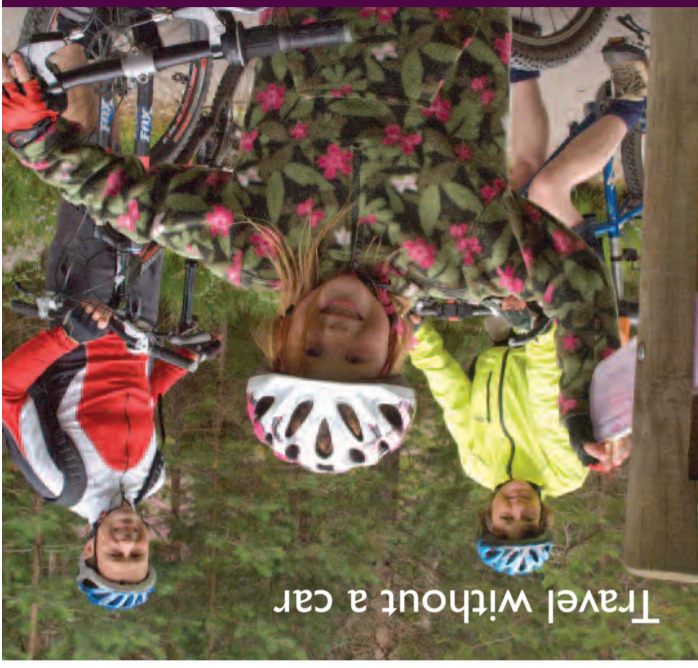


Published by
The Cairngorms National Park Authority

Welcome to the Cairngorms Explorer, which brings together all the information you need to get around the Park without a car. Make less of an impact and enjoy over 1,000km of waymarked trails, wild land, culture and local hospitality.



Travel without a car



Cairngorms Explorer 2010/11

For more information go to:

www.visitcairngorms.com www.mcofs.org.uk
 www.mwis.org.uk www.sustrans.org.uk
 www.travelinescotland.com www.metoffice.gov.uk
 www.outdooraccess-scotland.com
 www.adventure.visitscotland.com
 www.walking.visitscotland.com

Published by

CAIRNGORMS
NATIONAL PARK AUTHORITY

14 The Square, Grantown-on-Spey, Moray PH26 3HG
 Tel: 01479 873535 www.cairngorms.co.uk
 Email: enquiries@cairngorms.co.uk

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Map - Ashworth Maps and Interpretation Ltd
 Photographs - Forestry Commission Picture Library,
 Stewart Grant, Cairngorm Farmers Market,
 Tomintoul and Glenlivet Walking Festival

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Public Transport Disclaimer

Whilst we have taken every care to make sure the information in this leaflet is correct, you are advised to always contact the operator before travelling.

Walking Festivals 2010

Ballater Walking Festival
 15th - 21st May
 Contact: Tel 013397 55467
 info@walkballater.com
 www.walkballater.com

Angus & Dundee Walking Festival
 3rd - 6th June
 Contact: Tel 01575 575479
 walkingfestival@angusahead.com
 www.angusahead.com

Tomintoul & Glenlivet Walking Festival
 8th - 14th September
 Contact: Mike Fletcher, Tel 01807 580262
 info@tgwf.co.uk
 www.tgwf.co.uk

Active Aboyne Outdoor Activities Festival
 11th - 26th September
 Tel 013398 85222
 activeaboyne@mid-deeside.org.uk
 www.activeaboyne.co.uk

Blairgowrie & East Perthshire Walking Festival
 2nd - 4th October
 Contact: Nick Cole, Tel 01828 640763
 Blairgowrie@visitscotland.com
 www.walkingfestival.org

For 2011 walking festivals, please check online with organisers.



