



Connecting Strathspey and Deeside

The 501 Heather Hopper connects Ballater and Grantown-on-Spey, going right through the centre of the Park. It runs twice a day in the summer, connecting with the 502 service to Aberdeen and Aberfeldy, and the 503 service to Aberdeen and Perth. It also connects with services to Inverness. Why not take the bus over, have a leisurely lunch in Tomintoul, Grantown-on-Spey or Ballater and return the same day? Or use it one way and walk part of the way back?

Operates 12th May to 28th September 2008

Codes	MWF	TTh	SSu	MWF	TThSSu
Facilities				★	★
Newtonmore Rail Station	0900	0900	0830	–	–
Kingussie Duke of Gordon	0910	0910	0835	–	–
Kincraig Bus Stop	0930	0930	0845	–	–
Aviemore Rail Station Bus Stop	0945	0945	0855	–	–
Grantown Square	1020	1020	1023	–	–
Grantown Square (dep)	1028NV	1028NV	1028NV	1330FV	1350FV
Tomintoul Square	1055	1055	1055	1357	1417
The Lecht Ski Centre	1109	1109	1109	1409	1428
Colnabaichin	1115	1115	1115	1417	1437
Strathdon Bellabeg P.O.	1127	–	–	1428	–
Colnabaichin	1137	1115	1115	1439	1437
Gairnshiel	1147	1125	1125	1451	1449
Ballater Golf Road	1157	1135	1135	1503TA	1501TA

Codes	MWF	TThSSu	MWF	TTh	SSu
Facilities	★	★			
Ballater Golf Road	0945FA	0945FA	1340	1400	1400
Gairnshiel	0957	0957	1350	1410	1410
Colnabaichin	1009	1009	1400	1420	1420
Strathdon Bellabeg P.O.	1020	–	1412	–	–
Colnabaichin	1031	1009	1422	1420	1420
The Lecht Ski Centre	1039	1017	1428	1426	1426
Tomintoul Square	1052	1030	1440	1438	1438
Grantown Square	1119TV	1057TV	1507NV	1505NV	1505NV
Grantown Square (dep)	–	–	1510	1510	1510
Aviemore Rail Station Bus Stop	–	–	1630	1630	1630
Kincraig Bus Stop	–	–	1640	1640	1640
Kingussie Duke of Gordon	–	–	1650	1650	1650
Newtonmore Rail Station	–	–	1705	1705	1705

CODES:

MWF Operates Mondays, Wednesdays and Fridays

TThSSu Operates Tuesdays, Thursdays, Saturdays and Sundays

NV Connects with 15 from Inverness

FA Connects with 201 from Aberdeen

TA Connects with 201 to Aberdeen

FV Connects with 34 from Aviemore

TV Connects with 33/34 to Aviemore

Indicates that bus can carry bicycles

★ Indicates that bus is Accessible

Cycle carriage is free on indicated services, but booking is advisable.
Contact Coopers Tourmaster on 01540 673000.

These services are operated by Coopers Tourmaster and Stagecoach Bluebird.
See page 8 for contact details.

Financially supported by Cairngorms National Park Authority, Highland Council, and Aberdeenshire Council.



In areas without recognised bus stops outside of the 30mph limit this service is Hail & Ride, subject to the bus being able to stop safely.



Connecting Aberdeenshire, Glenshee and Perthshire

Operates 12th May to 28th September 2008

Codes	MWF	TThS		MWF	TThS
Service Number	502	503		502	503
Aberdeen Bus Station	0845	0845	Perth Bus Station	–	1450
Culter Gordon Arms	0915	0915	Perth South Street Post Office	–	1453
Banchory High Street	0938	0938	Guildtown Bus Shelter	–	1507
Aboyne Main Street	1004	1004	Beech Hedges	–	1520
Dinnet Village Hall	1011	1011	Blairgowrie Wellmeadow dep	–	1537
Ballater Bus Depot	1025	1025	Bridge of Cally Opp. Bus Stop	–	1550
Crathie for Balmoral	1038	1038	Aberfeldy Chapel Street	1440	–
Braemar Auchendryne Square	1052	1052	Ballinluig Tulliemet Road End	1503	–
Cairnwell	1109	1109	Pitlochry West End Car Park	1522	–
Spittal of Glenshee	1131	1131	Enochdu	1547	–
Dalrulzion Hotel	1147	1147	Kirkmichael	1552	–
Kirkmichael	1157	–	Dalrulzion Hotel Opp. Bus Stop	1602	1602
Enochdu	1202	–	Spittal of Glenshee	1618	1618
Pitlochry West End Car Park	1232	–	Cairnwell	1635	1635
Ballinluig Tulliemet Road End	1243	–	Braemar Auchendryne Square	1657	1657
Aberfeldy Chapel Street	1305	–	Crathie for Balmoral	1711	1711
Bridge of Cally Opp. Bus Stop	–	1200	Ballater Bus Depot	1730	1730
Blairgowrie Wellmeadow dep	–	1220	Dinnet Village Hall	1742	1742
Beech Hedges	–	1231	Aboyne Main Street	1749	1749
Guildtown Bus Shelter	–	1244	Banchory High Street	1815	1815
Perth Bus Station	–	1305	Culter Gordon Arms	1838	1838
			Aberdeen Bus Station	1908	1908

CODES:

MWF Operates Mondays, Wednesdays and Fridays

TThS Operates Tuesdays, Thursdays and Saturdays

Additional Connections:

1250 Service 57 Blairgowrie to Dundee

1445 (1500 Sat) Service 57 Dundee to Blairgowrie

1240 Service 24 (/23) Pitlochry to Perth/Aberfeldy

1400 Service 23 (/24) Aberfeldy to Pitlochry

1305 Service 57 Blairgowrie to Perth

1500 Service 57 Perth to Blairgowrie

1453 Service 23 (/24) Perth to Pitlochry

This service is operated by Stagecoach Bluebird. See page 8 for contact details.



