Sandy Valentine, Jimmy Mitchell and Pete Cairns. Photography © Donald Bennet, Allan Brown, Jim Law,

bookshops or direct from ScotWays. by ScotWays (price £16.00) and obtainable at local contained in Scottish Hill Tracks published in 2004 Full descriptions of these routes and many more are



203 near Carrbridge. military bridges - notably at the Sluggan Bridge on route successor. On all these roads there are fine examples of (Boat of Garten to Tomatin) follow OMRs built by Wade's 186/187 (Deeside to Donside and Tomintoul) and 203 route 207 (Kingussie to Laggan by Ettridge). Routes road built by General Wade is followed by the low level 18th century after the failed 1715 Rebellion. One such Finally there are Old Military Roads (OMR) built in the



(Linn of Dee to Methybridge) and there are many more. Tilt), 181 (Lairig Ghru - Speyside to Deeside) and 182 include routes 180 (Glenfeshie by Linn of Dee to Glen

to the south follow drove roads. Notable examples

Most of the major long distance routes from the north

the 18<sup>th</sup> century. cattle reivers or rustlers who flourished until well into "Thieves" Road" as a reminder that they were used by Lowland markets - and some indeed are named driven from breeding grounds in the Highlands to which every autumn thousands of cattle would be Many more follow the lines of Drove Roads, down

.(qsm 09E1 s Ballater to Glen Clova which was first marked on Grampians (e.g. route 173 - the Capel Mounth from are the so-called Mounth routes in the eastern hills once used by packmen and packhorses. Examples Some follow the lines of mediaeval roads across the

Cairngorm massif. rich legacy of historical routes round and through the The routes marked on this map represent part of the

Hill Tracks in the Cairngorms

or by telephone on 0131 558 1222. www.scotways.com or from info@scotways.com called "ScotWays") can be found on its website: Further information about the Society (now generally



Forum. Mew members are always welcome. throughout Scotland, as well as on the National Access on many of the Local Access Forums being established inescapable to defend public rights. Its members serve it will be prepared to take legal action where this is be its watchwords, but, as in the past, where necessary rather than noisy public confrontation, will continue to wider access rights. Quiet negotiation and mediation, individual cases to protect not just rights of way but and horse riding) public in alerting it to the need in heavily on the members of the walking (and cycling its successful implementation. It will continue to depend and a half of experience on access in helping to secure issues and the Society expects to draw on its century has strongly supported, has raised the profile of access The new Scottish access legislation, which the Society



goes on and needs your support. (as well as many others throughout Scotland). The work route descriptions of all the routes shown on this map publication "Scottish Hill Tracks", which has detailed published the fifth edition since 1947 of its ever popular major hill paths throughout Scotland, and it has just (route 175). In 1924 it published the first guide to the Glens Feshie (route 180), Tromie (route 178) and Doll 181 on the map), the Lairig an Laoigh (route 182), and and Grampian paths including the Lairig Ghru (route erected its well known green signs on many Cairngorm its approaches. Later in that century the Society first in what is now the Cairngorms National Park and public battles against major landowners on hill tracks the 19th century by fighting and winning some highly mediation although its reputation was established in Nowadays it achieves much by negotiation and

Society signposting in the 1940's



Scotyvays

lists sources of further information. new Scottish Outdoor Access legislation. The last page more information about the National Park and about precautions to take before tackling them. It also gives which may be encountered on them, and necessary about ScotWays, about the routes, conditions The remainder of this leaflet gives further information



competence is essential for most of the be signs or navigation aids further on. Map reading of these should not be taken to mean that there will the familiar green ScotWays signs - but the existence beginning and end of the routes will be marked with metalled or surfaced estate roads. In many cases the approach settlements they may gradually become than a line on the map if that. However as the routes ground in June! At times the route may be no more exbeditions - and winter sometimes comes on high part of the way. In winter conditions they are serious track, unsuitable even for mountain bikes, for at least higher reaches will be no more than a rough unmade not waymarked and in many cases the route in its going through uninhabited country. As such they are Most of the routes marked on this map are hill tracks

can be obtained from local tourist offices and rangers. information about local path networks and festivals levels of difficulty are arranged for visitors. Further festivals held in the main centres where walks of all There is also an increasing number of walking

#### developed all the time.

but does not map them in detail. More are being spows where local path networks are known to exist, on signposted and waymarked routes. This map opportunities for local walks of two to three hours developed local path networks which give plenty of country. Many of the settlements and estates have to challenging back packing trips through remote half day local excursions in forest and farmland For walkers there is a wide range of choice - from

opportunities for off road cycling and horse riding. finest walking country in Britain. There are also many The Cairngorms National Park includes some of the

Walking in the Cairngorms

#### **Further Information**

The Scottish Rights of Way and Access Society 24 Annandale Street, Edinburgh, EH7 4AN Tel: 0131 558 1222 www.scotways.com

Cairngorms National Park Authority 14 The Square, Grantown on Spey, PH26 3HG Tel: 01479 873 535 www.cairngorms.co.uk

