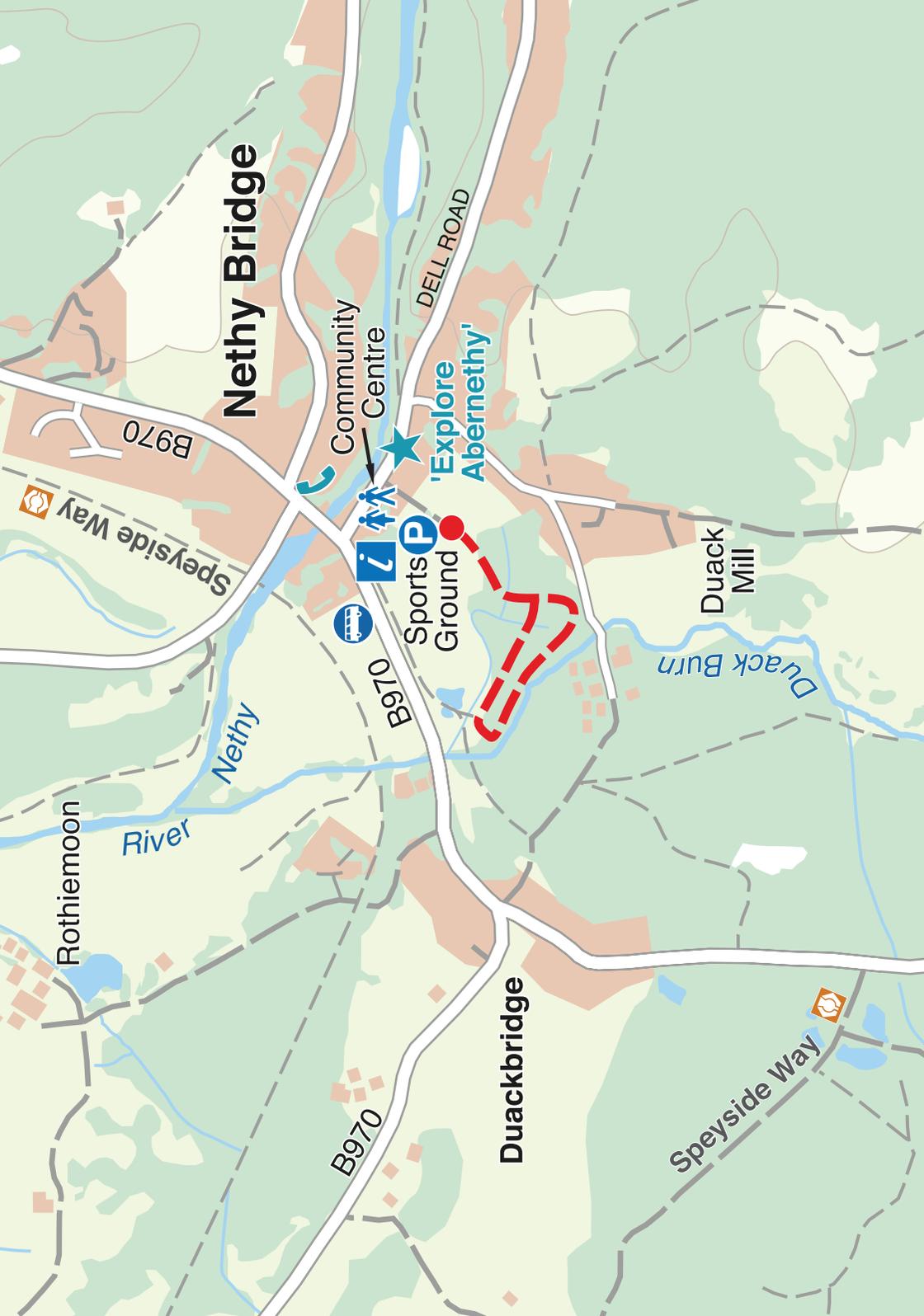
Information:

If you would like to know more about Granttown-on-Spey and other all abilities trails visit the Visitor Information Centre and Museum which is open from April to October. **Tel: 01479 870 477** or visit: www.granttownmuseum.co.uk



Nethy Bridge

The Birch Wood All Abilities Trail



Route type:

A purpose built circuit suitable for 'all-abilities' with a mixture of tarred paths, packed whindust and boardwalk surfaces.

Distance:

About 0.75 miles (1.2 km) but can be made shorter or longer.

Start Point:

Either from Community Centre (follow sign for car park) in centre of Nethy Bridge or from Birchfield Court off B970. Once on route follow signs for The Birch Wood.

Turning Point:

You can combine various paths to make a route length that suits you and members of your group (see map).

Facilities:

The path has picnic benches along the way. Toilets and information is available at the Community Centre and on the Riverside. There are 2 hotels for refreshments.

Getting there:

Bus: Stagecoach 34 and 34X services operate from Aviemore, Grantown-On-Spey and Inverness. The nearest stop is about 150 yards from the Community Centre and about 80 yards from Birchfield Court. **Car:** Follow signs for Nethy Bridge via B970 from Grantown On Spey or Boat of Garten.

Description:

The route takes you through an area of Community Woodland on a path network installed by the local community.

The main starting point is at the Community Centre off Dell Road. From the Centre go past the tennis courts until you see a sign pointing into the woods for The Birch Wood Circular.

The path winds its way through the birch and pine wood. Watch out for red squirrels and the nibbled pine cones they have left behind.

At the far end of the Birch Wood Circular is a spur leading to a large wildlife pond with an alternative return route via the edge of the playing field.

However, please note that there is no footway for a short section on the approach to Dell Road (see map).

Information:

Various information boards on riverside by Dell Road and from Visitor Centre.

