



Scotland's
National Nature
Reserves

Magical places, amazing wildlife.

Welcome to the Cairngorms, the location for some of the most spectacular landscapes in Britain. Whether you're seeking wild mountain plateaux, tumbling rivers or the quiet seclusion of a Caledonian pine forest, the Cairngorms National Nature Reserves (NNRs) really do have it all. They're home to an incredible diversity of wildlife including many of Scotland's iconic animals such as forest loving red squirrels and capercaillie, to the majestic osprey and extreme weather enthusiasts like the mountain dwelling ptarmigan and dotterel. Rare plants such as twinflower also thrive and a whole myriad of invertebrates, mosses, lichens and fungi make these reserves an enthusiast's paradise.

The Cairngorms is such an extraordinary place, it's no wonder there are nine National Nature Reserves, each an accolade to nature and protected for its own special features.

Eight reserves are within the Park and one, Creag Meagaidh, just outside the western boundary. Take your pick from the reserves, or visit all of them and you can walk amongst mountain giants, relax by a bubbling burn or tread softly on a pine needle carpet.

Reserves are managed with nature at the heart of decisions, places

where visitors are welcome and where landscape and wildlife combine to leave an indelible mark on your memory.

Why not explore them on public transport? For some reserves this is easy and for others an adventure to give a real sense of the National Park. All the information you need on each of these nine reserves is in these pages including their facilities and public transport routes to get there. Go enjoy!

For more information on all the National Nature Reserves, contact information and when best to visit, please see www.nnr-scotland.org.uk





Abernethy

Grid ref E5, OS ref NH978183

www.rspb.org.uk/reserves



The Osprey Centre at Loch Garten, open daily 10am to 6pm from April to the end of August, last entry 5pm. Capercaillie watching 5.30am to 8am early April to mid May. RSPB members £1, non-members £3 and children free.

The Reserve is 1.5km from Nethybridge, and 15km from Aviemore. Explore Abernethy operate a visitor centre in the Nethybridge village hall which is open from Easter to October and contains information about the area including the National Nature Reserve. www.exploreabernethy.co.uk Within Abernethy you'll find the largest area of native pinewood in Britain, dominated by Scots Pine but also birch and juniper. As you rise higher through the Reserve, the woodland peters out

and you'll find yourself in moorland and windswept mountain plateau. In Spring you may be lucky enough to spot the mating displays of the majestic capercaillie. At other times the crested tit, twinflower, snow bunting, damselfly, and of course the osprey, can be seen. Local National Nature Reserve staff can help you spot these rare species without disturbing their habitat.



Getting there without a car

Nearest to Osprey Centre: on B970, service number 34 from Aviemore to Grantown-on-Spey (ask for the Raebreck junction) then 2.5km footpath to the centre. To get to the Dell Wood part of the Reserve near Nethybridge use service numbers 15 (Inverness - Aviemore) or 34 (Aviemore - Grantown-on-Spey), getting off at Nethybridge.

The Kincaig to Inverness section of National Cycle Network (Sustrans) Route 7 (Glasgow - Inverness) passes Abernethy Reserve. Leave the route at Boat of Garten and follow the RSPB 'Osprey' signs. There is a network of trails stemming from the Speyside Way footpath which link the RSPB Osprey Centre with the villages of Boat of Garten and Nethybridge. They also link in with steam railway services, and bus services between the two villages. Osprey centre: red (2km), blue (2.5km) and green (1.5km) trails are through native pinewood, starting from the Garten Woods and Loch Mallachie car parks. A selection of trails starting from the Nethybridge village hall run through the Reserve. There are longer rights of way and mountain paths to munro summits on the Reserve.





Craigellachie

Grid ref D4, OS ref NH891120

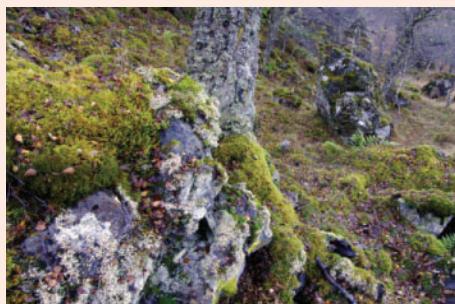
www.nnr-scotland.org.uk



Whilst there is no visitor centre, the Highland Council Ranger Service run occasional guided walks on the Reserve, as does the Aviemore Walking Festival which takes place 9-16 May 2009.

