SECTION SIX

Case Studies Get ideas on where to visit – and see what others have done



Whether it's protected wildlife, spectacular scenery, geological wonders, cultural heritage or adrenalin-packed activities, Scotland's National Parks and National Nature Reserves have something amazing to offer.

60

CASE STUDIES

- Craigellachie NNR 5 Loch Katrine
- 2 Glenlivet Estate
- Glen Tanar NNR
- 4 Atholl Estate
- Inchcailloch (NNR)
- Endrick Mouth (NNR)
- **8** Balloch Castle Country Park

CASE STUDY ICONS

- Accommodation
- All abilities access
- Assistance dogs welcome
- Audio or visual guide
- Boat trip
- 🚍 Bus
- So Cycling
- Family friendly
- Historic structure
- Horse riding
- Information centre
- National Nature Reserve

KEY CONTACTS

If you would like to explore opportunities in the National Parks and NNRs, please contact us for further information.

Cairngorms National Park

- www.cairngorms.co.uk
- OI479 873535
- @ enquiries@cairngorms.co.uk

Loch Lomond & The **Trossachs National Park**

- www.lochlomond-trossachs.org
- OI389 722600
- info@lochlomond-trossachs.org

Scotland's National Nature Reserves (NNRs)

- www.nnr-scotland.org.uk OI463 725000
- Innr@snh.gov.uk

For a large print Word version of these case studies, please contact the relevant National Park Authority above.

Parking

- Picnic area
- Place of worship
- Ranger base
- Refreshments nearby
- Shop
- wc Toilets
- Train
- S Watersports
- Wildlife watching

USEFUL WEBSITES

Visitor information

- www.visitcairngorms.com
- www.lochlomond-trossachs.org

Bus and train timetables

www.travelinescotland.com

Walking routes

- www.walkhighlands.co.uk
- www.walkingonwheels.org

Cycle routes

www.sustrans.co.uk

Weather forecast

www.metoffice.gov.uk

Mountain weather

www.mwis.org.uk

Scottish Disability Equality Forum – Access Panels

www.sdef.org.uk 01786 446456

Scottish Outdoor Access Code

www.outdooraccess-scotland.com



Scotland's National Nature Reserves Magical places, amazing wildlife.

A number of National Nature Reserves (NNRs) can be found within the National Parks. NNRs are magical places where you can experience the incredible sights and sounds of Scotland's natural world. They help protect a wide range of wildlife and landscapes, including many rare species and habitats of international importance.



For help in planning your visit, please read the following sections in the Resource Pack:

Funding and transport Section 2.2 Practicalities

Safety and risk assessments Section 2.3 Assessing and Managing Risk

Contacts and packages Section 4 Contacts & Information

🐼 Walking

ATIONAL PARK

AIRNGORMS

OCHIOMOND THE TROSSACHS ATIONAL PARK



Loch Katrine has beautiful mountain, woodland and loch panoramas that have inspired artists, writers and musicians for hundreds of years. Within easy distance of Glasgow and Stirling, you can explore the shores on foot, bike or boat and discover why this loch is the 'birthplace of Scottish tourism'.

"A fabulous day and great location. The company and tandem ride, were amazing



Stimulating the senses

Being visually impaired can raise barriers to getting out and about in the countryside but a partnership between Visibility and Loch Lomond & The Trossachs National Park is tackling this head on.

By providing transport and National Park rangers to groups from Visibility, geographical, financial and confidence barriers were overcome. Visibility in turn delivered visual impairment awareness training to the Park rangers, giving them the skills and confidence to support visually impaired people accessing the National Park.



Throughout the summer months, the project staff led various walking and tandem cycling events including 'A Rob Roy Encounter', Balmaha to Rowardennan and tandem trips to Firkin Point on west Loch Lomond and Lochan Spling near Aberfoyle.

Participants benefited from the vast knowledge of the rangers and learnt about the history, folklore, environment and wildlife. The abundance of sensory stimuli in the form of water, plants, rocks and trees enhanced the overall experience for everyone involved.

These events proved to be a huge success and were greatly valued by visually impaired participants. Both Visibility and the National Park are planning on making more of these events available in the future.



This project was organised by Visibility and Loch Lomond & The Trossachs National Park Authority.

If you would like to organise a similar activity aimed at encouraging people with visual impairments to get out and about, please contact Visibility © 0141 332 4632 www.visibility.org.uk

Walking P 🚷 🕭

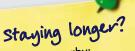
The trail along the north bank of Loch Katrine is tarmac and shared only with cyclists and a few local vehicles. There are some steep gradients and motorised buggies can be hired on-site, providing a safe opportunity for those with limited mobility to see this beautiful landscape.