Tourist Information Centres & Accommodation VisitScotland (charged at local rates): Tel: 0845 225 5121

Scottish Youth Hostels Association Central booking service: Tel: 0870 155 32 55 www.syha.org.uk

Scottish Independent Hostels www.hostel-scotland.co.uk

#### **Organisations**

Daily information for hillwalkers about stag stalking activities taking place between July and October: www.hillphones.info

#### Scottish Natural Heritage

Caring for and protecting the natural beauty and wildlife of Scotland, and promoting access and enjoyment to it: www.snh.org.uk

Upper Deeside Access Trust Path networks in Upper Deeside: www.visitdeeside.org

Mountain Weather Information

www.mwis.org.uk Mountain Rescue & Life threatening emergencies DIAL 999 and ask for Mountain Rescue

If you would like a large print version of this leaflet please contact the Cairngorms National Park Authority Tel: 01479 873535

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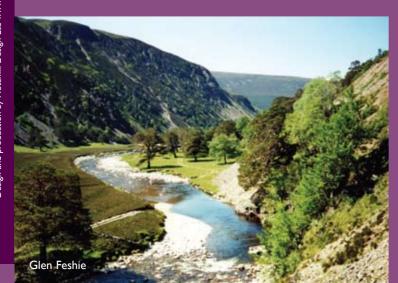
#### Outdoor Access in Scotland

Scotland's law on access to the outdoors makes it one of the best places in Europe to enjoy outdoor recreation. Most of the routes on this map are existing rights of way with long established rights of use.

However the new law will allow much wider access to land not crossed by rights of way.

The new law creates a right of non motorised access to most land and inland water and allows wild camping. The new rights only apply if they are exercised responsibly by respecting the privacy, safety and livelihoods of others, and caring for the environment. The rights are primarily for recreation or passage, and can be exercised at any time of the day or night, always providing they are exercised responsibly, as outlined in the Scottish Outdoor Access Code (SOAC) approved by the Scottish Parliament.

SOAC gives detailed guidance on responsible behaviour for people who will be using the tracks on this map on foot, horseback or cycle or who may be wild camping. It also gives guidance to land managers on how to manage their land responsibly in relation to access rights.



### Know The Code

Enjoy Scotland's outdoors. Everyone has the right to be on most land and water for recreation, education and for going from place to place providing they act responsibly. These access rights and responsibilities are explained in the Scottish Outdoor Access Code. The key things are:



#### When you're in the outdoors:

- Take personal responsibility for your own actions
- Respect people's privacy and peace of mind;
- Help land managers and others to work safely
- Care for your environment and take your litter home;
- Keep your dog under proper control; Take extra care if you're organising an event or

running a business.

What does all this mean? Find out more by visiting:

www.outdooraccess-scotland.com

Within the area of the National Park, responsibility for many of the new access provisions lies with the Cairngorms National Park Authority and any queries about the provisions of the outdoor access legislation in general or in particular cases should be addressed to the Access Officer, at the Cairngorms National Park Authority.

## The Cairngorms National Park

The Park covers an area of some 3,800 sq km of which 39% is designated as being sites of special natural heritage importance. The Park is home to a quarter of the UK's threatened species. Capercaillie, crossbill, crested tits, dotterel, red squirrels, wildcats and pine martens can all be found in the Park along with ospreys and golden eagles. The central mountain zone forms the largest area of arctic mountain landscape and ecology in the British Isles. Here the evidence of the last ice age can be seen in the high corries, and the glens which cut through hills. Many of these glens form the natural routes for the hill tracks marked on this map. The heather moorland which covers much of the lower slopes includes wide ecological diversity, while much of the woodland around the foothills contains remnants of the original pine and

## Outdoor Access in the National Park

Under the Land Reform (Scotland) Act 2003 the National Park Authority is the access authority in the Park. This Act gives the National Park Authority several duties including upholding outdoor access rights under the new law and publicising the Scottish Outdoor Access Code. It is also required to establish a Local Outdoor Access Forum to provide advice on outdoor access issues from users and land managers. Over the next few years it will also consult about and define a Core Paths Plan for the Park, which will plan for the provision of a network of paths and routes in the area, especially around communities for the use of both inhabitants and visitors.

### Aims of the National Park

- 1) To conserve and enhance the natural and cultural heritage of the area;
- 2) To promote sustainable use of the natural resources of the area;
- 3) To promote understanding and enjoyment (including enjoyment in the form of recreation) of the special qualities of the area by the public and;
- 4) To promote sustainable economic and social development of the area's communities.

The general purpose of the National Park Authority is to ensure that the aims of the Park are collectively achieved in a coordinated way. Much of the work in delivering the aims of the Park will continue to be done by existing organisations. The Park Authority will help where necessary and ensure that there is a consistency of approach across the Park.

Cover photo: Coire Bhrochain, Braeriach and the Lairig Ghru (Steve Jones: www.adventurephotographs.com)



# Hill Tracks

**Published by** The Scottish Rights of Way and Access Society Safeguarding public access in Scotland since 1845



Loch Avon and Glen Avon