Countryside Rangers

Countryside Rangers are an invaluable source of information about the plants and animals that can be seen locally, and the history of the area. Rangers run a variety of countryside events - see www.visitcairngorms.com or ask at your accommodation or Visitor Information Centre. The map in this leaflet shows ranger bases:

Aberdeenshire Council Ranger Service01339 885751
Angus Glens Ranger Service01575 550233
Balmoral Estate Ranger Service01339 755059
Cairngorms Ranger Service01479 861327
Explore Abernethy Ranger Service 01479 821565
Forestry Commission Scotland RS (Glenmore)01479 861220
Glenlivet Estate Ranger Service ...01479 870070
Glen Tanar Ranger Service013398 86072
Highland Council Ranger Service
Newtonmore01540 673907
Grantown-on-Spey01479 873914
National Trust for Scotland
Mar Lodge013397 41669
Rothiemurchus Estate Ranger Service01479 812345
SpeysideWay Ranger Service01340 881266



Colour coding for areas within the Cairngorms National Park

- Badenoch and Strathspey
- Tomintoul, Strathdon & District
- Deeside
- Angus Glens
- Highland Perthshire

Visitor accommodation in the Park

There is a wide range of visitor accommodation throughout the Park to suit all pockets and standards. Visit www.welcometoscotland.com or www.visitscotland.com. See www.cairngormshostels.co.uk or www.syha.org.uk for information on hostels in the Park.



Take a piece of the Cairngorms home with you

The Park is packed with people making arts, crafts and local food and drink inspired by the landscape and our culture. Visit the Cairngorms Farmers markets held regularly across the Park. You can often access the markets by bus, or include a ride on the Strathspey Steam Railway in your day. The Park has several distilleries, take the 201 bus from Ballater and stop at Crathie to visit the Royal Lochnagar Distillery close to Balmoral. After a visit to the Cairngorm Brewery in Aviemore why not stop off at Rothiemurchus Visitor Centre, all on the 34 bus route from Aviemore to Cairngorm Mountain, and pick up some local venison or cheese? At nearby Glenmore there's accessible trails to allow everyone to enjoy the countryside. In Deeside, see the Park through the eyes of an artist or craftsman at a gallery in Braemar or Ballater, just use the 201 bus. www.cairngorms-farmers-market.com www.creativecairngorms.co.uk



Mountain thrills

Take the 34 bus from Grantown-on-Spey or Aviemore direct up to Cairngorm Mountain and experience some of the best views in Summer, and snow sports in Winter. You'll find accessible trails and wheelchair access onto the funicular railway. There's also Ski centres at Glenshee and The Lecht, see http://ski.visitscotland.com for information and ski area websites.

What's the Access Code?