One of the more accessible National Nature Reserves, Craigellachie, literally “The crag of the rocky place”, rises from the birch woodlands to the heather mantled shoulders of the Monadh Liath. Emerging from the surrounding woodland like a grey tower, the rock of Craigellachie is the well-established home of peregrine falcons. The Viewpoint Trail leads to stunning views from the top of the crags out across the floodplain of the River Spey to the forests of Glenmore with the brooding presence of the Cairngorm mountains in the distance.

Kentish glory moth, dragonflies and damselflies, lichen, fungi, and Spring woodland flowers can all be found here.



These crags hold a special place in the hearts of the Clan Grant and it's easy to imagine the echo of their ancient battle cry 'Stand fast Craigellachie!' reverberating through the woodland.



Craigellachie National Nature Reserve



Getting there without a car

The Reserve is west of Aviemore within easy walking distance of the village centre. Aviemore Railway Station (under 1km from the Reserve entrance) for north and southbound trains, coaches, steam trains, and local buses.

The Kincaig to Inverness Section of Sustrans Route 7 (Glasgow - Inverness) passes nearby the Reserve through Aviemore. Leave the route at Aviemore and follow signs from Aviemore Youth Hostel to the Reserve entrance, passing under the A9. Trails include a 3km circular route climbing 150m through the birch woodland and a summit path rising to 500m above sea level to a great view point.



Craigellachie National Nature Reserve

Craigellachie National Nature Reserve





Creag Meagaidh

Grid ref CI, OS ref NN483873

www.nnr-scotland.org.uk

The Reserve is staffed, but there are no indoor facilities.



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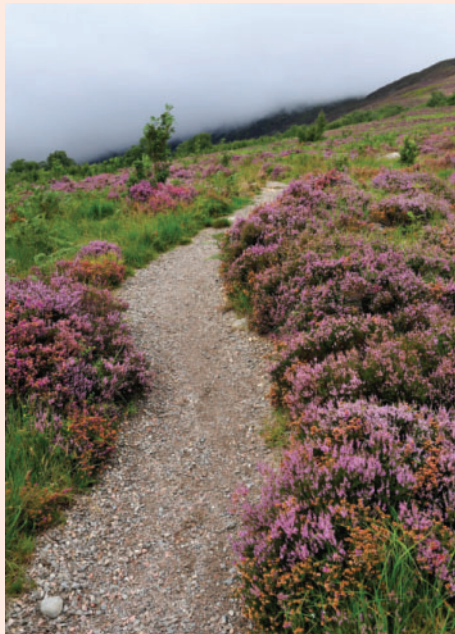
With a vast spectrum of nature from lochside to exposed mountain plateau, Creag Meagaidh is recovering from previous over-grazing with species such as birch, rowan, oak and willow all springing up, returning the woodland to its former glory. You might even be lucky enough to spot black grouse or red deer.

You may also see dotterel, ptarmigan, and mountain hares. Higher heathland includes plants such as heather, blaeberry and crowberry, and three Munro summits tower above, with a mix of lichens and mosses clinging to the ground against the howling winds. This plateau gives views out as far as Ben Nevis, with dramatic cliffs and narrow gullies. It might seem harsh to us at this altitude, but for birds

like the dotterel and ptarmigan the conditions are ideal.



Scottish Natural Heritage
All of nature for all of Scotland



Coire Ardair path, Creag Meagaidh

Getting there without a car

There is no direct bus service to the Reserve, however the no. 39 from Kingussie goes as far as Kinlochlaggan Filling Station. The nearest express coach stops at Dalwhinnie and Newtonmore, both 30km away, where there are also mainline train stations. There is a nearer train station at Tulloch, about 15km from the reserve car park.

There is a fully accessible all abilities trail of 900m length through Alder woodland and a 6.5km trail into Coire Ardair.