Other all abilities trails are highlighted in Explore Abernethy path leaflet.

Please also visit:

www.nethybridge.com

Carr-Bridge Riverside Path

Route type:

A circular route on surfaced path or pavement except for a short section of rough track and where no pavement at end of Station Road. Option to combine with Ellan Wood route to make a longer walk. Note possibility of farm traffic on track.

Distance:

1 mile (1.6 kms)

Start Point:

By the Old Bridge Garage near the Packhorse Bridge.

Turning Point:

Circular route with no specific turning point other than to go back to start.

Facilities:

Nearest public toilets are in the car park off the B9153 road in village centre. Carr-Bridge has a number of options for refreshments.

Getting there:

Train: Carr-Bridge is on the main line between Inverness and Aviemore but make sure you check carefully as not all trains stop!

Bus: Stagecoach 32 and 33 services from Newtonmore and Aviemore.

Car: follow signs for Carr-Bridge from A9, A95 or A938.

Description:

This route starts by following the bank of the River Dulnain before crossing the river via the Ellan Bridge, sometimes called the Gurkha Bridge as it was rebuilt in 1992 by members of this famous army regiment.

Watch out for salmon leaping from the pools of the river and dippers, round black and white birds zooming up and down the river.

Once over the bridge follow the path ahead until a fork gives a slightly easier gradient to the left before rejoining a farm track uphill towards Station Road.

On Station Road turn left and follow the pavement back towards the village centre. Remember there is a short section of about 35 yards at the end of Station Road with no pavement.

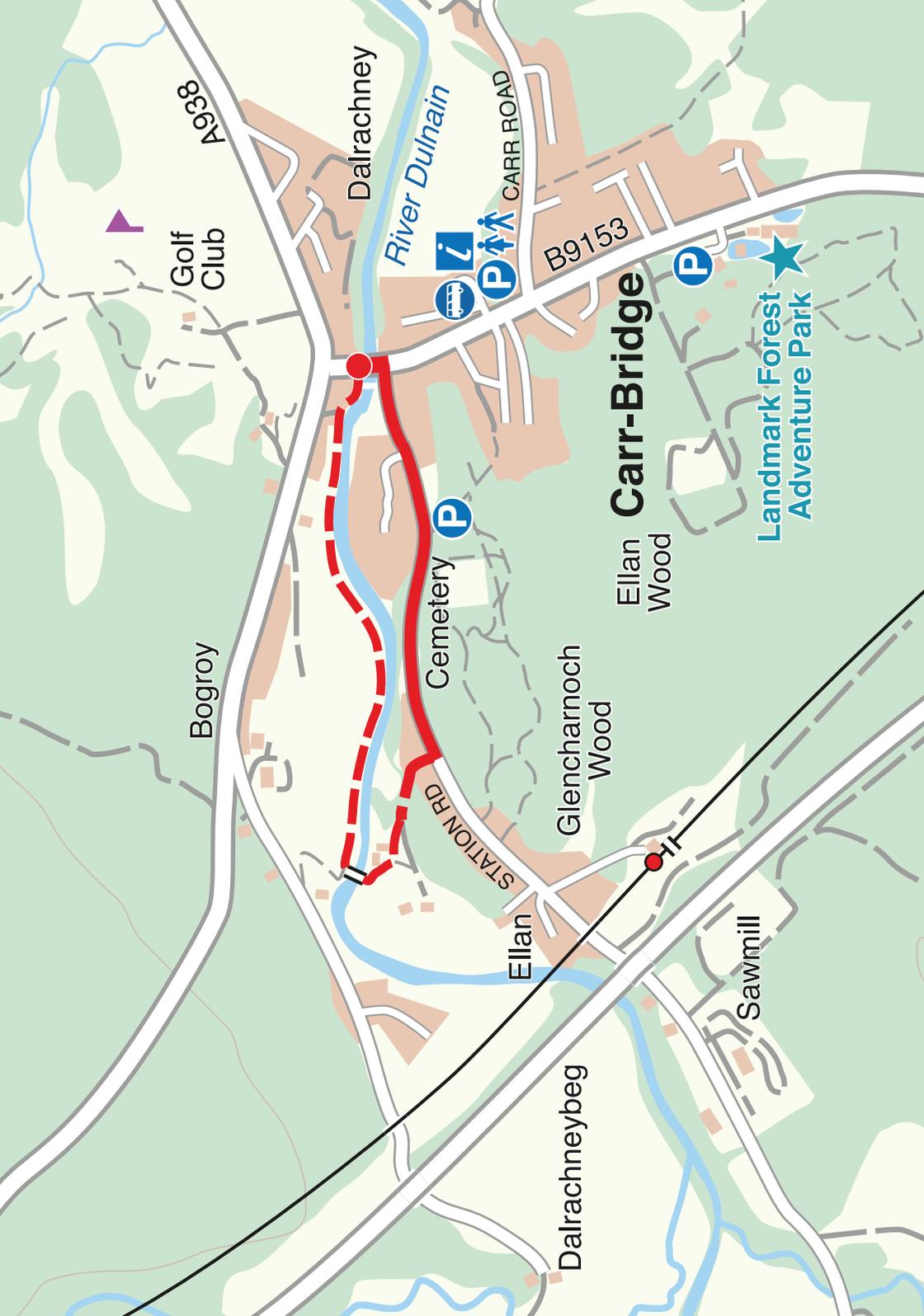
There is also an option to return via Ellan Wood which is signposted from Station Road and also shown on the map.

Information:

There is an information board in the main car park off the B9153. Most tearooms, hotels and Landmark Visitor Centre at the Aviemore end of the village have information leaflets.