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Badenoch & Strathspey

Aviemore is the main town. There are beautiful villages such as Carr-Bridge and Dulnain Bridge with walks waiting to be explored. South of Aviemore is a series of rural communities, all with their own character. Using the bus you can

travel to Dalwhinnie and visit the distillery, or Laggan and try a walk around the village, www.laggan.com Get the train to Dalwhinnie and cycle 10km to the off-road cycle tracks at Wolftrax, see www.basecampmtb.com

Train Station, Aviemore



A Walk or Cycle Ride along the Speyside Way

9km one-way. Grid ref E4.

From Aviemore train station, turn right past the supermarket. At a car park on your right by the police station, pick up the Speyside Way. Follow this sign-

posted path to Boat of Garten. You can return the same way, or catch a bus (see pages 20, 24-27) or the Strathspey Steam Railway (page 17).

Speyside Way



Table A

Aviemore	dep	1030	1230	1445	1625
Boat of Garten	arr	1045	1245	1500	1640
Boat of Garten	dep	1050	1250	1505	
Broomhill	arr	1115	1315	1530	
Broomhill	dep	1130	1330	1540	
Boat of Garten	arr	1145	1345	1555	
Boat of Garten	dep	1000	1150	1350	1600
Aviemore	arr	1015	1205	1405	1615

Table B

Additional Trains leave:

Aviemore	dep	1130	1330	1540	1715
Boat of Garten	arr	1145	1345	1555	1730
Boat of Garten	dep	1000	1150	1405	1600
Broomhill	arr	1025	1215	1430	1625
Broomhill	dep	1030	1230	1445	1630
Boat of Garten	arr	1045	1245	1500	1645
Boat of Garten	dep	1050	1250	1505	1650
Aviemore	arr	1105	1305	1530	1705

Train runs on the dates shown below (excludes November).

Table A

April 2nd, 3rd, 5th, 6th, 9th, 10th, 12th, 13th, 16th, 17th, 19th, 20th, 23rd, 24th, 26th, 27th, 30th.

May 1st, 5th, 7th, 8th, 10th, 11th, 14th, 15th, 17th, 18th, 21st, 22nd, 26th, 28th, 29th, 31st.

June to September Daily.

October 1st, 2nd, 4th, 5th, 8th, 9th, 11th, 12th, 15th, 16th, 18th, 19th, 22nd, 23rd, 29th, 30th.

Table B

May 3rd, 4th, 24th-25th (Teddy Bears weekend); **June** 14th-15th (Forties weekend); **July** 19th-20th (Steam Fair & Tractorfest), 27th; **August** 3rd, 10th; **October** 25th-26th (Wizard weekend).

Santa Trains

December 13th, 14th, 20th, 21st, 24th. (Winter service runs 27th, 28th, 31st December, 1st & 2nd January 2009).



Please note that Saturday trains on Timetable A have no catering.

Under normal circumstances, all trains are steam hauled but the company reserves the right to use diesel power.

Groups of cyclists should contact operators to ensure space is available.

For details of services contact Aviemore Station.

For contact details see page 8.



Aviemore

5km. Grid ref E4.

Aviemore is on the main train line and A9 bus routes, see pages 20, 23, 34-35. It has all sorts of accommodation from large resort hotels to hostels. There is a post office, supermarket, chemist, and various other local retailers. Take a free tour around Cairngorm Brewery (phone first on 01479 812222), or follow one of the signposted walks from the centre. From Aviemore, you can take the bus into the smaller surrounding villages like Boat of Garten and Nethy Bridge (pages 20, 24-27). For an easy taste of the hills go up to Cairn Gorm Mountain and ride on its mountain funicular railway, pages 24-27. See www.cairngormmountain.org.uk for a Webcam and more info.



Craigellachie Nature Reserve

Carr-Bridge Woodland Walk

5km. Grid ref E4.

This is an easy, signed circular walk.

Note: the first part of this walk is also accessible for wheelchairs and buggies. Please take care when crossing the road at the halfway point.

From the village car park turn left, then left again into Carr Road, following the Cycle Route 7 signs. Pass through a gate, then follow the path for some distance until just short of the road, turning right.

After a short distance cross the road (B9153), then use the off-road path to follow the road briefly before turning left into the woods.

Follow this path to the railway track, turning right alongside it, then right again on an obvious path. Follow this to an Information Board, then turn right towards the road, finishing almost opposite where you started.





MONDAY TO SATURDAY

Dalwhinnie Rail Station	0900
Dalwhinnie Distillery	0905
Dalwhinnie Garage	0925
Drumochter Lodge	0930
Cuaich Farm	0940
Dalwhinnie Post Office	arr 1015
Dalwhinnie Post Office	dep 1030
Cat Lodge	1040
Drumgask Junction	1045
Laggan Bridge	arr 1050
Laggan Bridge	dep 1100
Glenshirra Bridge	1120
Garvamore	arr 1130
Garvamore	dep 1145
Glenshirra Bridge	1230
Laggan Bridge	1245
Cat Lodge	1250
Dalwhinnie Post Office	1300



This service is operated by Royal Mail, see page 8 for contact details.

Grantown-on-Spey Area DIAL-A-BUS

Area of Operation

The bus is available on request for any journeys within the operating area defined below. Journeys may be provided for people who have difficulty in using conventional bus services.

Limits of operating area:

- West Lodge
- B9102 Grantown Grammar School
- Craggan Fisheries
- Revack Lodge
- A939 Tomintoul Turn Off

Journeys may be made accross the boundary of the operating areas as far as Dulnain Bridge or Cromdale.

Hours specified

Monday to Friday, between 1000 and 1400

Booking arrangements

The vehicle will be available by pre-booking only for any journeys within the area of operation and during the times specified. Bookings should be made in advance and before 1800 on the day before intended journey.

Please call Strachans Private Hire on 01479 870025 to book.

