

## Welcome to the Cairngorms National Park

Welcome to the Cairngorms Explorer, which brings together all the information you need to get around the Park without a car. Whether you're a resident or visitor you can leave the car behind and use another form of transport. You'll not only be helping the environment, but get to enjoy more of the Cairngorms.



Glenmore Forest

## How to Use This Guide





This Explorer guide has been designed to make it easier for you to access and enjoy the Cairngorms National Park by train, bus, cycle, on foot or using mobility aids. We have divided the Park into geographical areas, each identified by a distinct colour band down the page margins throughout the guide. Public transport timetables are given for travel within each area, and for accessing the Park from the main Scottish population centres.

For ease of reference, we have included on page 71, a list of the names of all of the towns and villages in the Park, cross-referenced to relevant timetable,

cycle or walking route information, and to the Park map on pages 36-37.

You are strongly advised to plan your day using more comprehensive guides and maps, available from bookshops and visitor information centres: VICs can also give you more detailed descriptions of the walks in this brochure.

### AREAS OF THE PARK

-  *Badenoch and Strathspey*
-  *Tomintoul, Strathdon and District*
-  *Deeside*
-  *Angus Glens*

### KEY TO SYMBOLS USED



Buses which may transport bicycles



Buses which do not transport bicycles



Trains which transport bicycles



Trains which do not transport bicycles



Walking route



Cycle route



Access for All



Hail and ride \*

#### \* Hail and Ride Bus Services

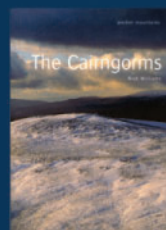
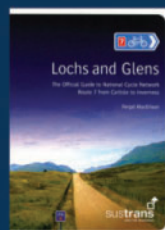
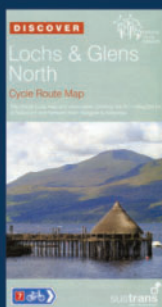
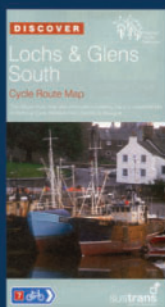
On certain sections of route there are no recognised bus stops. Buses on these route sections will stop and pick up and set down on request at a safe location. The benefits being that passengers can select their most convenient boarding/alighting point.



- Has the **Cairngorms Explorer** made a Difference to how you travel?
- Have you used it to get around the Park?
- Anything you like, or dislike, about the publication?
- Any changes or additions you'd like to see made?
- Where else should it be available?
- Should it be online only?
- How can we get more people travelling without a car?

Please send any comments to [johnthorne@cairngorms.co.uk](mailto:johnthorne@cairngorms.co.uk)  
Please state if you're resident or visiting.

Tell Us What You Think



Explore the Cairngorms with maps and guides from Sustrans.

[www.sustransshop.co.uk](http://www.sustransshop.co.uk)

0845 113 00 65

Registered Charity No. 326550 (England and Wales) SC039263 (Scotland)





## Website and Visitor Guide

A range of leaflets including the Visitor Guide, Cairngorms Explorer, Parki and What's On provide information about what to see and do in the National Park. These can be obtained from Information Centres, Ranger Bases and Visitor Attractions. For more information visit [www.visitcairngorms.com](http://www.visitcairngorms.com)



## Countryside Rangers

Countryside Rangers welcome visitors to the countryside and help people discover and appreciate what's around them. They are an invaluable source of information about the plants and animals that can be seen locally, and the history of the area. They can help you discover what's special about the National Park.

Rangers run a variety of countryside events that encourage people to learn








about the National Park. Many of these activities are free or a modest cost. A full list of events can be found on [www.visitcairngorms.com](http://www.visitcairngorms.com) or ask at your accommodation or local Visitor Information Centre.