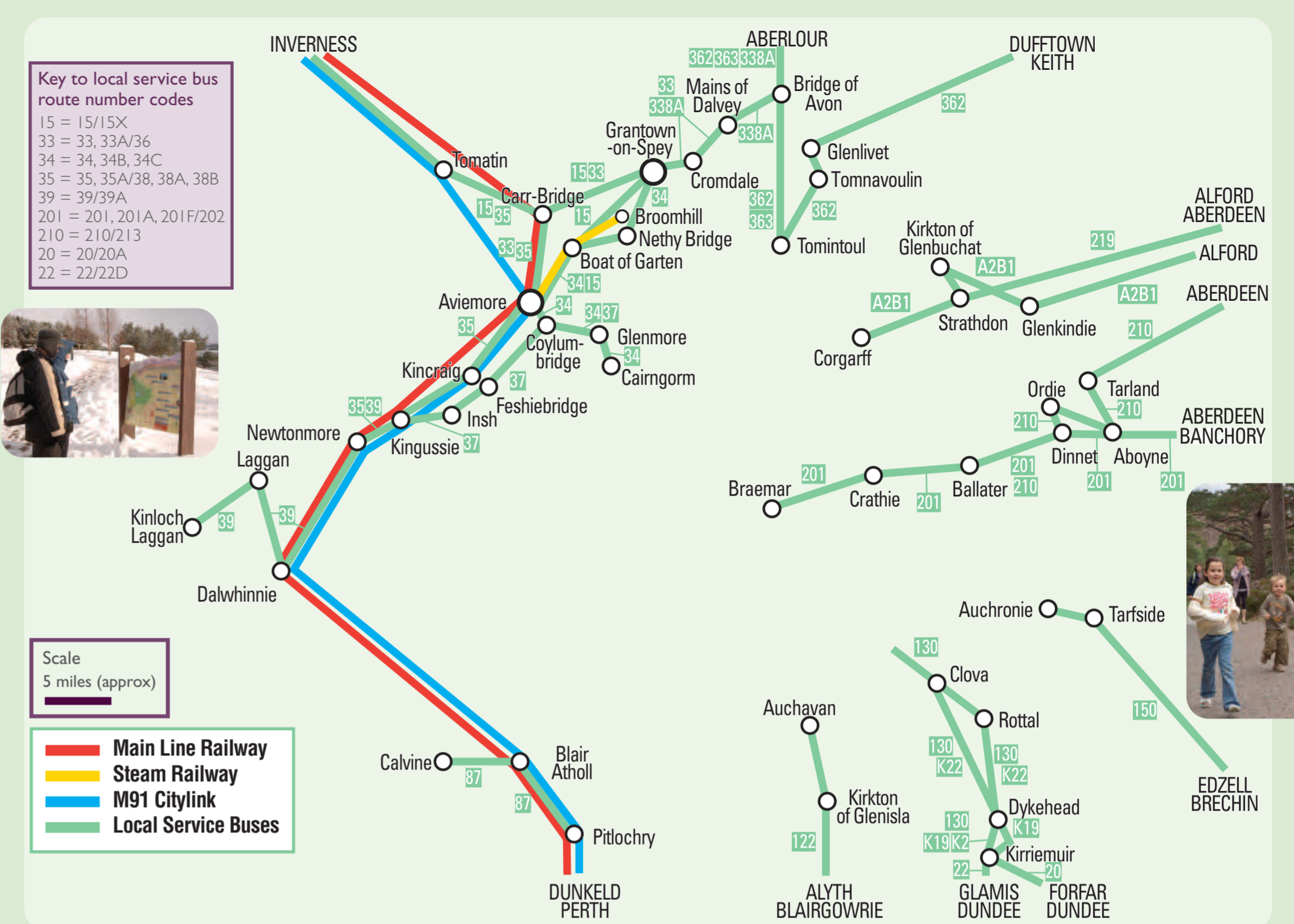
Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code. The key things are to:

- take responsibility for your own actions
- respect the interests of other people
- care for the environment

Find out more by visiting www.outdooraccess-scotland.com

Safety

- Tell someone where you're going and when you'll be back
 - Check the weather forecast
 - Wear sensible clothing to fit the walk or activity.
 - Even in summer there may be snow on the hills - take clothing to keep you warm and dry
 - You'll need more food than usual, something hot in a flask and a rucksack to put it in
 - If you're cycling make sure you have a repair kit and tyre pump
 - You should know how to use a map and compass as paths and tracks may not be waymarked
 - Take a first aid kit
 - Inexperienced? Try lower-level walks first - the views are still great
 - How long a walk or cycle route will take depends on you.
 - Allow 1 hour to walk 2km or to cycle 10km, longer over rough or high terrain.
- Note: The maps in this leaflet are for illustration only and should not be used for navigation*



Why not leave the car at home?

The Park is somewhere to enjoy and also to look after. Making the least impact possible is important, and your choice of transport makes a difference. We've all heard of climate change, and 25% of all carbon emissions are from transport. Put another way, 98% of transport is fuelled by oil. But you can help change that!

So give up the car, leave it at home or at your holiday accommodation. Walking and cycling is best, public transport is good, a taxi can help out, and only use your car when you really have to. A person cycling uses 1/50th of the energy of a car... And 100 bikes can be made from the materials needed for one car... Not to mention by bicycle it's cheaper, more fun, sociable, and you'll notice more of the countryside. There are plenty of cycle hire shops, trails and quiet roads to try out!

Buses, express coaches and trains run up and down the west side of the Park, letting someone else take the strain while you look out the window. Each village has its own walking and cycling routes, for example the Wildcat Trail at Newtonmore, which you can visit by Citylink coach or train. There's also buses out to Ballater and Braemar from Aberdeen. If you can't bus it, why not share a car? It's all about using the minimum resources to get the maximum out of your travel!