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Inverness • Granttown-on-Spey • Aviemore - Service 15

Service Number Codes	MONDAYS TO FRIDAYS					SATURDAYS		
	15X	15X NF	15X SDF	15 SD	15 SH	15	15	15
Inverness Bus Station	0930	1230	1230	1520	1520	1740	1140	1715
Inverness Millburn Academy	▼	▼	▼	1535	▼	▼	▼	▼
Inverness Raigmore Hospital	0937	1237	1237	1541	1527	1747	1147	1722
Milton of Leys Monarch View	▼	▼	▼	▼	1534	1754	1154	1729
Daviot War Memorial	▼	▼	▼	1554	1542	1802	1202	1737
Moy Hall Road End	▼	▼	▼	1602	1550	1810	1210	1745
Tomatin Road End	0952	1252	1252	1608	1556	1816	1216	1751
Tomatin Shop	▼	▼	▼	1610	1558	1818	1218	1753
Clune Road End	▼	▼	▼	1612	1600	1820	1220	1755
Carr-Bridge Car Park	1005	1305	1305	1623	1611	1831	1231	1806
Dulnain Bridge	1017	1317	1317	1635	1623	1843	1243	1818
Granttown Square	1022	1322	1322	1640	1628	1848	1248	1823
Granttown Castle Grant	1024	1324	1324	1642	1630	1850	1250	1825
Granttown Grammar School	▼	▼	1340	–	–	▼	–	–
Granttown Square	1026	1332	1342	–	–	1852	–	–
Nethy Bridge Causer	1038	1344	1354	–	–	1904	–	–
Nethy Bridge Post Office	1040	1346	1356	–	–	1906	–	–
Boat of Garten Post Office	1049	1355	1405	–	–	1915	–	–
Aviemore Mountain Resort	1101	1407	1417	–	–	1927	–	–

Service Number Codes	MONDAYS TO FRIDAYS					SATURDAYS		
	15 SD	15 SH	15X	15X	15	15	15	
Aviemore Mountain Resort	0647	0647	–	1150	–	–	–	
Boat of Garten Post Office	0659	0659	–	1202	–	–	–	
Nethy Bridge Post Office	0708	0708	–	1211	–	–	–	
Nethy Bridge Causer	0710	0710	–	1213	–	–	–	
Granttown Square	0722	0722	–	1225	–	–	–	
Granttown Castle Grant	0724	0724	0853	1228	–	0853	1300	
Granttown Grammar School	▼	▼	▼	▼	(1605)	▼	▼	
Granttown Square	0726	0726	0855	1230	1607	0855	1302	
Dulnain Bridge	0731	0731	0900	1235	1612	0900	1307	
Carr-Bridge Car Park	0743	0743	0912	1247	1624	0912	1319	
Clune Road End	0754	0754	▼	▼	1635	0923	1330	
Tomatin Shop	0758	0758	▼	▼	1639	0925	1332	
Tomatin Road End	0800	0800	0925	1300	1641	0927	1334	
Moy Hall Road End	▼	▼	▼	▼	1649	0933	1340	
Daviot War Memorial	▼	▼	▼	▼	1657	0941	1348	
Milton of Leys Monarch View	▼	0814	▼	▼	1705	0949	1356	
Inverness Raigmore Hospital	0820r	0829r	0940	1315	1715	0956	1403	
Inverness Bus Station	0830	0840	0947	1322	1726	1003	1410	

CODES:

SD Monday to Friday when Millburn Academy is open.

SH Monday to Friday when Millburn Academy is closed.

NF Monday to Friday except Fridays when Millburn Academy is open.

() School days only

r Stops on request

This service is operated by Rapsons, see page 8 for contact details.

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Nethy Bridge and Boat of Garten

Nethy Bridge is called the 'Forest Village' for good reason. Come here by bus from Grantown-on-Spey or Aviemore. There is a hostel, hotel and camping park, along with some B&Bs. Visit the free Explore Abernethy Centre in the community hall (www.exploreabernethy.co.uk), walk or cycle to Castle Roy, also free. There are

plenty of signposted paths.

At Boat of Garten you can catch the Strathspey Steam railway to Aviemore, see page 17. Called the 'Osprey Village', there is a great RSPB Osprey centre at Loch Garten, about 2km cycle ride from the village. This has seasonal opening times - see www.rspb.org.uk/reserves

Strathspey Steam Train, courtesy of Aviemore Walking Festival



Nethy Bridge Riverside Walk

3km. Grid ref E5.

From the community centre, which is near the shop, cross the road and follow the path along the river. The "green" arrow path will take you around a beautiful riverside and forest walk, through the largest Scots Pine forest in Scotland.



Cycling to Nethybridge



Glenmore • Kingussie High School - Service 37

Monday to Friday on School Days

Service Number	37	Service Number	37
Glenmore	0805	Kingussie High School	1535
Coylumbridge Hotel	0813	Drumguish Road End	1543
Rothiemurchus Junction	0815	Insh Phone Box	1547
Loch an Eilean Road End	0818	Insh House	1553
Dalnavert Cottages	0825	Feshiebridge	1557
Feshiebridge	0828	Dalnavert Cottages	1600
Insh House	0832	Loch an Eilean Road End	1607
Insh Phone Box	0838	Rothiemurchus Junction	1610
Drumguish Road End	0842	Coylumbridge	1612
Kingussie High School	0850	Glenmore	1620

This service is operated by Rapsons, see page 8 for contact details.

Loch Morlich flowing into River Luineag



Kingussie High School • Kinloch Laggan or Dalwhinnie - Service 39

Monday to Friday on School Days

Service Number	39A	39	39	39A	Service Number	39A	39	39	39A
Kingussie High School	0730	0740	1535	1535	Kinloch Laggan Filling Station	0810	–	–	1615
Newtonmore Craig Mhor Hot	0740	0750	1545	1545	Strathmashie Forestry Houses	0820	–	–	1625
Dalwhinnie	▼	0810	1605	▼	Laggan Bridge	0825	–	–	1630
Cluny Mains Farm	0750	–	–	1555	Cluny Mains Farm	0830	–	–	1635
Laggan Bridge	0755	–	–	1600	Dalwhinnie	▼	0810	1605	▼
Strathmashie Forestry Houses	0800	–	–	1605	Newtonmore Craig Mhor Hot	0840	0830	1625	1645
Kinloch Laggan Filling Station	0810	–	–	1620	Kingussie High School	0850	0840	1635	1655

This service is operated by Highland Country Bus, see page 8 for contact details.



