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Loch Avon and Glen Avon

Feshie

Hill Tracks in the Cairngorms National Park

This map shows the main walking routes over hill passes in the Cairngorms National Park. It is not suitable for detailed route finding so please use a more detailed map for navigation. It is intended to assist route planning.

The Routes

The routes shown on the map are numbered and these numbers correspond to the routes featured in 'Scottish Hill Tracks' last published in 2004. This gives distances, grid references and a description for each route.

They are primarily for walkers – only a few are wholly on tracks suitable for mountain bikers.

Remember these routes are not waymarked; use a more detailed map - at a scale of 1:50000 or larger - and a compass for navigation. Some of them are signed and follow the lines of existing paths-but others are not even shown on large-scale maps.

There are few bridges in the core mountain area and at times river crossings will be difficult and potentially dangerous.

Before you set out:

- Study a map and the route description to make sure that the proposed route is suitable for the fitness and competence of your party
- Get a weather forecast
- Make sure you are properly equipped with compass, map, footwear, clothing and food appropriate for the time of year (it can, and does, snow even in June)
- Make sure that someone else knows where you are going and when you expect to arrive.
- Err on the side of caution in estimating times. In much of the terrain it is unrealistic to expect to cover more than 3-4 kms per hour and in poor weather possibly less even for a fit party. Plan accordingly.

Remember to respect the livelihoods of those who make a living in these hills - be they shepherds, stalkers or foresters - and care for the environment. Much of the area has been designated as of European importance for animals, birds, flora and geology and should be respected as such.

Please take your litter home and
respect the new access code
(see separate panel)

Every route marked on this map has its charms, and with imagination energy and fitness many can be linked to create demanding and rewarding long distance routes through the heart of some of the grandest country in Britain. The following is a subjective selection of a few of the most interesting routes in two categories of difficulty.

Demanding long distance routes requiring stamina, mountain competence and good weather:

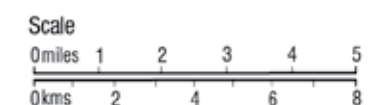
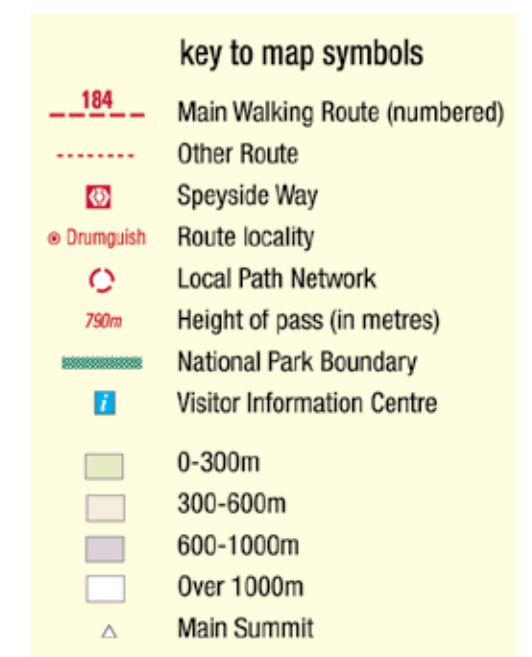
175 Jack's Road: Braemar to Glen Clova
176 Monega Road: Glen Clunie to Glen Isla
179 Gaick Pass: Speyside to Atholl
178 Minigaig Pass: Speyside to Atholl
180/177 Glen Feshie to Deeside and Glen Tilt
181 Lairig Ghrù: Speyside to Linn of Dee
182 Lairig an Laoigh: Speyside to Deeside
185 Deeside to Tomintoul via Inchroary

Less demanding routes with few navigational difficulties, and possible when the high passes are out of the question:

180	Drumguish to Glenfeshie
182X	Feshiebridge to Nethybridge
188/185X	Cockbridge to Tomintoul by Inchroay
203	Boat of Garten to Tomatin by Old Military Road
207	Ettridge to Ruthven by Old Military Road
208	Newtonmore to Laggan
214	Dalwhinnie to Rannoch

These routes are serious and lives have been lost on all of them.

MAP NOT SUITABLE FOR
DETAILED ROUTE FINDING



Map designed and prepared by David Langworth for ScotWays
in consultation with Scottish Natural Heritage.

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

Front Cover Photo, Lairig Ghru: Steve Jones

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Adventure



Cairngorms 
NATIONAL PARK