Wheelchair-accessible walk: www.walkingonwheels.org

Cycling 🚳 🕓

Cycling along Loch Katrine is a great way to explore the area. You can even take your bike on the steamship and then cycle back along the shore. A range of bikes is available for hire from the Trossachs Pier, including bikes adapted for people with disabilities. Hire a bike from one hour to a whole day.

Trossachs Pier 01877 332000



Explore nearby: Inchcailloch island (NNR)

- Glen Finglas
- Strathyre Forest
- Flanders Moss NNR

How to get here

Nearest train station is Stirling (37 miles) ScotRail 08457 550033

National and local bus services stop at Callander (25 miles) and Aberfoyle (15 miles) Traveline Scotland 0871 200 2233

Trossachs Demand Responsive Transport service is like a taxi service but at public transport fares. All journeys must be pre-booked. Aberfoyle Coaches 0844 567 5670

Queen Elizabeth Forest Park P & @ & & <

This forest park has a lot to offer visitors, including waymarked trails and wildlife watching. The David Marshall Lodge Visitor Centre at Achray Forest has a restaurant, gift shop and accessible toilets.

David Marshall Lodge 01877 382258

www.forestry.gov.uk

Steamship 🖸 🕭 🐨 🗐 🛇 👄

For over 100 years, the steamship Sir Walter Scott has been ferrying people up and down Loch Katrine. The steamship and the Lady of the Lake leave from the Trossachs Pier and booking is recommended. There is disabled access to the top deck but not to the toilet or café. Trossachs Pier 01877 332000

Waterfalls P 🚷 🕭 🖨

There are a number of stunning waterfalls in the area. The short accessible Waterfall Trail at David Marshall Lodge provides magnificent views of the impressive Little Fawn Waterfall. The Bracklinn Falls at Callander are spectacular and can be reached by a short path from the town keep your eyes open for red squirrels!

Access for all

The Trossachs Pier, from where the steamship Sir Walter Scott leaves, has disabled parking, access and toilets. Motorised buggies are available for hire.

Accommodation

A range of accommodation is available in nearby Brig O'Turk, Callander and Aberfoyle.

Eating

There is a café at the Trossachs Pier and restaurants in Callander and Aberfoyle.



Inchmahome Priory P 🚷 🖪 开 🛒 🚾 🛍 📾

Set on an island in the Lake of Menteith, Inchmahome is an Augustinian monastery dating from 1238. The short ferry trip leaves Port of Menteith. Visitors in wheelchairs must be able to get in and out of the ferry, and once on the island, accessibility is limited to the grounds and parts of the church. Inchmahome Priory 01877 385294

Fishing P 🕭 🚾

Fishing is by permit only, available at fishing tackle shops, some newsagents or individual proprietors for salmon and sea trout. The Lake of Menteith Fishery provides boats suitable for all abilities, allowing wheelchair users to participate in fishing and boating. The Geisher Pool outside Callander has a platform suitable for disabled anglers. Cake of Menteith Fishery 01877 385664

Further information

Loch Lomond & The Trossachs National Park Authority

- www.lochlomond-trossachs.org
- info@lochlomond-trossachs.org
- 01389 722600

National Park Ranger Service 01389 722600

Visitor Centres

- Loch Katrine 01877 376799
- Aberfoyle 01877 382352
- Trossachs Discovery Centre 08707 200604

Scotland's National Nature Reserves www.nnr-scotland.org.uk



Steeped in history, Inchcailloch is a peaceful wooded island on Loch Lomond that is reached by a short ferry trip from Balmaha. The island is in the Loch Lomond National Nature Reserve and is on the Highland Boundary Fault Line.

"It has shown me how to look after groups with more professionalism and professionalism and made me more made me more aware of the aware outdoors



Role models

Encouraging young adults from minority ethnic communities to get involved in the outdoors can be difficult when there are few role models.



To address this, Backbone (an outdoor training organisation) created a Community Leadership Project

to develop minority ethnic role models with the skills and confidence to lead their communities in outdoor and environmental activities.

As part of their training, a group of future leaders undertook an open canoe expedition to Inchcailloch. They learned how important water is and why it should be conserved and managed for future generations. The trip was a real eye-opening experience – some participants came from backgrounds where clean drinking water is difficult to find and others from backgrounds where water is taken for granted.