	MONDAY - FRIDAY								SAT	
Service Number	35	38	38	38A	38B	38B	38A	38	35	35
Codes			SD	SD	SD	SD	SD	SD		
Inverness Bus Station	–	–	–	–	–	–	–	–	1710	–
Raigmore Hospital	–	–	–	–	–	–	–	–	1720	–
Tomatin Road End	–	–	–	–	–	–	–	–	1740	–
Carr-Bridge Car Park	–	–	–	–	–	–	–	–	1753	–
Aviemore Dalfaber	–	–	0815	–	0805	–	–	1605	▼	–
Aviemore Burnside	–	–	▼	–	▼	–	–	▼	1808	–
Aviemore Milton Park	–	–	▼	0815	▼	–	1603	▼	▼	–
Aviemore Depot	0625	–	▼	▼	0810	–	1606	▼	▼	0640
Aviemore Police Station	0626	–	▼	0819	0811	1505	–	▼	1810	0641
Aviemore Cairngorm Hotel opp Rail Stn	▼	–	0816	▼	▼	▼	–	1609	▼	▼
Kincraig Community Hall	▼	–	1831	0834	0824	1515	–	–	1820	▼
Kingussie High School	▼	–	0842	0845	0835	1524	–	–	▼	▼
Kingussie Rail Station	▼	0657	–	–	–	–	–	–	▼	▼
Kingussie Duke Of Gordon Hotel	0645	0658	–	–	–	–	–	–	1830	0700
Newtonmore Craig Mhor Hotel	0650	0703	–	–	–	–	–	–	1835	0705

	MONDAY - FRIDAY								SAT	
Service Number	35	35	38	38A	38B	38B	38A	38	35	35A
Codes			SD	SD	SD	SD	SD	SD		
Newtonmore Craig Mhor Hotel	0650	0703	–	–	–	–	–	–	1835	0709
Kingussie Duke Of Gordon Hotel	0655	0710	–	–	–	–	–	–	1840	0714
Kingussie Rail Station	0656	▼	–	–	–	–	–	–	▼	▼
Kingussie High School	–	▼	–	–	0835	1535	1535	1535	▼	▼
Kincraig Community Hall	–	0720	–	–	0845	1545	1545	1545	▼	0724
Aviemore Cairngorm Hotel opp Rail Stn	–	0730	–	–	0855	1558	1558	1558	1853	0734
Aviemore Depot	–	▼	0800	0810	–	–	▼	▼	1855	▼
Aviemore Milton Park	–	▼	▼	0813	–	–	1603	▼	–	▼
Aviemore Burnside	–	0737	▼	–	–	–	–	▼	–	0736
Aviemore Dalfaber	–	▼	0804	–	–	–	–	1605	–	▼
Carr-Bridge Tuck Shop	–	▼	–	–	–	–	–	–	–	0744
Tomatin Road End	–	0755	–	–	–	–	–	–	–	0801
Moy Hall Road End	–	0803	–	–	–	–	–	–	–	0809
Daviot War Memorial	–	0811	–	–	–	–	–	–	–	0817
Raigmore Hospital	–	0824	–	–	–	–	–	–	–	0831
Inverness Bus Station	–	0835	–	–	–	–	–	–	–	0840

CODES:

SD Operates on School Days only

This service is operated by Rapsons, see page 8 for contact details.

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Grantown • Aviemore • Cairngorm - Service 34

Monday to Friday

Service Number	34	34	34B	34	34B	34	34B	34	34B	34	34B
Easy Access Bus	F	F	F	F	F	F	F	F	F	F	F
Codes	SD		SH						CF	NF	SD/H
Grantown Grammar School	–	–	–	–	–	–	–	–	1339	–	–
Grantown Castle Grant	–	0708	–	–	–	1035	1139	1235	1340	1339	1435
Grantown Square	–	0710	–	0835	0945	1040	1145	1240	1345	1345	1440
Drumullie	–	▼	–	▼	0956	▼	1156	▼	1356	1356	▼
Nethy Bridge Causer	–	0722	–	0847	▼	1052	▼	1252	▼	▼	1452
Nethy Bridge Post Office	–	0724	–	0849	▼	1054	▼	1254	▼	▼	1454
Osprey Centre Road End	–	0731	–	0856	▼	1101	▼	1301	▼	▼	1501
Boat of Garten Post Office	–	0733	–	0858	▼	1103	▼	1303	▼	▼	1503
Aviemore Dalfaber	–	0745	0750	0910	1010	▼	1210	▼	1410	1410	▼
Aviemore Police Station	0721	0750	0756	0916	1016	1116	1216	1316	1416	1416	(1516)
Aviemore Mountain Resort	0724	–	0759	0919	1019	1119	1219	1319	1419	1419	(1519)
Coylumbridge Hotel	0728	–	0803	0923	1023	1123	1223	1323	1423	1423	(1523)
Glenmore	0735	–	0810	0930	1030	1130	1230	1330	1430	1430	(1530)
Cairngorm Car Park	0744	–	0819	0939	1039	1139	1239	1339	1439	1439	(1539)

Monday to Friday

Service Number	34	34C	34B	34	34	34
Easy Access Bus	F	F	F	F	F	F
Codes		SD	Sum			Sum
Grantown Grammar School	1605	1605	–	–	–	–
Grantown Castle Grant	▼	▼	–	–	–	–
Grantown Square	1607	1607	–	1705	1745	1905
Drumullie	▼	1618	–	▼	▼	▼
Nethy Bridge Causer	1619	▼	–	1717	1757	1917
Nethy Bridge Post Office	1621	▼	–	1719	1759	1919
Osprey Centre Road End	1628	▼	–	1726	1806	1926
Boat of Garten Post Office	1630	1623	–	1728	1808	1928
Aviemore Dalfaber	▼	▼	1710	▼	▼	▼
Aviemore Police Station	1642	1635	1716	1740	1820	1941
Aviemore Mountain Resort	–	–	1719	–	–	1944
Coylumbridge Hotel	–	–	1723	–	–	1948
Glenmore	–	–	1730	–	–	1955
Cairngorm Car Park	–	–	1739	–	–	2004

CODES:

- F** Normally operated by a Low Floor Easy Access Bus
- Sum** Operates summer only
- SD** Weekdays during school term
- SH** Weekdays during school holidays
- SD/H** Times in brackets only operate during school holidays
- CF** Fridays during school term only
- NF** Does not operate on Fridays

This service is operated by Rapsons, see page 8 for contact details.