Coire Ardair, Creag Meagaidh



Grid ref D5, OS ref NH978098

www.forestry.gov.uk/scotland



Visitor Centre for Forest Park, car park charged, open 9am-5pm (4.30pm in winter). There are facilities and a cafe at the Reserve.

This Reserve is part of the Glenmore Forest Park and 10km east of Aviemore. Amidst stunning scenery, Glenmore is a mix of pine, juniper and birch woodland offering chances to see red squirrel, crested tit, crossbills and pine marten. There are also woodants, grouse, twinflowers and sphagnum moss, which turns to a glistening red in autumn and is often surrounded by alder and willow trees.



Getting there without a car

There is a direct bus link to Aviemore, no. 34, from where trains and coaches run north and south.

Follow Sustrans Route 7 from Aviemore to Coylumbridge, from where there is an excellent off-road cycle route to Glenmore. Bike racks are available at the Glenmore Forest Visitor Centre. There are waymarked trails through the forest totalling approximately 50 kilometres. Many of the trails have now been made suitable for all-abilities (motorised buggies are available through the Badenoch & Strathspey Transport Group) and picnic benches are provided. There are a range of other walking and cycling routes in the area.





Insh Marshes

Grid ref D3, OS ref NH775008

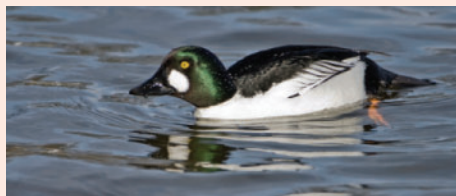
www.rspb.org.uk/reserves



There are hides and picnic tables on site, but no visitor centre.

Situated near Kingussie, this stunning open space is one of the most important natural floodplains in Britain. The marshes have been slowly restored and they're now a patchwork of open water, wetland, meadow and woodland. You'll see the rare goldeneye ducks,

lapwings, redshanks and curlews, as well as oystercatchers, snipe and widgeon. In winter there are whooper swans and greylag geese. It's not just birds that thrive here though and a careful search of the meadow areas in early summer should reward you with the beautiful purple flowers of the heath spotted orchid or the sweet scent of the fragrant orchid. In the drier edges of the Reserve you'll find areas of mature birch woodland, interspersed with patches of juniper and fluttery aspen trees.



Goldeneye



Getting there without a car

The nearest train station and bus stop are at Kingussie 3km away which is on the main Perth - Inverness train line and inter-city coach route.

The Calvine to Kinraig section of Sustrans Route 7 (Glasgow - Inverness) passes nearby the Reserve. Leave the route at Kingussie and follow the B970 past Ruthven Barracks to the car park. On foot, Insh Marshes is 3km from Kingussie. Follow the B970 minor road, past the railway station and school. There is no roadside pavement.

Insh Marshes



Grid ref D4, OS ref NH873032

www.nnr-scotland.org.uk

www.forestry.gov.uk/scotland



The nearest facilities are the cafe, shop and bar nearby at Loch Insh Watersports. Tea and cakes can be found at Inshriach nursery, where you can watch local bird-life from the comfort of your table.

Approximately 8km from Aviemore, the lower part of the Reserve consists of 700ha. of Caledonian Forest extending up to 650 metres which, on Creag Fhiachlach, may be the highest natural tree line in the UK. Above the forest there are internationally important heath and grassland habitats. Once an

Red Squirrel



important timber resource, nature is now allowed to take its course and the areas of planted Scots pine are being carefully merged with the remnants of native woodland. The Reserve is a favourite haunt of red squirrels, pine martens, and crossbill. Climbing up through the Reserve, you reach the fragile arctic plateau giving stunning views across Badenoch & Strathspey, and from the crags above Loch Einich it's easy to imagine a glacier carving its way towards Rothiemurchus below.



Getting there without a car

Travelling to Kincaig, take the 35 or 38 bus from Aviemore or Inverness, or the M91 express coach the south or north. From Kincaig, walk 4km to the Reserve.

Sustrans Route 7 goes down the minor road south from Inverdrurie and passes close to Achlean. There are cycle racks at the Reserve.