Please also visit:

www.carrbridge.com



Carr-Bridge

Ellan Wood Trail



Route type:

A mostly flat trail through some beautiful pine woods. However, there are a number of moderate slopes that may make short sections difficult for some wheel chair and scooter users.

Distance:

Depending on chosen start and finish point about 0.75 miles (1.2 km).

Start Point:

There are several options. Start from car park by Cemetery or main car park in village off B9153 or as an extension to the Riverside Path (see Route 3). **3**

Turning Point:

A variety of options depending on how long a walk you want.

Facilities:

The route has a picnic table and several information boards. Nearest public toilets are in the car park off the B9153 road in village centre. Carr-Bridge has a number of options for refreshments.

Getting there:

Train: Carr-Bridge is on the main line between Inverness and Aviemore but make sure you check carefully as **not all trains stop!**

Bus: Stagecoach 32 and 33 services from Newtonmore and Aviemore.

Car: follow signs for Carr-Bridge from A9, A95 or A938.

Description:

There are several possibilities but main route described here is from Cemetery car park as that is the best option for those in wheelchair. This car park is off station road where there are large signs for Ellan Wood.

From the car park it can be confusing as there are several paths to follow but head towards the Cemetery and you will pick up a well-surfaced path that will take you through the woods in a meandering circuit.

Watch out for red squirrels and other woodland wildlife including some very 'wooden looking specimens'! There are also some larger sculptures to discover. Hope we didn't give too many clues there?

There is also an option to return via a longer route back to the village centre or to join with the Riverside path but please take a few moments to check these alternatives before exploring too far!

Information:

There is an information board in the main car park off the B9153. Most tearooms, hotels and Landmark Visitor Centre at the Aviemore end of the village have information leaflets.

Please also visit:

www.carrbridge.com

Boat of Garten

Heron Trail, Milton Loch

Route type:

A short, flat, walk through open grassland and scattered pine and birch trees with optional detour to Milton Loch. Short section of rough track and gate at start.

Distance:

From car park at start of walk 0.5 mile (0.8 km) or 1 mile (1.6 km) from Station Square in village. Note there is a steep climb back uphill into village centre.

Start Point:

Small car park off Birch Grove. Take care as it's easy to miss road junction. For longer walk park in village.

Turning Point:

Once on Heron Trail circuit best to keep going. Other option is to just go to bird hide or pond dipping platform (see map).

Facilities:

Picnic tables and benches, bird hide, pond dipping platform all wheelchair accessible.

Getting there:

Train: As a very special treat you can travel by steam train to Boat of Garten on the Strathspey Railway from Aviemore and Broomhill (nr. Dulnain Bridge). **Bus:** Stagecoach 34 and 34X operate regularly to Boat of Garten from Aviemore and Inverness.

Car: Follow signs for Boat of Garten from A95 or B970.

Description:

Starting from the small car park off Birch Grove walk back out of car park along a short section of rough track and through a pedestrian gate. From here the path has a very good surface.

After about 20 yards the path forks. Go left for the full circular Heron Trail of about 250 yards or right to the bird hide (80 yards) and pond-dipping platform (150 yards).

On main Heron Trail route you pass through open grassland with scattered birch and pine. In summer watch out for butterflies in the long grass and ospreys flying overhead. The site is sheltered by a mature pine plantation and also has some fine old birch trees.

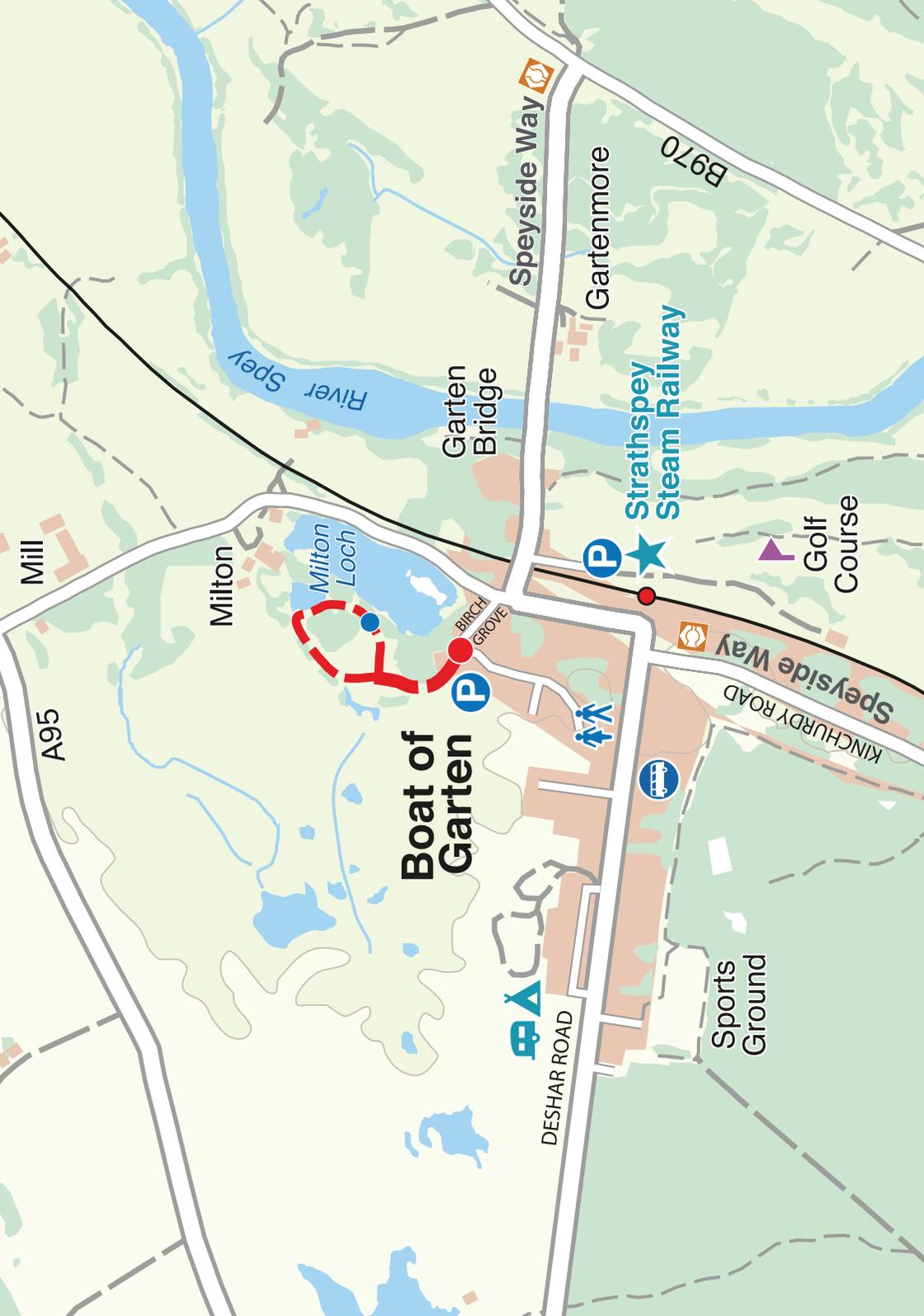
The bird hide gives great views over Milton Loch. The summer residents of mallard duck and coot are joined by other winter visitors such as wigeon and whooper swans.