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Saturday

Service Number	34	34	34	34	34	34	34	34	34	34
Easy Access Bus	F	F	F	F	F	F	F	F	F	F
Codes										
Grantown Castle Grant	–	–	0939	–	–	–	–	–	–	–
Grantown Square	–	–	0940	–	1100	–	1239	–	1400	–
Drumullie	–	–	▼	–	▼	–	▼	–	▼	–
Nethy Bridge Causer	–	–	0952	–	1112	–	1252	–	1412	–
Nethy Bridge Post Office	–	–	0954	–	1114	–	1254	–	1414	–
Osprey Centre Road End	–	–	1001	–	1121	–	1301	–	1421	–
Boat of Garten Post Office	–	–	1003	–	1123	–	1303	–	1423	–
Aviemore Dalfaber	0750	–	▼	1110	▼	1210	▼	1410	▼	1510
Aviemore Police Station	0756	0916	1016	1116	1135	1216	1316	1416	1435	1516
Aviemore Mountain Resort	0759	0919	1019	1119	–	1219	1319	1419	–	1519
Coylumbridge Hotel	0803	0923	1023	1123	–	1223	1323	1423	–	1523
Glenmore	0810	0930	1030	1130	–	1230	1330	1430	–	1530
Cairngorm Ski Centre	0819	0939	1039	1139	–	1239	1339	1439	–	1539

Saturday

Service Number	34	34	34	34
Easy Access Bus	F	F	F	F
Codes			Sum	Sum
Grantown Castle Grant	–	–	–	–
Grantown Square	–	1605	–	1905
Drumullie	–	1617	–	▼
Nethy Bridge Causer	–	1607	–	1917
Nethy Bridge Post Office	–	1619	–	1919
Osprey Centre Road End	–	1626	–	1923
Boat of Garten Post Office	–	1628	–	1928
Aviemore Dalfaber	1610	▼	1710	▼
Aviemore Police Station	1616	1640	1716	1941
Aviemore Mountain Resort	1619	–	1719	1944
Coylumbridge Hotel	1623	–	1723	1948
Glenmore	1630	–	1730	1955
Cairngorm Car Park	1639	–	1739	2004

CODES:

F Normally operated by a
Low Floor Easy Access
Bus

Sum Operates summer only

Sunday - Operates 2nd June until 28th September 2008 and January until April 2009

Service Number	34	34	34	34	34	34	34	34	34	34
Easy Access Bus	F	F	F	F	F	F	F	F	F	F
Codes										
Aviemore Dalfaber	–	0910	1010	1110	1310	1410	1510	1610	1710	–
Aviemore Police Station	0756	0916	1016	1116	1316	1416	1516	1616	1716	1900
Aviemore Mountain Resort	0759	0919	1019	1119	1319	1419	1519	1619	1719	1903
Coylumbridge Hotel	0803	0923	1023	1123	1323	1423	1523	1623	1723	1907
Glenmore	0810	0930	1030	1130	1330	1430	1530	1630	1730	1914
Cairngorm Car Park	0819	0939	1039	1139	1339	1439	1539	1639	1739	1923

This service is operated by Rapsons, see page 8 for contact details.



Cairngorm • Aviemore • Grantown - Service 34

Monday to Friday

Service Number	34B	34C	34	34	34	34B	34	34B	34	34	34B	34
Easy Access Bus	F	F			F	F	F	F	F	F	F	F
Codes		SD		SD	SD/H				CF	NF		
Cairngorm Car Park	–	–	–	0745	(0832)	0940	1040	1140	1240	1240	1340	1440
Glenmore	–	–	–	0752	(0839)	0947	1047	1147	1247	1247	1347	1447
Coylumbridge Hotel	–	–	–	–	(0846)	0954	1054	1154	1254	1254	1354	1454
Aviemore Mountain Resort	–	–	–	–	(0851)	0959	1059	1159	1259	1259	1359	1459
Aviemore Cairngorm Hotel	0635	0803	0810	–	0855	1003	1103	1203	1303	1303	1403	1502
Aviemore Dalfaber	0641	▼	▼	–	▼	1009	▼	1209	▼	▼	1409	–
Boat of Garten Post Office	▼	0815	0822	–	0907	▼	1115	▼	1315	1315	▼	–
Osprey Centre Road End	▼	▼	0824	–	0909	▼	1117	▼	1317	1317	▼	–
Nethy Bridge Post Office	▼	▼	0831	–	0914	▼	1124	▼	1324	1324	▼	–
Nethy Bridge Causer	▼	▼	0833	–	0916	▼	1126	▼	1326	1326	▼	–
Drumullie	0655	0820	▼	–	▼	1023	▼	1223	▼	▼	1423	–
Grantown Square	0706	0831	0845	–	0928	1034	1138	1234	1338	1338	1434	–
Grantown Castle Grant	0707	0832	0846	–	–	1035	1139	1235	–	1339	1435	–
Grantown Grammar School	–	0833	0847	–	–	–	–	–	1339	–	–	–