Inshriach



www.visitdeeside.com

There are two National Nature Reserves in the east of the Park at Dinnet and Glentinar. Good bus connections link Ballater and Braemar, via Dinnet and Glentinar (which requires a walk of 6km from the service bus, or use the Village Hopper service, see page 59), to Banchory and Aberdeen in the east. During the Summer, the Heather Hopper bus connects from Ballater over to Grantown-on-Spey and Speyside.

River Dee near Ballater



Muir of Dinnet

Grid ref D8, OS ref NO429996

www.nnr-scotland.org.uk

Situated between Dinnet and Aboyne, there is a visitor centre, accessible toilets and bike racks on site.



The landscape is a complex mosaic of woodland, wetlands and moorland, and it is the variety of habitats in such a small area that make the Muir of Dinnet Reserve really special. Clamber into the Burn O'Vat and you'll get a sense of the enormous power unleashed in the last Ice Age. The burn may look harmless today, but in the past it brought pebbles and boulders swirling under the ice to scour out the giant open pothole that is now the Vat. You'll see bearberry heath & aspen woodland, and goldeneye ducks.

The remainder of Muir of Dinnet is a mosaic of woodland, heath, bogs and open water. People have worked the land here for the last 8,000 years - mining, clearing the trees and burning the heather, all shaping the patterns we see now. With so many different habitats, there's also a wide variety of plants, birds and other animals to be found. Woodland makes up around a third of the Reserve and you can wander amongst the pine and birch, interspersed with tall aspen

trees. In the more open areas of the moorland, you can search for the shiny red berries of bearberry, interspersed with heather, an unusual combination that draws in some rare species of moth. On some of the wetter areas you'll find a red and green carpet of sphagnum moss that's an essential part of the distinctive bog habitat.



Loch Davan, Muir of Dinnet



Getting there without a car

Bus service numbers 210 (Aberdeen - Ballater) and 201 (Aberdeen - Braemar) both stop at Dinnet which is a short walk away from the nearest point of the Reserve and about 2.5km from Burn O'Vat. Stagecoach Buses will stop on request at the junction between the B9119 and the A93, 2.5km from Burn O'Vat. There is no roadside pavement along the B9119 to the Reserve.

The nearest cycleway is the Dinnet to Ballater section of the Deeside Way (Peterculter to Milton of Crathes). There is a network of around 19km of walks on the National Nature Reserve. These vary between 0.7km and 7km in length, with the shortest route to the Vat being the most popular. There are also links to the Deeside Way (the old Deeside Railway Line) and Forestry Commission tracks at Cambus O'May close to the National Nature Reserve. There is a 700m wheel chair accessible trail to the entrance into the Vat and toilets on site.



Near Dinnet





Glen Tanar

Grid ref C8, OS ref NO475950

www.glentantar.co.uk ranger@glentantar.co.uk

There is a ranger service, and a visitor centre which includes a toilet suitable for disabled people, and a 400m access trail.



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The tranquil woodlands of Glen Tanar are the most easterly part of the ancient Caledonian pine forest and can give you a profound sense of timelessness. The gnarled centuries-old pine trees, regenerating seedlings of the future forest and the ephemeral clouds of pine pollen all tell a story of continuity and change. The network of estate tracks and waymarked trails give you a chance to explore this Reserve at your own pace, perhaps to see breeding golden eagle, osprey, merlin and peregrine.

The crystal-clear Water of Tanar rushes through the middle of the Reserve on its way to the nearby River Dee. This is a landscape shaped by the last ice age, and the later forces of mankind including timber extraction, farming, and up to 1938, red deer.

Beyond the woodland the open moors beckon, rising up to Mt Keen, dressed in their purple-dyed cloak of summer heather, with the slowly advancing green tide of the pinewood. The stark mosaic of burned patches of moorland provides a home for the low-flying red grouse and is also an important place for the hen harrier. Keep an eye out for a flash of the male's distinctive grey wings as it sweeps close to the ground in a hungry search for birds and small mammals.