Public Transport Contact Details

- BUSES**
- BADENOCH AND STRATHSPEY AND HIGHLAND PERTSHIRE**
Scottish Citylink 08705 505 050
 www.citylink.co.uk
First ScotRail Customer Relations
 www.scotrail.co.uk 08457 48 49 50
- BADENOCH AND STRATHSPEY**
Cairngorm Mountain 01479 861 261
 www.cairngormmountain.co.uk
East Coast 08457 225 225
 www.eastcoast.co.uk
Stagecoach in the Highlands ... 01463 239 292
 www.stagecoachbus.com
Strathspey Railway 01479 810 725
 www.strathspeyrailway.co.uk
Grantown-on-Spey Area Dial-a-bus
 01479 870 025
- TOMINTOUL, STRATHDON AND DISTRICT**
Moray Council 01343 562 569
 www.moray.gov.uk transport@moray.gov.uk
Stagecoach Bluebird 01343 540 928
 www.stagecoachbus.com
WW Smith 01542 882 113
Maynes Coaches 01542 831 219
 www.maynes.co.uk
- Speyside Dial-a-bus** 01343 562 533
 (Lines open 0930 - 1300 Mon to Fri)
Strathdon A2B Dial-a-bus 01224 665 599
- DEESIDE**
Aberdeen Public Transport Unit 08456 081 207
 www.aberdeenshire.gov.uk
Stagecoach Bluebird 01224 597 590
 www.stagecoachbus.com
- ANGUS GLENS**
Angus Council 01307 461 775
 www.angus.gov.uk
Glensk Travel Company 01356 648 666
Stagecoach East Scotland 01382 614 552
 www.stagecoachbus.com
Meffan's Coaches 01575 572 130
- HIGHLAND PERTSHIRE**
Elizabeth Yule 01796 472 290
 www.elizabethyulecoaches.co.uk
- TAXIS**
BADENOCH AND STRATHSPEY
Weirs of Aviemore Aviemore ... 01479 810 141
 www.weirsofaviemore.co.uk
G & N Haggerty Aviemore 01479 810 118
JGA's Taxis Aviemore 01479 811 520
Kingussie Taxis Kingussie 01540 661 343
- Carrbridge Taxi** Carrbridge 01479 841 700
Paterson's Taxi Aviemore 01479 810 097
Strachan Private Hire
 Grantown-on-Spey 01479 870 025
Raymond Stewart 07944 323 088
L & M Ratray Grantown-on-Spey . 01479 872 038
 or 01479 872 289 or 01479 873 075
- TOMINTOUL, STRATHDON AND DISTRICT**
C U There Taxis Aberlour 01340 871 217
- DEESIDE**
Aboyne Taxis Aboyne or 01339 886 715
 07711 360 843
Cromar Taxis Aboyne 01339 886 550
E & M Lees Lumphanan 01339 883 623
Nicols Taxis Ballater 01339 755 654
Ballater Taxis Ballater 01339 755 548
Calnic Cabs Aboyne 01339 885 327
 or 07918 658 494
- ANGUS GLENS**
A Jordan Kirriemuir 01575 573 993
Country Cabs Kirriemuir 01575 575 050
J Donald Glenisla 01575 582 324
 or 07817 098 379
- HIGHLAND PERTSHIRE**
Blair Atholl Garage Blair Atholl .. 01796 481 221

Need some ideas to get out and about without a car? Here's just 10, with something for everyone! See your local Visitor Information Centre for more information.

National Nature Reserves

There are nine NNRs in and near the National Park, open to everyone to visit and enjoy. Most are accessible via public transport and are free to enter. Charges do apply in some places for access to facilities and events.

Inshriach Forest

Lying between the estates of Rothiemurchus and Glen Feshie, the forest contains some small but pristine remnants of the ancient Caledonian pinewood which covered most of Scotland after the last ice age. There's also magnificent views over the woodland to the mountains beyond.