The time on Inchcailloch allowed the group to interact and learn about each other and the outdoors in a positive, inspiring way. It also demonstrated that the outdoors is a powerful classroom for developing social and educational experiences.

The group completed the project feeling more knowledgeable and confident that they would be able to entice and excite people from their own communities to engage more in the countryside. Upon successful completion, participants receive recognised national awards and are qualified to lead a group in a range of outdoor activities.



This project was organised by Backbone and Loch Lomond & The Trossachs National Park, with funding from Scottish Natural Heritage and Rank Foundation. If you would like to take part in a similar project, please contact Backbone © 01997 414703 () www.backbone.uk.net

Wildlife watching ሰ 🔕

Inchcailloch is a wildlife haven with ancient oaks, alders, hazels and carpets of bluebells. These woodlands are home to fallow deer and many birds including goldcrest, Scottish crossbill and redstart.

Walking 🚷 🚾 🚯 🔕

There are two main paths on Inchcailloch: the Low Path is a gentle woodland walk and the Summit Path is a more strenuous route with a steep climb. There is a ranger base on the island and guided walks take place during the summer season.

- National Park Authority 01389 722600
- Download a walking guide: www.lochlomond-trossachs.org

Endrick Mouth 🕑 🚷 🙆

The Endrick Mouth area in Loch Lomond NNR is a haven for wetland birds, including wintering wildfowl and geese. The river's floodplain supports a wide range of plants and animals, providing a wealth of opportunities for photographers and wildlife enthusiasts.

How to get here Nearest train station is Balloch

Nearest train station is Balloch (12 miles)

ScotRail 08457 550033

Nearest bus stop is Balmaha car parkTraveline Scotland 0871 200 2233

Citylink stops at Tarbet and Luss Citylink 0871 266 3333

A number of operators offer ferry services to Inchcailloch

- Visit Scotland 01389 753533
- National Park Authority 01389 722600

Eating

The island has limited picnic facilities, but no litter collection so please remember to take all your litter away. There are a number of places to eat in and around Balmaha.

National Park Visitor Centre P & @ @ () & () () () @ @ () ()

The centre at Balmaha offers interpretation and information about the National Park and around East Loch Lomond. Interactive displays about the geology, cultural heritage and wildlife give visitors a taste of why the area is so special. Rangers are on hand to answer queries.

National Park Visitor Centre 01389 722100

Historic Inchcailloch 📵

Inchcailloch has a rich history including Robert the Bruce and St. Kentigerna, the daughter of an Irish King. The ruined church was built in her memory. For over 2,000 years, farmers grew oats and barley on the island before it was planted with oak trees to support the local industry.

Boat cruises P 🚾 🛇 👄

There are a number of cruises available. Departing from Balloch, Balmaha, Luss, Inveruglas and Tarbet these cruises allow you to see the beautiful scenery in style. Visit Scotland 01389 753533

Access for all

The National Park Visitor Centre at Balmaha has disabled access, a hearing loop and large print interpretation about Loch Lomond and the National Park.

Accommodation

There is a small campsite on Inchcailloch, which must be booked in advance.

www.lochlomond-trossachs.org

Rowardennan Lodge Youth Hostel is on the banks of Loch Lomond. OI360 870259

Sallochy Campsite in Sallochy Bay is run by Forestry Commission Scotland. Pitches must be booked in advance.

www.forestry.gov.uk



Fishing 🕭

Fishing is available to anyone with a permit, on sale at a variety of outlets, such as fishing tackle shops, newsagents or individual proprietors in the case of salmon and sea trout. The Lake of Menteith Fishery provides boats suitable for all abilities, allowing wheelchair users to participate in fishing and boating.

Cake of Menteith Fishery 01877 385664

Staying longer

Explore nearby:

- Inchmahome Priory
- Luss conservation village
- Loch Katrine
- Flanders Moss NNR

Further information

There is a compost toilet on Inchcailloch but no running water.

Scotland's National Nature Reserves www.nnr-scotland.org.uk

Loch Lomond & The Trossachs National Park Authority

- www.lochlomond-trossachs.org
- info@lochlomond-trossachs.org
- 01389 722600

National Park Visitor Centre, Balmaha **Olision 1999** 01389 722100

National Park Ranger Service O1389 722600

National Nature Reserve Manager loch_lomond@snh.gov.uk 01786 450362





Endrick Mouth, Loch Lomond NNR



Only three miles from Balloch, the Endrick Mouth is part of Loch Lomond National Nature Reserve and is a haven for wetland birds. The floodplain of the nutrientrich River Endrick supports many plants and animals, providing great opportunities for wildlife enthusiasts and photographers.

