



Access for All

The Cairngorms National Park Authority is committed to developing access for all. Locally, many forestry tracks now have graded routes, some of which are wheelchair accessible. Increasingly, local buses are of the low-floor type and all First ScotRail services carry wheelchair ramps (bookable spaces are available).

Anyone with special travelling needs should consider contacting the relevant public transport operators shown on page 12 and the sources of transportation advice and information listed below when planning a trip to the Park.

Disability Rights Commission:

www.equalityhumanrights.com

First ScotRail:

www.firstgroup.com

Disabled Assistance:

0800 912 2901

Customer Relations:

0845 607 5929

As some stations are unmanned, if you are disabled First ScotRail can provide taxi transport to your nearest accessible station. This must be pre-booked.

Phone 0800 912 2 901 or see www.scotrail.co.uk/specialneeds/index.html for details.

National Express East Coast:

www.nationalexpresseastcoast.com

Badenoch & Strathspey

Transport Company:

Tel: 01479 810 004 or 01479 812 233

A 7-seater wheelchair accessible vehicle is available for use in the Badenoch & Strathspey area. It has been designed to carry anyone with mobility problems.

Badenoch & Strathspey

Disability Access Panel:

Tel: 01479 810004

This publication has been specifically designed for ease of reading. If you do however require large print versions of the timetables that appear in this guide, please contact the local councils. For other queries, please contact the Park Authority.

This brochure has been produced to promote travel without a car, providing some sample walks and cycle routes. Maps have been incorporated for illustration only and should not be used for navigational purposes. You are strongly advised to plan your day using more comprehensive guides and maps, available from bookshops and visitor

centres. Due to Ordnance Survey licence conditions reproduction of maps is prohibited without the permission of the copyright holders. The representation of features or boundaries in which CNPA or others have an interest does not necessarily imply their true positions. For further information please contact the appropriate authority.

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.

Whether you're in the outdoors or managing the outdoors, 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 or phoning your local Scottish Natural Heritage office www.snh.org.uk

For more information go to:

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

Why take litter home, including food scraps?

Litter can harm wildlife. An animal may die from eating your plastic bag. Some food, particularly fruit skins like orange peel, take a very long time to break down and look terrible. Food scraps, even when buried, attract scavenging birds and animals which may then kill more sensitive nesting birds, and can also carry disease.

Can I wild camp?

This type of camping is lightweight, done in small numbers and only for two or three nights in any one place. You can camp in this way wherever access rights apply, but help to avoid causing problems for local people and land managers by not camping in enclosed fields of crops or farm animals and by keeping well away from buildings, roads or historic structures. Take extra care to avoid disturbing deer stalking or grouse shooting. If you wish to camp close to a house or building, seek the owner's permission.

Can my dog go off the lead?

Your dog should be kept under proper control. Never let your dog worry or attack livestock. Do not take your dog into fields where there are crops or young livestock. Follow clear paths, such as a core path or a right of way.

If you go into a field of farm animals, keep your dog on a short lead or under close control and keep as far as possible from the animals.

If cattle react aggressively and move towards you, keep calm, let the dog go and take the shortest, safest route out of the field.

What about eating berries and mushrooms?

Unless you are Ray Mears, treat all berries and mushrooms as poisonous, some can do you real harm.

Should I close that gate?

Leave gates how you find them, and follow the advice of signs - they are usually there for your safety or the management of animals and plants.

ENJOY SCOTLAND'S OUTDOORS

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.

When you're in the outdoors:

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

Visit **outdooraccess-scotland.com** or contact your local Scottish Natural Heritage office.



SCOTTISH
OUTDOOR ACCESS CODE

**KNOW THE CODE
BEFORE YOU GO**
outdooraccess-scotland.com