Getting there: this forest is easily accessible from either Kingussie or Aviemore by bike by following the B970 road. There is no public transport which directly passes this forest, but it is only 6.5-8km from Aviemore and Kingussie.

www.forestry.gov.uk/scotland

ART IN THE PARK

Creative Cairngorms works Park-wide to bring together artists, galleries and craftspeople who are inspired by the land and culture around them. You can see some of their work at the Speyside Heather Centre near Dulnain Bridge. From Aviemore or Grantown-on-Spey buses go past the Heather Centre.

For more on 'Art in the Park' go to www.creativecairngorms.co.uk. Alternatively, check out some of the galleries in and around the stunning Royal Deeside villages of Ballater and Braemar, perhaps calling in to visit the Queen's Highland home at Balmoral near Crathie - see www.discoverroyaldeeside.com for further information.

Laggan Wolftrax

Laggan Wolftrax mountain bike trails are in Strathmashie Forest, just off the A86 Laggan to Spean Bridge road. Enjoy all year round access to fantastic purpose-built single-track. There are trails suitable for beginners right through to the experienced mountain biker.

BaseCamp MTB is a great on-site facility providing everything you'll need for a day in the forest. As well as cycle hire, BaseCamp provides a spares and repair shop, a fantastic café, showers, toilets and bike wash.

The nearest railway stations are at Dalwhinnie (13km) and Newtonmore (16 km). Scottish Citylink buses stop in these villages too.

www.forestry.gov.uk/wolftrax

Location of Cairngorms National Park within Scotland

From	Approx. journey time to the Park
Aberdeen	1 hr 30
Dundee	1 hr 30
Edinburgh	2 hr 30
Glasgow	2 hr 30
Inverness	30 mins
Perth	1 hr 30
Stirling	2 hr 15

Legend: — Railway Line, — Main Roads

Glenmore Forest Park

Glenmore Forest Park with its impressive pinewoods and spectacular Loch Morlich is a 'must visit' destination in the National Park.

Glenmore visitor centre is a great place to start your journey and you'll find a warm welcome at the forest shop and cafe. There's also the 'Loch Trail' which is a short trail for visitors of all abilities.

The express coach, train and local buses all serve Aviemore. From there, take the no. 34 bus to Cairn Gorm Mountain. After 11 km you will enter Glenmore Forest Park. Look out for the visitor centre situated on the left.

www.forestry.gov.uk/glenmoreforestpark

FOREST ADVENTURE

Visit landmark Forest Adventure Park in Carr-Bridge by bus where you can rock climb, 'skydive', ride flumes, meet wild red squirrels face to face, walk through the tops of tall pine trees and watch logs being sawn on a steam powered sawmill. You can also marvel at the sheer strength of the Clydesdale horse there, be bamboozled in the new Bamboozeleum, and learn the secrets of Scotland's ancient Pine forest all in one day.

There's a bus stop at the main entrance, plus a railway station 2km from Landmark, as well as another in Aviemore, a 10km bus-ride away.

Visit www.landmarkpark.co.uk and www.visitaviemore.com for further information.

WHISKY AND HILLS

Escape to Glenlivet and the Cairngorms and enjoy the peace and quiet of a remote Scottish Highland estate. Wide open spaces, stunning scenery and rich wildlife all combine to provide an ideal antidote to the pace of modern living. Here you will find friendly, local folk who always have the time to help visitors discover the many treasures of Glenlivet and the Cairngorms.

Located on the Crown Estate of Glenlivet, Tomintoul is not just the highest village in the Park but is the highest in the whole of the Highlands of Scotland. Morayshire is justly proud of its whisky industry, and Glenlivet Distillery is well worth a visit, and is suitable for wheelchair users. Galleries, a whisky shop, restaurants and hotels make Tomintoul an ideal base to explore Glenlivet Estate's wide range of walking and cycling trails, with something for all abilities.

See www.glenlivet-cairngorms.co.uk for further information.