"BTCV has helped me gain the confidence to the confidence to realise I could successfully hold down a full-time job



Building confidence outdoors

Losing your job and struggling to find work can be very demoralising but participating in a project run by BTCV Scotland can help restore confidence and determination.



BTCV Scotland inspires people by creating a better environment through environmental conservation volunteering where people are valued, included and involved. They recently worked with

Scottish Natural Heritage and a group of unemployed volunteers to remove invasive plants, including Himalayan balsam at Loch Lomond NNR. One of the greatest threats to the Endrick Mouth, these plants spread quickly and can rapidly destroy native habitats.

It was a great opportunity for those who have spare time and want to help the environment to gain new skills and confidence and meet like-minded people. One of the volunteers said, "I liked my time at Endrick Mouth pulling the plants because I met new people and had a laugh. Also it's something I can put down as a job reference."

All BTCV Scotland offices run Midweek Conservation Groups, and in the Glasgow office volunteers can join in with practical conservation tasks four days during the week and every other Sunday. Projects are as diverse as working in community gardens and allotments, creating nature gardens in schools or working in local parks to increase biodiversity.



This project was organised by BTCV Scotland and Scottish Natural Heritage. If you would like to get involved in environmental conservation volunteering, contact BTCV Scotland ⁽²⁾ 01786 479697 ⁽⁴⁾ www2.btcv.org.uk/display/btcv_scotland

Wildlife watching 🙆

The River Endrick is the largest river flowing into Loch Lomond and there are many birds that can be seen throughout the year, from ospreys in spring and summer to wildfowl and geese in winter. Otters also frequent the shores. Guided walks from Gartocharn are available. Booking is essential.

Reserve Manager 01786 450362

Walking 🕑 🚷 🙆

The Aber Path leads you through the Endrick Mouth part of Loch Lomond NNR to the viewpoint at Net Bay where you have views of the River Endrick and Loch Lomond. Starting at the Millennium Hall in Gartocharn, the path crosses the Aber Burn. Follow the path past an ancient yew tree before reaching the shores of Loch Lomond. The path then weaves through Shore Wood, a beautiful woodland laced with wildflowers, and finally reaches the Net Bay viewpoint. The gradient is gentle and there are some seating areas along the way.

Ownload a walking guide: www.nnr-scotland.org.uk

Inchcailloch 🚾 🚷 🖨 🚍

Inchcailloch is a beautiful wooded island in Loch Lomond NNR offering stunning panoramic views. This Reserve, reached by a ferry trip from Balmaha, is a wildlife haven and the woodlands feature ancient oaks, hazels and Scots pines. There is a small picnic area and compost toilet on the island but no running water.

National Park Visitor Centre 01389 722100

Duncryne 🖸 🚷

Duncryne, or the Dumpling Hill as it is known locally, is a vent from an extinct volcano. The walk starts at a layby on a minor road off the A811. The path becomes fairly steep towards the top where you will be rewarded with stunning panoramic views of Loch Lomond.

Drymen P 🐨 🛇 🗊

Drymen is a picturesque historic village popular with tourists where the remains of the medieval bridge across the River Endrick and the ruins of Buchanan Castle can still be seen. The West Highland Way runs through the village and it is also the start of the Rob Roy Way to Pitlochry.

How to get here Nearest train station is Balloch (3 miles) ScotRail 08457 550033

Nearest bus stop is Gartocharn Traveline Scotland 0871 200 2233

Eating

Drymen has a small number of cafés and restaurants.

Staying longer

Explore nearby: Trossachs Discovery Centre

- Balloch Castle Country Park
- Flanders Moss NNR

 - Loch Katrine 100

Access for all

The National Park Visitor Centre at Balmaha has disabled access, a hearing loop and large print interpretation about Loch Lomond and the National Park.

Accommodation

There are a number of B&Bs and self-catering properties in nearby Gartocharn and Drymen.

Rowardennan Lodge Youth Hostel is on the banks of Loch Lomond. 01360 870259

Sallochy Campsite in Sallochy Bay is run by Forestry Commission Scotland. Pitches must be booked in advance. www.forestry.gov.uk



National Park Visitor Centre P & wc & f & kk f & a & a

The centre at Balmaha offers interpretation and information about the National Park and around East Loch Lomond. Interactive displays about the geology, cultural heritage and wildlife give visitors a taste of why the area is so special. Rangers are on hand to answer queries.