Information:

Available in the village.

Please also visit:

www.boatofgarten.com



Aviemore, Craigellachie

Loch Puladdern Trail



Route type:

A short circuit by a lochan in the stunning Craigellachie National Nature Reserve. Surfaced path with gentle gradients suitable for buggies and wheelchairs. **Note that the path to this trail is not to all-ability standard with moderate slopes and loose gravel in short sections.**

Distance:

The actual trail is 0.5 miles (0.8 km). However, to get to the start from the main road (Grampian Road B9152) in Aviemore is a further 0.5 miles (0.8km) each way.

Start Point:

From the B9152 at the southern end of Aviemore signposted for Nature Reserve, Youth Hostel and Catholic Church.

Turning Point:

No specific turning point on the route other than to go back the way you have come. There is an option to return to Aviemore via the Aviemore Orbital path and through Macdonald Highland Resort (see map). **Note there are 10 steep steps up a slope.**

Facilities:

There are a couple of seat perches on the steeper parts of the access path with benches on the trail itself. At the entrance to the Reserve are information boards and guidance on using a mobile phone app. The nearest

public toilets are located in the centre of Aviemore where you will also find places to eat.

Getting there:

Train: There are regular train services to Aviemore throughout the day. You can also travel from Broomhill and Boat of Garten on the Strathspey Steam Railway. The start of the walk is about 0.3 mile (600 metres) south of the station via the pavement along the main street B 9152.

Bus: Stagecoach operate 31, 32, 32A, 33, 34 and 34A bus services to Aviemore from Granttown On Spey, Inverness and Newtonmore.

Nearest stop is opposite Rail Station.

Car: Follow signs for Aviemore from A9 and A95.

Description:

The actual trail is a very pleasant walk by a small lochan and through mature birchwood. The loch has mallard duck and is a particularly good site for dragonflies. The woods are alive with various small birds with warblers in summer and flocks of tits in winter. Watch for mosses and lichens draped over tree branches. Also see notes above.

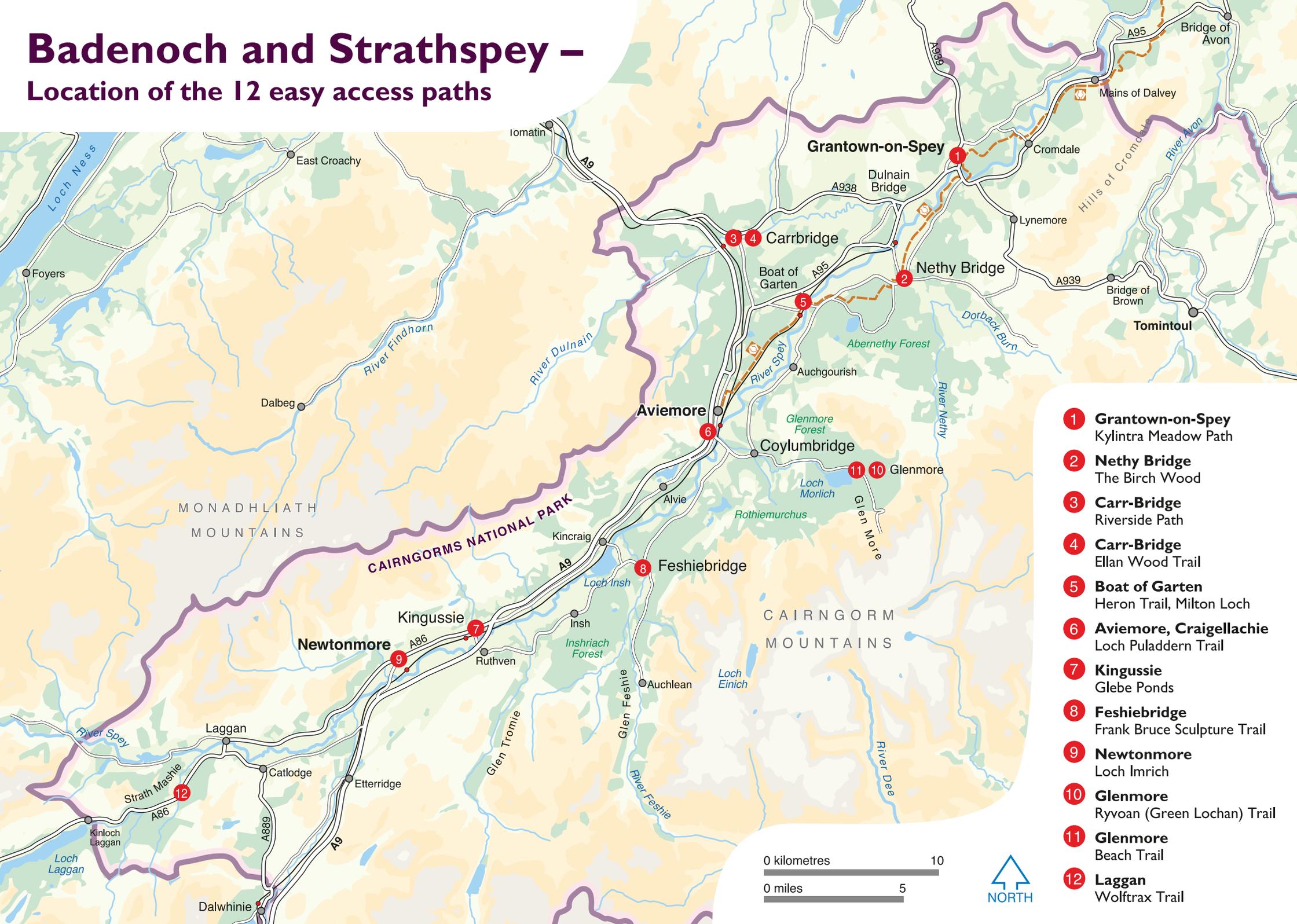
Information:

Visitor Information Centre in Aviemore on Grampian Road near Railway Station. **Tel: 01479 810 930.**

Please also visit:

www.aviemorecommunitycouncil.org

Badenoch and Strathspey – Location of the 12 easy access paths



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Frank Bruce Sculpture Trail
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- 11 **Glenmore**
Beach Trail
- 12 **Laggan**
Wolfrax Trail

0 kilometres 10

0 miles 5



Kingussie

Glebe Ponds

Route type:

A short, flat, easy walk round the pond suitable for wheelchairs, scooters and buggies. Section of trail has gates with latch fastening

Distance:

0.3 miles (0.5 km)

Start Point:

At east end of High Street where there is on-road parking for 3-4 cars in lay by at start of path.

Turning Point:

There is scope for making this a very short walk by only going round the first and smaller of the ponds.

Facilities:

Picnic tables and benches all round the ponds. Toilets available at the Ardvonie Car Park signposted from High Street. There is a wide choice of outlets for refreshments in Kingussie.

Getting there:

Train: There is a station in Kingussie. However, it is about a mile (1.6km) from the ponds.

Bus: Stagecoach 32 and 32A operate regularly to Kingussie from Carr-Bridge and Inverness, nearest bus stop is 100 yards from start of path at The Glebe.

Car: Follow signs for Kingussie on A86 from north and south.

Description:

From High Street there is a ramp down to the ponds. A short section of the route has low gates at either end which have a latch fastening.

Whilst most of the route is flat there is a gentle incline from the main path to some picnic tables which give a great view over the ponds. The main railway line is just over the fence here which should be an added interest for train enthusiasts.

Once round the pond an edged boardwalk leads through a lovely, wee birchwood and back to the start.

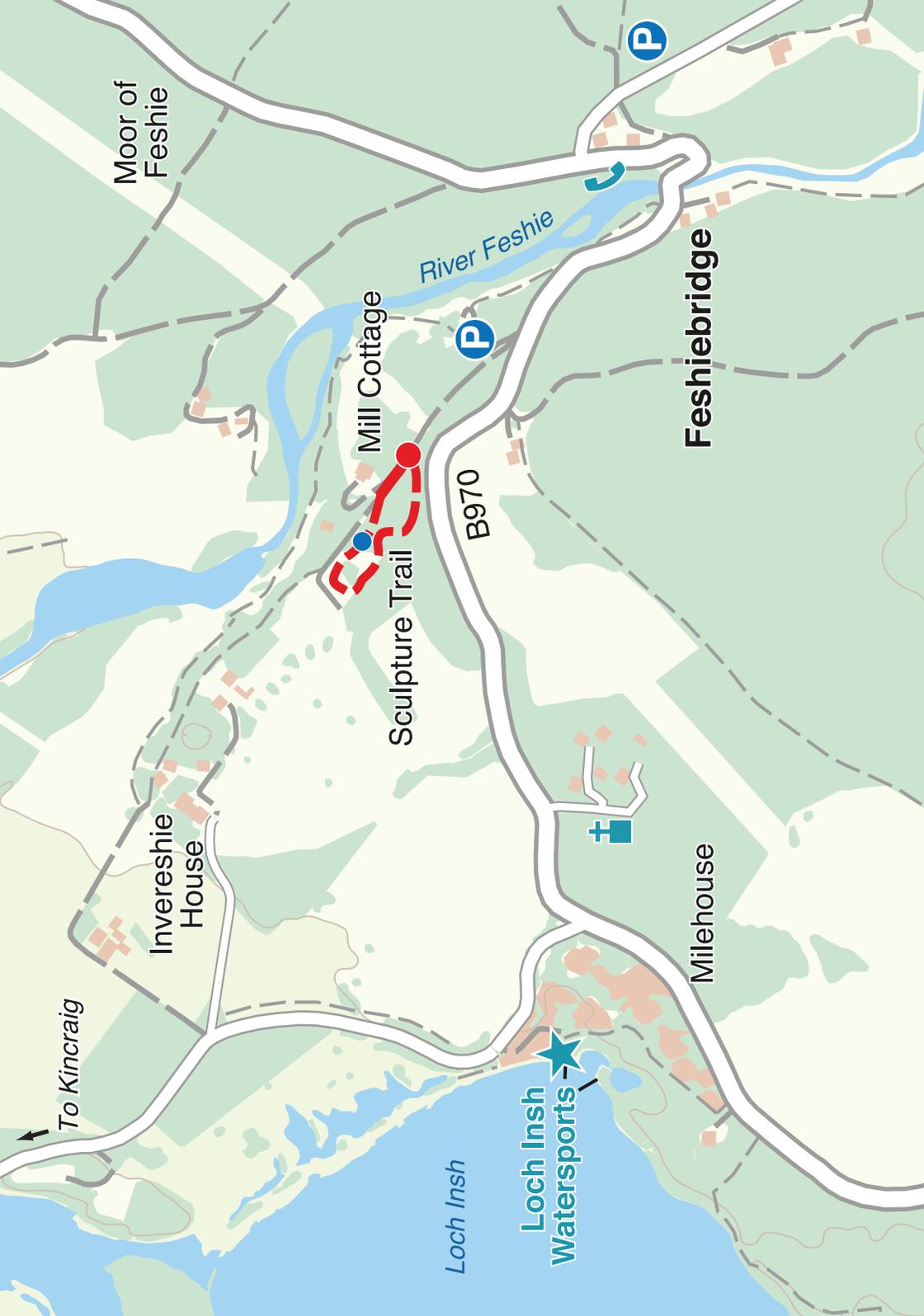
Information:

Please visit: www.kingussie.co.uk



Feshiebridge

Frank Bruce Sculpture Trail



Route type:

A short, flat route with some amazing sculptures that offer a surprise around every corner! Suitable for wheelchairs, buggies and scooters.

Distance:

From less-able users car park 0.75 miles (1.2 km). From main car park 1 mile (1.6 km).

Start Point:

Forestry Commission car park off the B970 near Feshiebridge between Aviemore and Kingussie. Can also be accessed from Kincaig.

Turning Point:

At entrance to walled garden or at slope to lower walled garden.

Facilities:

Information boards and leaflet dispenser, picnic bench. Nearest toilets located Kincaig, 3 miles (5 km) away, see map for direction.

Getting there:

Bus: No direct bus service. Nearest stop is Kincaig, 3 miles away serviced by Stagecoach 32 and 32A.

Car: Follow B970 from Aviemore or Kingussie or via Kincaig on B9152.

Description:

The sculpture trail is set in Inshriach Forest which is owned and managed by Forestry Commission Scotland. It is a pleasant meandering walk through atmospheric woodland and into an old walled garden. The wood has a rich carpet of mosses, lichens and ferns which provides a complementary setting for the sculptures of Frank Bruce.

The walled garden once belonged to Invereshie House and gives fine views of the surrounding countryside.

WARNING after heavy rain the forest trail can become waterlogged so take care.

Information:

The sculpture trail leaflet is available in large print and in other languages from The Diversity Team.

Tel: 0131 314 6575 or **E-mail:** diversity@forestry.gsi.gov.uk

For information about other local Forestry Commission facilities contact Glenmore Visitor Centre.

Tel: 01479 861 220 or **E-mail:** Inverness&skye@forestry.gsi.gov.uk

Newtonmore

Loch Imrich



Route type:

A short, flat, easy walk round the Loch which lies in a 'kettle hole' suitable for scooters and buggies. Ideal for birdwatchers and budding geologists! Please keep dogs on a lead to avoid disturbing the ducks.

Note there are moderate slopes and/or steps with handrail to get down to the loch and back up again! However, an 'all-abilities' route is available on a higher level which gives views over the loch.

Distance:

0.3 miles (0.5 km)

Start Point:

From Bowling Pavilion on side road off Main Street across from Balavil Hotel. An option is to start and finish the walk from the Folk Park where there are toilets and a cafe. Admission to the Folk Park is free.

Turning Point:

At end of all-abilities section. If on circular walk round loch then there is an alternative path onto Main Street (see map).

Facilities:

Picnic tables and information panels at viewpoint at end of all-ability path and on lochside. Public toilets available beside the village hall in centre of town. A wide choice for refreshments in Newtonmore.

Getting there:

Train: There is a station in Newtonmore. However, it is about a mile (1.6 km) from the loch. **Note: not all trains stop at Newtonmore.**
Bus: Stagecoach 32 and 32A operate regularly to Newtonmore from Carr-Bridge and Inverness, nearest bus stop is 80 yards from start of path at Balavil Hotel.

Car: Follow signs for Newtonmore on A9 or A86 from north and south.

Description:

From opposite the Bowling Pavilion go through a pedestrian gate. From here you can either go to the right along the all-ability path to viewpoint or down a set of 20 steps with a handrail and down a gentle slope to the path round the loch.

The loch is home to a surprising variety of ducks with residents such as mallard, coot and dabchick being joined by goldeneye in winter.