Monday to Friday

Service Number	34	34B	34B	34	34	34
Easy Access Bus		F	F	F	F	F
Codes		SD	SH		Sum	Sum
Cairngorm Car Park	–	–	1540	1640	1740	2008
Glenmore	–	–	1547	1647	1747	2015
Coylumbridge Hotel	–	–	1554	1654	1754	2022
Aviemore Mountain Resort	–	–	1559	1659	1759	2027
Aviemore Cairngorm Hotel	1503	1525	1603	1703	1803	2030
Aviemore Dalfaber	▼	▼	1609	1709	1809	–
Boat of Garten Post Office	1515	▼	–	1721	1821	–
Osprey Centre Road End	1517	▼	–	1723	1823	–
Nethy Bridge Post Office	1524	▼	–	1730	1830	–
Nethy Bridge Causer	1526	▼	–	1732	1832	–
Drumullie	▼	1541	–	▼	▼	–
Grantown Square	1538	1551	–	1744	1844	–
Grantown Castle Grant	1539	1553	–	1745	1845	–
Grantown Grammar School	–	1554	–	–	–	–

CODES:

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Sum Operates summer only

SD Weekdays during school term

SH Weekdays during school holidays

SD/H Times in brackets only operate during school holidays

CF Fridays during school term only

NF Does not operate on Fridays

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Saturday													
Service Number	34	34	34	34	34	34	34	34	34	34	34	34	34
Easy Access Bus	F	F	F	F	F	F	F	F	F	F	F	F	F
Codes											Sum	Sum	
Cairngorm Car Park	–	0819	0940	1040	1140	1240	1340	1440	1540	1640	1740	2008	
Glenmore	–	0826	0947	1047	1147	1247	1347	1447	1547	1647	1747	2015	
Coylumbridge Hotel	–	0833	0954	1054	1154	1254	1354	1454	1554	1654	1754	2022	
Aviemore Mountain Resort	–	0838	0959	1059	1159	1259	1359	1459	1559	1659	1759	2027	
Aviemore Cairngorm Hotel	0800	0841	1003	1103	1203	1303	1403	1503	1603	1703	1803	2030	
Aviemore Dalfaber	▼	–	▼	1109	▼	▼	1409	▼	1609	1709	1809	–	
Boat of Garten Post Office	0812	–	1015	–	1215	1315	–	1515	–	–	1821	–	
Osprey Centre Road End	0814	–	1017	–	1217	1317	–	1517	–	–	1823	–	
Nethy Bridge Post Office	0821	–	1024	–	1224	1324	–	1524	–	–	1830	–	
Nethy Bridge Causer	0823	–	1026	–	1226	1336	–	1526	–	–	1832	–	
Drumullie	▼	–	▼	–	▼	▼	–	▼	–	–	▼	–	
Grantown Square	0835	–	1038	–	1238	1338	–	1538	–	–	1844	–	
Grantown Castle Grant	–	–	1039	–	1239	1339	–	1539	–	–	1845	–	

Sunday - Operates 2nd June until 28th September 2008 and January until April 2009

Service Number	34	34	34	34	34	34	34	34	34	34	34	34	34
Easy Access Bus	F	F	F	F	F	F	F	F	F	F	F	F	F
Codes													
Cairngorm Car Park	0819	0940	1040	1140	1340	1440	1540	1640	1740	1925			
Glenmore	0826	0947	1047	1147	1347	1447	1547	1647	1747	1932			
Coylumbridge Hotel	0833	0954	1054	1154	1354	1454	1554	1654	1754	1939			
Aviemore Mountain Resort	0838	0959	1059	1159	1359	1459	1559	1659	1759	1944			
Aviemore Cairngorm Hotel opp. Rail Stn.	0841	1003	1103	1203	1403	1503	1603	1703	1803	1947			
Dalfaber Country Club	–	1009	1109	1209	1409	1509	1609	1709	1809	–			

CODES:

F Normally operated by a Low Floor Easy Access Bus

Sum Operates summer only

This service is operated by Rapsons, see page 8 for contact details.

Funicular Railway at Cairngorm Mountain



Intercity Bus Services

Intercity bus services are available from major Scottish cities to many towns and villages in the park. For more information go to www.citylink.co.uk/timetables.html



Kingussie & Newtonmore

Kingussie and Newtonmore are two villages close together, 20km south of Aviemore. Both have train stations and inter-city buses served by Inverness, Perth, Edinburgh and Glasgow. The villages are on National Cycle Route 7, and this has several off-road routes along the A9 corridor. See the Sustrans website for maps and info www.sustrans.org.uk.

There is a wide range of accommodation including B&Bs, hotels, hostels and bunkhouses. The Highland Folk Museum is well worth a visit, containing artefacts and buildings illustrating Highland culture and history. Both Kingussie and Newtonmore play Shinty - a fiercely competitive Highland game, and there are matches most Saturdays during the Spring and Summer.

Ruthven Barracks



A Cycle Ride or Walk to Ruthven Barracks from Kingussie

4km. Grid ref D3.

From the Duke of Gordon Hotel cross the road and head through Gynack Gardens. Turn right then left onto Station Road, over the level crossing (the train station is to the right). Opposite the end of Market Lane you'll see the "Pink" signposts for the Ruthven Barracks walk. You can avoid some of the road by

instead bearing left and follow Jubilee Path through the Scots Pine trees. Here's a good place for a rest at the picnic tables. Rejoin the road and follow the pink signposts to Ruthven barracks. You can cycle this route too, keeping to the road avoiding the Gardens and Jubilee Path.

Ruthven Barracks



Take a Walk on the Wildcat Trail

Various lengths, up to 10km. Grid ref D3.

You can walk part or all of this varied trail, which goes right around the village of Newtonmore. You'll stroll

through moor, forest and along the riverside. Visit the website at www.newtonmore.com/wcat.htm