Peregrine

GLENTANAR

Glen Tanar



Getting there without a car

The 201 and 210 bus services from Aberdeen run through Aboyne about 6km away. You can pre-book a ride from the Deeside Village Hopper service - you must book ahead, ring 013398 85222 between 9.30-12.30 weekdays, to check when it runs. Or take the Heather Hopper, a Summer cross-Cairngorms bus service, from Grantown-on-Spey to Ballater and the service bus onto Aboyne.

Sustrans Route 1 (Edinburgh-Aberdeen-John O'Groats) is the nearest cycleway. Leave the route at Aberdeen and follow the A93 to Aboyne, or leave at

Stonehaven and follow the A957 to Crathes, then turn onto the A93 to Aboyne. At Aboyne turn onto the B968 to Birsemore then right onto the A976. Continue straight ahead onto the minor road at the sharp corner 6km from Birsemore and follow this road to the car park. Walking, you can take a detour from the nearby Deeside Way, which follows the path of the old railway line to Ballater. Trail guides are available on Glen Tanar's website and at the Visitor Centre. See

www.discoverroyaldeeside.com for more information.



Glen Tanar



Glen Tanar





The Angus Glens

The Angus Glens are remote yet beautiful, with little sign of human habitation. Corrie Fee National Nature Reserve provides direct access into this wild and challenging landscape.



Glen Isla

Corrie Fee

Grid Ref B7, OS ref NO283761

www.nnr-scotland.org.uk



There are toilets and information available at the Glen Doll car park.

Perched on the south-eastern edge of the Cairngorms National Park at the head of Glen Clova in the north of Angus, Corrie Fee is a dramatic glacial landscape that provides a home to a wealth of rare plants and animals. The scouring glaciers have left behind cliffs, ridges, jumbles of boulders and a meandering river. The underlying rocks combine with the harsh mountain

environment to create conditions where only the hardest can thrive. It is a haven for scarce arctic-alpine plants, birds such as the peregrine, and animals able to cope with the challenges of mountain life. Look out for beautiful plants like yellow mountain saxifrage, tormentil or roseroot.



Corrie Fee, Glen Doll

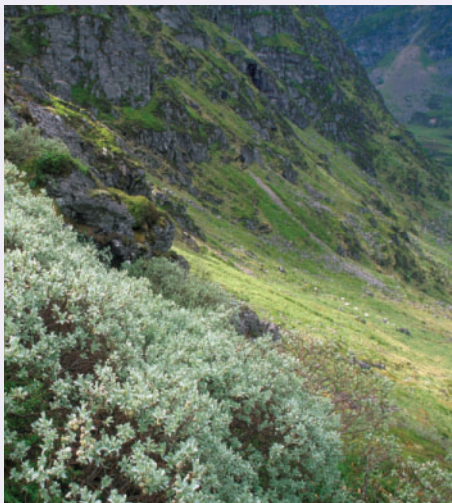


Getting there without a car

A post bus route serves the Glen Doll Area, and operates between Blairgowrie and Glenshee. Contact Angus Access Line 08452 777 778 or the Kirriemuir Post Office 01575 573 950, www.royalmail.com/portal/rm/postbus

The Reserve is 50km from Sustrans Route 77 (Dundee - Pitlochry). From this route (Dundee), head north on the A90 to Forfar, then A926 to Kirriemuir. From Kirriemuir take the B955 to the Clova Hotel. From there follow the road for 5km to the car park at the end of the road. The entrance to the Reserve is 3.5km beyond the car park. A wide surfaced trail follows the burn gently climbing up the glen through forestry for 3.5km.

A short climb with steps leads to the gate in the deer fence and the entrance to the Reserve. A new upland path leads through the corrie, with stone pitching, open cross drains and then a steep ascent up the mountain path towards the munros Dreish & Mayar.



Woolly willow in Coire Sharoch, Glen Doll



Corrie Fee, Glen Doll



National Nature Reserves are magical places where you can experience the incredible sights and sounds of Scotland's natural world.

These reserves help protect an amazing range of wildlife and landscapes, including many rare species and habitats of international importance.

Located throughout Scotland, there are nine NNRs in and near the National Park, open to everyone to visit and enjoy. Most are accessible via public transport and all are free to enter, charges do apply in some cases for access to facilities and events.



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