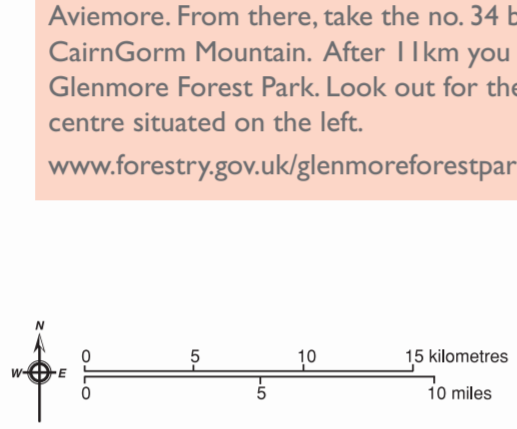
A PARK FOR ALL

There's a lot of information out there on accessibility, getting to and around places to visit. Contact First ScotRail's Assisted Travel helpline on 0800 912 2 901 or the Assisted Travel Typetalk (for the hard of hearing) on 18001 0800 912 2 901. For more general advice phone Badenoch & Strathspey Disability Access Panel on 01479 810004. Help is available from the Equality and Human Rights Commission on 0845 604 5510 www.equalityhumanrights.com

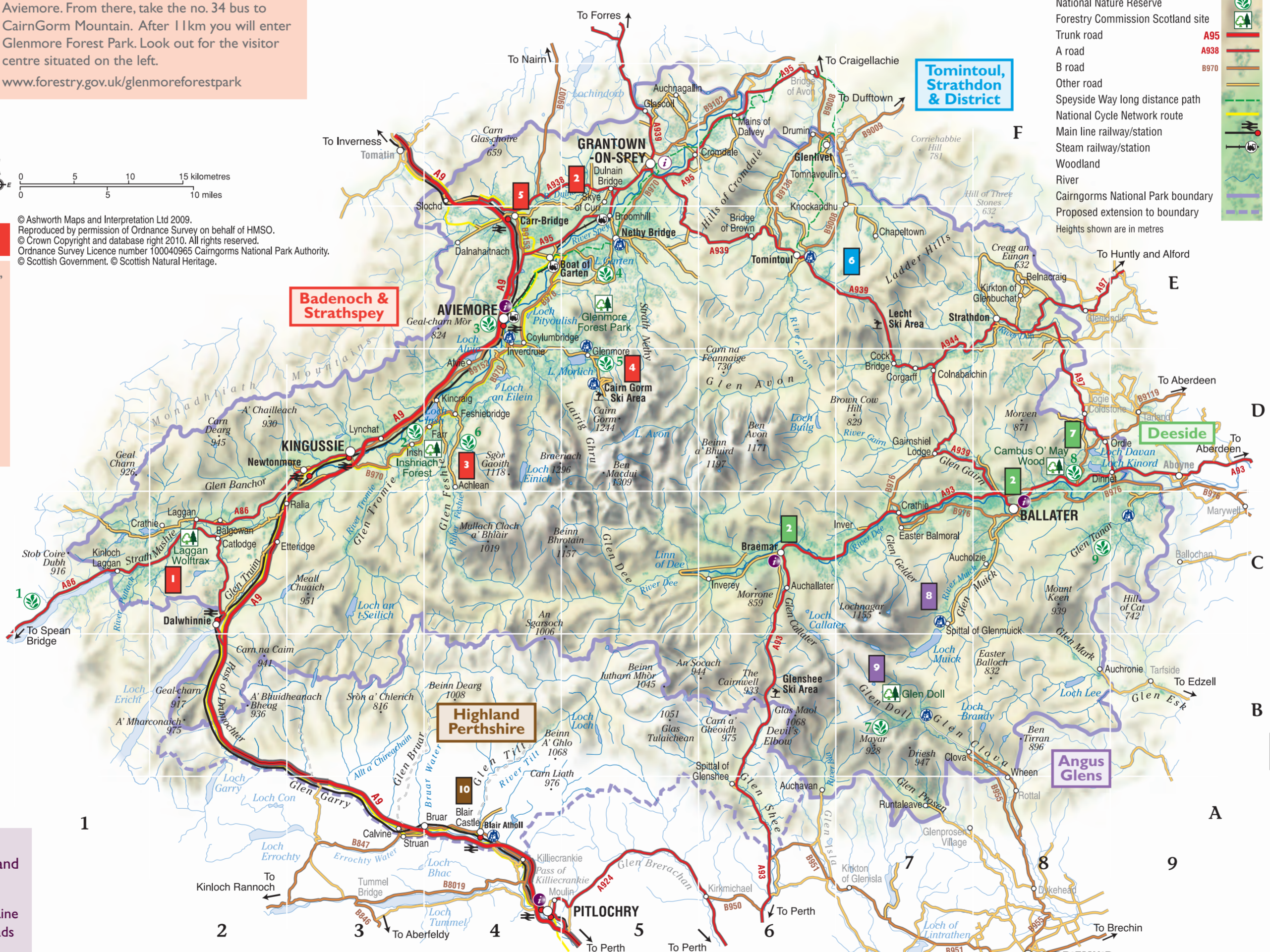
The Park's Cairngorms on a Shoestring initiative is all about getting everyone out into the Park. It doesn't matter how old you are, how fit you are or what you've got to spend, there's plenty to do. Try a low level walk through a glen, visit a museum, a wander around the shops, watch a shinty match, spot some highland wildlife, or go to a Highland Games.