The map in the centre of this brochure shows ranger bases that are open to the public. Alternatively, if you want more information from an individual service they can be contacted direct.

|  |              |
|--|--------------|
| Aberdeenshire Council Ranger Service       | 013398 85751 |
| Angus Glens Ranger Service                 | 01575 550233 |
| Balmoral Estate Ranger Service             | 01339 755059 |
| Cairngorms Ranger Service                  | 01479 861703 |
| Explore Abernethy Ranger Service           | 01479 821565 |
| Forestry Commission Scotland RS (Glenmore) | 01479 861220 |
| Glenlivet Estate Ranger Service            | 01479 870070 |
| Glen Tanar Ranger Service                  | 013398 86072 |
| Highland Council Ranger Service            |              |
| Newtonmore                                 | 01540 673907 |
| Grantown-on-Spey                           | 01479 873914 |
| National Trust for Scotland Mar Lodge      | 013397 41669 |
| Rothiemurchus Estate Ranger Service        | 01479 812345 |
| Speyside Way Ranger Service                | 01340 881266 |

## Index of Place Names

Below is a list of place names in and around the Cairngorms National Park. The page numbers on which they appear are shown along with a reference for the Park map on pages 36-37.

| Name  | Map Ref. | Page Number                       | Name   | Map Ref. | Page Number              |
|---|----------|-----------------------------------|--|----------|--------------------------|
| Abernethy   | E5       | 21                                | Glenmore   | D5       | 24-27, 33                |
| Achlean   | D4       | -                                 | Glenshee Ski Area  | B6       | 51                       |
| Alvie   | D4       | -                                 | Grantown-on-Spey  | F5       | 14, 16, 24-27, 30-31, 49 |
| Auchallater   | C6       | -                                 | Insh   | D3       | 27                       |
| Aviemore   | E4       | 16-19, 23-28, 30-31, 34-35, 49-50 | Inver  | C7       | -                        |
| Ballater   | C8       | 14-15, 50, 54-57                  | Inverdrue  | D4       | -                        |
| Balmoral  | C7       | -                                 | Inverey  | C6       | -                        |
| Boat of Garten  | E4       | 16, 24-27                         | Kincraig   | D4       | 18, 23                   |
| Braemar    | C6       | 15, 54                            | Kingussie  | D3       | 18-19, 23, 27, 34-35     |
| Bridge of Brown   | E6       | -                                 | Kinloch Laggan   | C1       | -                        |
| Broomhill   | E5       | 17                                | Kirriemuir        | A8       | 62-63, 66-68             |
| Cairngorm Ski Area  | D5       | 24-27, 49, 51                     | Knockandhu   | E7       | 46                       |
| Carr-Bridge   | E4       | 16, 23, 30-31, 34-35              | Laggan   | C2       | 23                       |
| Cat Lodge   | C2       | -                                 | Lairig Ghru  | D5       | -                        |
| Chapelton   | E7       | -                                 | Lecht Ski Area   | E7       | 14, 51                   |
| Cock Bridge   | D7       | -                                 | Linn of Dee  | C5       | -                        |
| Colnabaichin  | D7       | 14                                | Loch an Eilein   | D4       | 27                       |
| Coylumbridge  | E4       | 24-27                             | Loch Muick   | B7       | -                        |
| Craigellachie   | E4       | 28, 29                            | Lynchat  | D3       | -                        |
| Crathie  | C7       | 15, 54-57                         | Mount Keen   | C8       | -                        |
| Cromdale  | F6       | 30-31, 49                         | Nethy Bridge   | E5       | 16, 18, 24-27            |
| Dalwhinnie  | C2       | 18, 23, 34-35                     | Newtonmore   | D3       | 18, 19, 23, 34-35        |
| Dinnet  | D9       | 15, 54-57                         | Ordie  | D8       | 57                       |
| Drumochter  | B2       | -                                 | Runtaleave   | A7       | -                        |
| Dulnain Bridge  | F5       | 16, 30-31                         | Skye of Curr   | F5       | -                        |
| Feshiebridge  | D4       | 27                                | Spittal of Glenmuick   | C7       | -                        |
| Glen Clova  | B8       | 68                                | Spittal of Glenshee  | A6       | 15, 69                   |
| Glen Prosen   | B7       | 69                                | Strathdon  | E8       | 47-48                    |
| Glen Tanar  | C8       | 58-59                             | Strathmashie Forest  | C2       | -                        |
| Glenlivet   | F6       | 46                                | Tomintoul       | E6       | 14, 46                   |
|   |          |                                   | Tomnavoulin  | F6       | 46, 50                   |
|   |          |                                   | Wheen  | B8       | -                        |

Visitor Information Centres can be found at the locations marked . Please call 0845 2255 121 for further information.