Scottish Wildcat



A Cycle Ride or Walk to Ruthven Barracks from Kingussie



Take a Walk on the Wildcat Trail

Tormore • Granttown • Aviemore - Service **33, 33A, 36**

Service Number	33	36	33	33	33	33	33	33	33	33	36	33
Codes	M-FS	M-FS	Sat	M-FS	M-FH	Sat	M-F	Sat*	Sat	M-F	FS	Sat
Tormore	0805	–	–	–	–	–	–	–	–	–	–	–
Advie Spey Bridge	▼	–	–	–	–	–	–	–	–	1305	–	–
Advie War Memorial	0808	–	–	–	–	–	–	–	–	1308	–	–
Cromdale Bus Shelter	0813	–	–	–	–	–	1052	–	–	1314	–	–
Balmeanach Distillery	▼	–	–	0838	–	–	▼	–	–	▼	–	–
Cromdale Cross Roads	▼	–	–	0841	0841	1050	▼	–	–	▼	–	1346
Granttown Square	▼	–	–	0846	0846	▼	1058	–	–	1320	–	▼
Granttown Grammar School	0820	0832	–	0848	▼	1057	▼	–	–	▼	1335	1353
Granttown Primary School	0825	▼	–	0850	▼	▼	▼	–	–	▼	▼	▼
Granttown Castle Grant	–	▼	–	0853	0849	▼	1100	–	–	1322	▼	▼
Granttown Square	–	0834	–	0855	0855	1059	1101	–	–	1323	1337	1355
Dulnain Bridge	–	0839	–	0900	0900	–	1106	–	–	1328	1342	–
Carr-Bridge Car Park	–	–	0858	0912	0912	–	1118	1159	1323	1340	1354	–
Aviemore Dalfaber	–	–	0909	0922	0922	–	1128	1210	1334	1350	▼	–
Dalnabay	–	–	▼	0923	0923	–	1129	–	▼	1351	▼	–
Aviemore Police Station	–	–	0915	0929	0929	–	1135	–	1340	1357	1406	–

Service Number	33	36	33	33	33A	33A	33	33A	33	33	33	33
Codes	FS	M-FS	M-FH	Sat	M-TH	FS	M-F	M-TS	M-F	Sat	M-FS	M-S
Tormore	1406	–	–	–	–	–	–	1634	–	–	–	–
Advie Spey Bridge	▼	–	–	–	–	–	–	▼	–	–	–	–
Advie War Memorial	1410	–	–	–	1538	1538	–	1638	–	–	–	–
Cromdale Bus Shelter	▼	–	1515	–	1546	1546	–	1646	–	–	–	–
Balmeanach Distillery	▼	–	▼	–	▼	▼	–	▼	–	–	–	–
Cromdale Cross Roads	▼	–	▼	1546	▼	▼	–	▼	–	–	–	1854
Granttown Square	1429	–	▼	▼	▼	▼	–	▼	–	–	–	–
Granttown Grammar School	▼	–	▼	1553	1552	▼	–	1652	–	–	–	1901
Granttown Primary School	▼	1515	▼	▼	–	▼	–	▼	–	–	–	▼
Granttown Castle Grant	▼	▼	1523	▼	–	1554	–	1654	–	–	–	–
Granttown Square	1431	1517	1524	1555	–	1556	–	1656	1736	–	1729	1903
Dulnain Bridge	–	1522	–	–	–	–	–	–	1741	–	1734	–
Carr-Bridge Car Park	–	–	–	–	–	–	1625	–	1753	1723	1746	–
Aviemore Dalfaber	–	–	–	–	–	–	▼	–	1803	1734	1756	–
Dalnabay	–	–	–	–	–	–	▼	–	1804	▼	1757	–
Aviemore Police Station	–	–	–	–	–	–	1637	–	1810	1740	1803	–

Loch Morlich and the Cairngorms





Service Number	33A	36	33	33	36	33	33	33	33	33	33	33
Codes	M-FS	M-FS	M-FH	M-FS	M-FS	Sat	Sat	M-F	Sat	M-F	Sat	Sat
Aviemore Cairngorm Hotel opp Rail Stn	0710	0756	0800	–	–	0845	–	1010	1135	1210	1305	–
Dalfaber Country Club	0716	▼	0806	–	–	▼	–	1016	1141	1216	1311	–
Dalnabay	0717	▼	0807	–	–	▼	–	1017	▼	1217	▼	–
Carr-Bridge Car Park	0727	0808	0817	–	–	0857	–	1027	1152	1227	1322	–
Dalnain Bridge	0739	0820	0829	–	0840	–	–	1039	–	1239	–	–
Grantown Square	0743	0828	0834	–	▼	–	–	1044	–	1244	–	–
Grantown Castle Grant	0744	▼	0835	–	▼	–	–	1045	–	1245	–	–
Grantown Primary School	▼	▼	▼	–	0847	–	–	▼	–	▼	–	–
Grantown Grammar School	▼	0830	▼	–	–	–	–	▼	–	▼	–	–
Grantown Square	0745	–	0836	0828	–	–	1045	1047	–	1247	–	1340
Cromdale Cross Roads	0750	–	–	–	–	–	1050	–	–	▼	–	1345
Balmeanach Distillery	▼	–	–	0838	–	–	–	–	–	▼	–	–
Cromdale Bus Shelter	▼	–	–	–	–	–	–	1052	–	1252	–	–
Advie War Memorial	0758	–	–	–	–	–	–	–	–	1259	–	–
Advie Spey Bridge	▼	–	–	–	–	–	–	–	–	1302	–	–
Tormore	0802	–	–	–	–	–	–	–	–	–	–	–

Service Number	33	33	33	36	33	33	33	33	33	33	33	33
Codes	FS	M-FH	M-FS	M-FS	Sat	M-TS	M-F	M-F	Sat	M-F	Sat	
Aviemore Cairngorm Hotel opp Rail Stn	–	1433	1433	–	–	–	1610	1700	1705	–	–	
Dalfaber Country Club	–	1439	1439	–	–	–	▼	1706	1711	–	–	
Dalnabay	–	1440	▼	–	–	–	▼	1707	▼	–	–	
Carr-Bridge Car Park	–	1450	1450	–	–	–	1622	1717	1722	–	–	
Dalnain Bridge	–	1502	1502	1525	–	–	–	1729	–	–	–	
Grantown Square	1335	1507	1507	1533	–	–	–	1734	–	–	–	
Grantown Castle Grant	1336	1508	1508	▼	–	–	–	1735	–	–	–	
Grantown Primary School	▼	▼	1515	▼	–	–	–	–	–	–	–	
Grantown Grammar School	1340	▼	▼	1535	–	1605	–	–	–	–	–	
Grantown Square	▼	1510	▼	–	1540	▼	–	–	–	1849	1849	
Cromdale Cross Roads	1347	1515	1522	–	1545	1612	–	–	–	▼	1854	
Balmeanach Distillery	1350	–	1525	–	–	1615	–	–	–	▼	–	
Cromdale Bus Shelter	1353	–	1528	–	–	1618	–	–	–	1854	–	
Advie War Memorial	1401	–	1536	–	–	1626	–	–	–	–	–	
Advie Spey Bridge	▼	–	–	–	–	▼	–	–	–	–	–	
Tormore	1405	–	–	–	–	1630	–	–	–	–	–	