Some ways of getting to the Park are cheaper than others. Take a look at www.travelinescotland.com, www.citylink.co.uk, www.raileasy.co.uk and www.thetrainline.com for options - book ahead if you can!

You can get cheaper travel if you're a family, are planning several trips, are young, over 60 or registered as a disabled person. www.youngscot.org/nec, www.scot-rail.co.uk, www.plusbus.info and www.stagecoach.com have more details.



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Visitor Information Centre
Ranger service
National Nature Reserve
Forestry Commission Scotland site
Trunk road
A road
B road
Other road
Speyside Way long distance path
National Cycle Network route
Main line railway/station
Steam railway/station
Woodland
River
Cairngorms National Park boundary
Proposed extension to boundary
Heights shown are in metres

Cambus O' May Wood

Discover fantastic views of Deeside when you visit Cambus O' May - it's one of those places that you will want to visit again and again. Lochans and bridges dot the landscape, whilst picturesque trails wind their way through the Scots pine wood. With 4 way marked trails, including an all ability trail, there's something for everyone.

Getting there: Cambus O' May Wood lies on the north side of the A93 between Ballater and Dinnit. From Ballater or Aberdeen take the 201 bus. The Cambus O' May car park is sign posted roughly 4km from the edge of Ballater. There is a bus stop at the forest entrance.

www.forestry.gov.uk/scotland

REMOTE GLENS

The Angus Glens are hidden gems - five glens from West to East like the fingers of a hand - each one with its own special characteristics and each one well worth a visit. As you explore, you will discover their individual characters in this wonderful corner of Scotland.

From Kirriemuir, take the bus to the Glen Clova Hotel. Either explore the Glens from there, or with planning and the right experience and equipment you can try the walk over to Deeside, with bus connections on from Ballater and Aboyne back to Aberdeen, and on to Dundee and Kirriemuir.

Visit www.angusglens.co.uk for further information.

Glen Doll

A lovely alpine forest with views along the fast-flowing rivers to the high corries and mountain tops. Enjoy the 'white water walk' which is a gentle, low level circular walk along the banks of the 'White Walk' or the slightly longer, but just as picturesque 'doll walk'.

Getting there: take the bus from Kirriemuir to Glen Clova Hotel.

www.forestry.gov.uk/scotland

BLAIR CASTLE

The Castle is the ancient seat of the Dukes and Earls of Atholl and sits in one of Scotland's finest settings in the heart of Highland Perthshire.

The whole ground floor is accessible by wheelchair from the disabled parking area and gives access to several display rooms, the gift shop, restaurant, a disabled lavatory and an audio-visual presentation, with subtitles, on the castle. Free use of a wheelchair is available if required and the castle hires electric mobility scooters for a small charge.

Take the train or express coach to Blair Atholl from Perth or Inverness, and the Castle is around a 1km walk.

Public Transport Disclaimer

Whilst we have taken every care to make sure the information in this leaflet is correct, you are advised to always contact the operator before travelling.

traveline scotland
0871 200 22 33
www.travelinescotland.com

Public Transport Information
Open 24 hours every day

Calls cost 10p per minute from BT Landlines. Cost from mobiles or other providers may vary