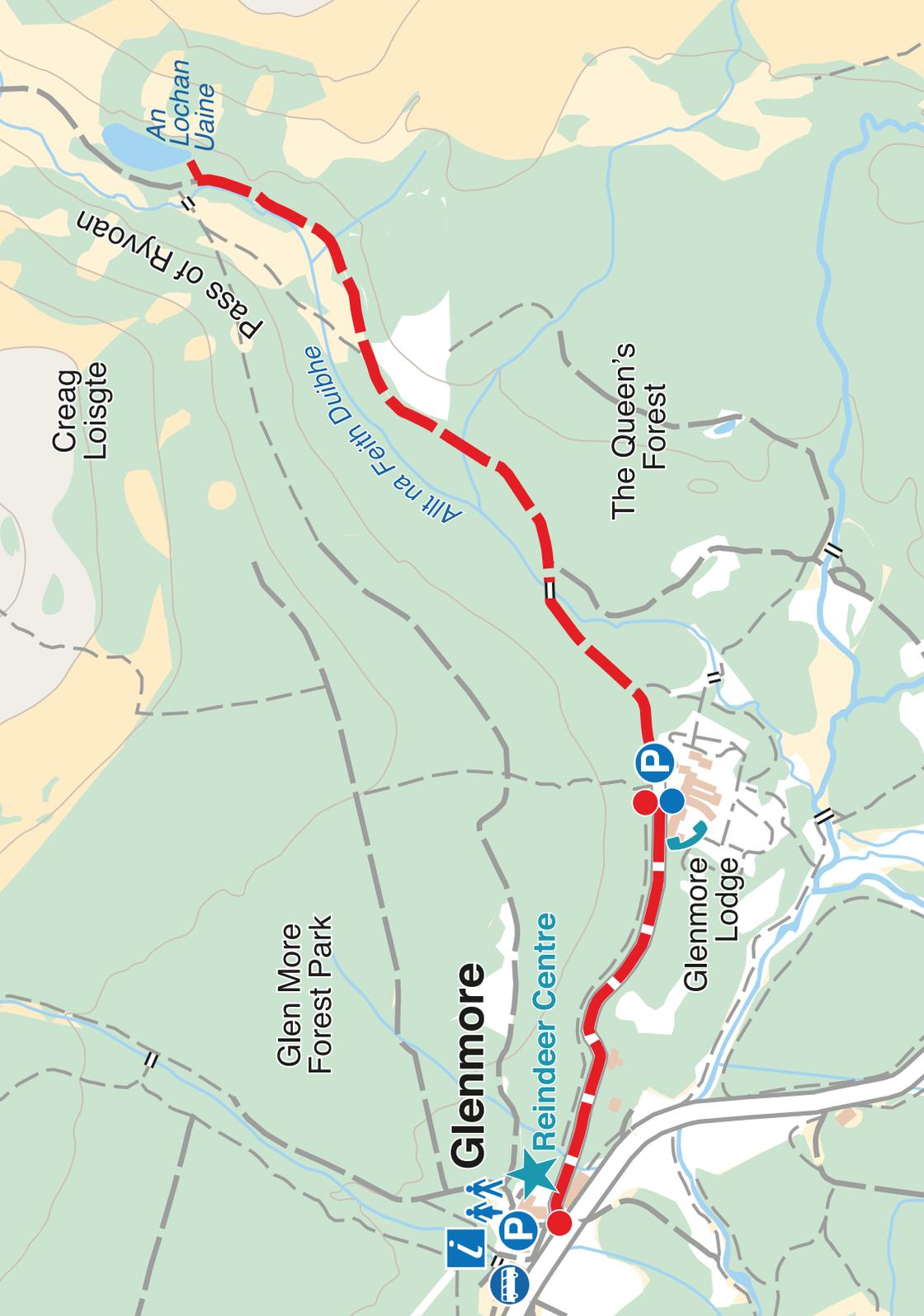
The loch was once used for curling and you can still see the fine, old curling Hut which was the base for winter tournaments or 'bonspiels' that often lasted 2-3 days. No doubt helped along with several 'wee drams!'

Information:

Please visit: www.newtonmore.com

Glenmore

Ryvoan (Green Lochan) Trail



Route type:
An 'out and back' route that is relatively flat on firm paths or forest tracks. However, the trail still gives you a sense of adventure as you pass some fantastic pinewood in a dramatic mountain pass. Suitable for scooters and buggies but it's quite a long way so make sure you have a strong friend to push and/or well-charged battery!

Distance:
3.5 miles (5.6 km) in total

Start Point:
Glenmore Forest Park Visitor Centre (disabled parking available in upper car park) or from Glenmore Lodge.

Turning Point:
Stop and return the same way from Glenmore Lodge or junction with Lodge Trail (purple waymarkers).

Facilities:
Toilets, information and refreshments available at Visitor Centre or nearby and in Lochain Bar at Glenmore Lodge from 5pm. You can borrow a mobility scooter from the Visitor Centre. Please ask staff for availability or telephone in advance.

Getting there:
Bus: Stagecoach service 31 from Aviemore, nearest stop is at Visitor Centre road end.
Car: follow signs from Aviemore for Glenmore and Cairngorms B970.

Description:
From Visitor Centre follow the blue waymarkers for Ryvoan Trail. Stay on level road past Reindeer House. Avoid the route uphill as it is definitely NOT EASY and takes you onto a narrow, rocky path on a steep slope with tree roots.

Soon a path to the left takes you off the road to Glenmore Lodge. A short moderate slope initially then the path soon levels off with only gentle gradients. After 1/2 a mile it rejoins the road just after Glenmore Lodge where there is a green and white Scottish Rights of Way sign.

From here to the Green Lochan the mostly flat trail hugs the contours of the hill. However you will gradually feel the hills closing in as the glen narrows towards the pass of Ryvoan. At the Green Lochan there is a viewpoint and bench.

Return the same way as the route ahead through the pass is much rougher and takes you onto exposed open hill.

Information:
Glenmore Forest Park Visitor Centre.
Tel: 01479 861 220 or visit: www.forestry.gov.uk/glenmoreforestpark

Scooters are available from Community Transport Company.
Tel: 01479 810004



Glenmore Beach Trail

Route type:
An easy, waymarked (yellow), circular route. This trail will take you past beautiful, old pine trees to Loch Morlich and its lovely inland beach. Suitable for wheelchairs, scooters and buggies.