CODES:

M-FS Mondays to Fridays during School term

M-FH Mondays to Fridays during School holidays

M-F Mondays to Fridays

Sat Saturdays

FS Fridays during School term

M-TS Mondays to Thursdays during School term

M-TH Mondays to Thursdays during School holidays

***** Continues to Cairngorm via Aviemore

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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 8 and the sources of transportation advice and information listed below when planning a trip to the Park.

Disability Rights Commission:

www.drc-gb.org

First ScotRail:

www.firstgroup.com

Disabled Assistance:

0800 912 2901

Customer Relations:

0845 607 5929

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.



1km. Grid ref D4.

This new sculpture trail at Feshiebridge is full of remarkable art works carved from ancient Caledonian pines. Disabled parking is available directly at the start of the trail, and a good quality accessible

path leads around the sculptures, suitable for buggies and wheelchairs.

Visit www.frank-bruce.org.uk for more information.



Feshiebridge is around 2km from Kincraig where buses stop, see pages 14, 22-23. The nearest train stations are at Aviemore and Kingussie, both around 11km away.

There is a separated cycle path from Aviemore to Inverdrue, and from there the road is narrow and winding to Feshiebridge.





Glasgow & Edinburgh • Inverness - Route 4

MONDAYS TO SATURDAYS (From 19th May - 13th December 2008)

Codes	SR	SR	SR	SR	SR	SR	SR	GR	SR	SR
Edinburgh	–	0640b	0837	0936b	1136	1336	1533c	1633	1740	1936
Glasgow Queen St	–	0705	0841b	1011	1141b	1341b	1611	1641b	1741d	1941b
Stirling	–	0731	0907b	1040	1207b	1407b	1639	1719	1807d	2007b
Perth	–	0805	0955	1120	1257	1455	1721	1757	1855	2054
Pitlochry	–	0841	1024	1151	1328	1525	1752	1833	1926	2125
Dalwhinnie	–	0917	–	1225	–	1603	–	–	–	2157
Newtonmore	–	0927	–	–	1410	–	1834	–	–	2208
Kingussie	0706	0930	1107	1238	1415	1616	1839	1917	2008	2215
Aviemore	0724	0943	1119	1250	1424	1629	1852	1929	2020	2229
Carr-Bridge	0732	0952	–	1259	–	–	1857	–	–	2237
Inverness	0805	1026	1159	1335	1518	1707	1934	2008	2058	2310

SUNDAYS (From 18th May - 7th December 2008)

Codes	SR	SR	SR	GR	SR
Edinburgh	0925	1350	–	1712	1750b
Glasgow Queen St	0938b	–	1440	–	1810
Stirling	1012b	–	1509	1752	1839
Perth	1052	1513	1546	1829	1916
Pitlochry	1122	1544	1616	1859	1947
Dalwhinnie	1200	1619	–	–	2021
Newtonmore	1210	1629	–	–	2031
Kingussie	1216	1634	1659	1952	2036
Aviemore	1228	1653	1712	2004	2050
Carr-Bridge	1237	1703	–	–	2059
Inverness	1309	1738	1750	2044	2134

CODES:

- b Change at Perth
- c Change at Stirling
- d Change at Perth. On Mondays - Fridays departs Glasgow 1742 and Stirling 1814.



Disclaimer - Whilst we have taken every care to make sure the timetable information in this booklet is correct, you are advised to always contact the operator before travelling, especially from October 2008 to March 2009 when some services will change to more limited winter timetables. Outwith the boundaries of the Cairngorms National Park, not all bus stops are shown in the timetables.


MONDAYS TO SATURDAYS (From 19th May - 13th December 2008)

Codes	SR	SR	GR	SR	SR	SR	SR	SR	SR	SR
Inverness	0607	0645	0755	0919	1053	1240	1441	1656	1827	2010
Carr-Bridge	0639	—	—	0950	1126	—	—	—	1857	—
Aviemore	0647	0722	0829	1001	1138	1324	1518	1734	1913	2055
Kingussie	0701	0735	0842	1014	1150	1337	1531	1747	1932	2107
Newtonmore	—	—	—	1018	—	—	1535	1751	1936	2112
Dalwhinnie	—	—	—	1030	—	—	—	1803	1948	2123
Pitlochry	—	0815	0923	1101	1231	1417	1615	1833	2019	2155
Perth	—	0847	0955	1138	1304	1449	1648	1908	2051	2228
Stirling	—	0941b	1029	1212	1343b	1543b	1741b	1941	2143b	2303
Glasgow Queen St	—	1015b	1114b	1244	1414b	1615b	1817b	2017	2216b	2339
Edinburgh	—	1000	1116	1332c	1421	1605	1811	2032b	2209	0007c

SUNDAYS (From 18th May - 7th December 2008)

Codes	GR	SR	SR	SR	SR
Inverness	0938	1230	1325	1615	1830
Carr-Bridge	1008	1308	—	1646	1901
Aviemore	1017	1317	1402	1655	1909
Kingussie	1030	1330	1415	1714	1922
Newtonmore	1035	1335	—	—	1926
Dalwhinnie	—	1346	—	—	1939
Pitlochry	1122	1417	1454	1756	2011
Perth	1155	1450	1524	1827	2046
Stirling	1232	1522	1738b	1902	2140b
Glasgow Queen St	1411b	1556	1812b	1936	2211b
Edinburgh	1318	—	1641	2005c	2206

These services are operated by **First ScotRail (SR)** and **National Express East Coast (GR)**, see page 8 for contact details.

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