



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





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.



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

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