Distance:
1 mile (1.6 km)

Start Point:
If hiring a motor scooter Glenmore Forest Park Visitor Centre (disabled parking is available on upper car park.) If not hiring scooter then start from Beach Car Park signposted from road. Go as far into car park as you can for disabled parking and toilets.

Turning Point:
Stop and return the same way from Glenmore Lodge or Beach Car Park. Also alternative route to avoid steep slopes (see map).

Facilities:
Toilets, information and refreshments available at Visitor Centre or nearby campsite, shop/cafe. You can borrow a mobility scooter from the Visitor Centre. **Please ask staff for availability or telephone in advance.** The Beach Car Park and trail itself has information boards and picnic benches.

Getting there:
Bus: Stagecoach service 31 from Aviemore, nearest stop is at Visitor Centre road end.
Car: follow signs from Aviemore for Glenmore and Cairngorms B970.

Description:
From either start point follow yellow waymarkers.

As you go round the trail you will get glimpses of the Cairngorms through the trees. Watch out for the occasional juniper bush in open areas and the broad, dark green leaves of woodrush beside the path. Getting onto the beach might be difficult for some people due to soft sand. However, it could be worth the effort during summer for, if lucky, you may spot a fishing osprey!

Information:
Glenmore Forest Park Visitor Centre.
Tel: 01479 861 220 or visit:
www.forestry.gov.uk/glenmoreforestpark

Scooters are available from Community Transport Company.
Tel: 01479 810004

Laggan Wolftrax All Abilities Trail



Route type:

Mostly flat 'out and back' route that runs between Gorstean and Wolftrax Car Park. Suitable for wheelchairs, buggies and scooters. Route also promoted as an easy mountain bike route for beginners so please be aware of other users.

Distance:

About 2 miles (2.7 km) return

Start Point:

Forestry Commission Gorstean or Wolftrax Car Park off the A86 near Laggan. Note, if starting from Gorstean there is a heavy metal vehicle gate to be opened and closed on the access track. However, the actual trail is slightly more downhill from Gorstean. If starting from Wolftrax there are dedicated disabled parking spaces next to the toilets and cafe.

Turning Point:

At viewpoint and picnic bench about half way along the trail or you may be able to organise a lift back from one car park to the other. Don't be tempted to return by following the green route that goes away from main trail as this is steep and narrow with loose surface.

Facilities:

Information boards and benches at both car parks. Toilets and café with limited opening hours at Wolftrax. Toilets and refreshments also available in Laggan about two miles away on A86.

Getting there:

Train: Nearest stops are Dalwhinnie (9 miles) Newtonmore (10 miles but note not all trains stop here) and Kingussie (12 miles). **Bus:** Service operates between Newtonmore and Spean Bridge Tel: 0871 200 2233 or www.travelinecotland.com. Bus stops at Wolftrax Car Park on request. **Car:** From south turn off A9 at Dalwhinnie and follow signs for A86 Spean Bridge. From north, turn off A9 at Kingussie and follow signs for A86 Spean Bridge. From west turn off A82 at Spean Bridge and follow A86 for about 25 miles.

Description:

Follow green waymarkers. Watch out for cyclists in car park area. Trail hugs the hillside at forest edge as it contours its way above the A86. Good view of the hill Geal Charn 3,038 feet (926 metres) at the southern edge of the famous Monadhliath Mountains.

Information:

A Laggan Wolftrax leaflet is available in large print and in other languages from The Diversity Team. Tel: 0131 314 6575 or E-mail: diversity@forestry.gsi.gov.uk For information about other, local Forestry Commission facilities Tel: 01463 791 575 or visit: www.forestry.gov.uk/wolftrax To find out more about the local Laggan Forest Trust visit: www.laggan.com

Tread Lightly in the Park



When you are enjoying the outdoors the key things to remember are:

- Take responsibility for your own actions
- Respect the interests of other people
- Care for the environment

Contact the Cairngorms National Park Authority
www.cairngorms.co.uk
for more information.

Enjoy Scotland's Outdoors Responsibly

Everyone has the right to be on most land and inland water providing they act responsibly.

Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code.



Make it Yours

www.visitcairngorms.com

Tell us what you think?

Inclusive Cairngorms, the Badenoch and Strathspey Access Panel and the Cairngorms National Park Authority would like to hear what you thought of the routes and especially if you have any pictures, films or feedback on your trip.

Drop us a line at:

The Outdoor Access Team

Tel: 01479 873535

Fax: 01479 873527

Email: outdooraccess@cairngorms.co.uk

If you enjoyed using the 'Badenoch and Strathspey Paths with Easy Access' then look out for our Community Path Leaflets to help you explore more of the Park.

This leaflet is available to download from:
www.cairngorms.co.uk

For a large print version of this leaflet please contact the Cairngorms National Park Authority on **01479 873535**. It can also be made available in other formats on request.

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Badenoch and Strathspey Paths with Easy Access



Useful Information

For information on paths, local events, facilities and accommodation contact:

Visitor Information Centres:

Grantown-on-Spey: 01479 870477

Aviemore: 01479 810930

Countryside Rangers:

[www.cairngorms.co.uk/
the-park/ranger-services1/](http://www.cairngorms.co.uk/the-park/ranger-services1/)

Highlife Highland Countryside Ranger:
01479 874 696

Forestry Commission Scotland:
01479 861220

Other useful web sites:

www.visitcairngorms.com

www.cairngorms.co.uk

www.snh.gov.uk

www.nnr-scotland.org.uk

Public transport:

www.travelinescotland.com



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