National Park Visitor Centre 01389 722100

Volunteering and training

The Reserve offers practical volunteering opportunities including bird monitoring and habitat management, such as willow coppicing and invasive plant removal. If you would like to get involved, please contact the Reserve Manager. Reserve Manager 01786 450362

Further information

Scotland's National Nature Reserves www.nnr-scotland.org.uk

Loch Lomond & The Trossachs National Park Authority

- www.lochlomond-trossachs.org
- info@lochlomond-trossachs.org
- 01389 722600

National Park Visitor Centre, Balmaha 01389 722100

National Park Ranger Service 01389 722600

National Nature Reserve Manager Ioch Iomond@snh.gov.uk 🐵 01786 450362





Located at the southern end of Loch Lomond, Balloch Castle Country Park is easily accessible from Glasgow and just a one minute walk from Balloch train station. With boat cruises, woodland trails, a walled garden and picnic sites, the park is very popular with day visitors.

"The young people enjoyed the National Park and they learnt a lot from the rangers

Changing attitudes, changing lives

Transforming attitudes of vulnerable young people who have lost confidence or motivation in their lives is something that Tullochan deals with every day. Recently, Tullochan and Loch Lomond & The Trossachs National Park worked with a group of young people from West Dunbartonshire to help them achieve the John Muir Award.



National Park rangers gave a talk to the group before taking

them out on a guided walk around Luss. The group learned about the National Park and the variety of landscapes, habitats and species, including native and non-native invasive species. They undertook a study of one of the species they learned about on the walk and researched John Muir and his importance in the world of conservation and how he established National Parks.

Part of the award included a wild camping expedition with Outward Bound Scotland where the group learned about the Park's landscape and special qualities. They also took part in a conservation activity, which involved litter picking at Balloch Castle Country Park, beach tidying or planting trees at Luss.

The young people thoroughly enjoyed themselves and they realised that the skills and personal qualities developed during the award would assist them in future education, training or employment.





This project was organised by Tullochan and Loch Lomond & The Trossachs National Park Authority.

For more information, please contact Tullochan @ 01389 726156 @ www.tullochan.org

Balloch Castle P 🕭 🚾 🗈

The original castle was built by the Earl of Lennox in 1238, but only a mound remains today. The present castle was built in 1808 and the gatehouses and ruins of the gamekeeper's house can still be seen. The beautiful walled garden was originally the castle's kitchen gardens. There are wheelchair accessible toilets on the ground floor of the castle. Balloch Castle 01389 758134

Walking P 🕭 🐨 🚷

A circular trail leads through Balloch Castle Country Park past the walled garden and Balloch Castle. The trail is tarmac and mainly flat. At Loch Lomond Shores, there is an all abilities woodland trail with a collection of art and sculptures.

Water bus 🚭

Water bus services on Loch Lomond have rapidly established themselves as a great way to experience different locations around the loch. Linking west, east and south shore locations like Luss & Balmaha, Balloch & Balmaha and Tarbet with Inversnaid & Rowardennan. National Park Authority 01389 722600

How to get here Nearest train station is Balloch (20m) ScotRail 08457 550033

Local bus services stop at Balloch Traveline Scotland 0871 200 2233

Access for all

Loch Lomond Shores is wheelchair accessible and has all abilities facilities.

Eating

There are a number of cafés and restaurants in Balloch and at Loch Lomond Shores.

National Park Visitor Centre

The centre at Balmaha offers interpretation and information about the National Park and around East Loch Lomond. Interactive displays about the geology, cultural heritage and wildlife give visitors a taste of why the area is so special. Rangers are on hand to answer queries. National Park Visitor Centre

01389 722100

Outdoor activities P 🚾 😫 🚳

A range of outdoor activities is available in Balloch, including canoe and kayak trips, pedal boating, mountain biking, crazy golf and guided safaris. Visit Scotland 01389 753533

Loch Lomond Shores P 🕭 WC 🗰 🚺 🛇 🛒

With a number of shops and restaurants, Loch Lomond Shores is a focal point in Balloch and visitors can enjoy stunning views of Loch Lomond. This family-friendly site has a play area for children and a sea life centre.

Visit Scotland 01389 753533



Boat cruises P 🚾 🛇 👄

Enjoy a delightful cruise on Loch Lomond. There are a number of cruises available. Departing from Balloch, Balmaha, Luss, Inveruglas and Tarbet these cruises allow you to see the beautiful scenery in style.

Visit Scotland 01389 753533

Paddle steamer P 🚾 🗠 🗊 👄

Explore the steam engines and paddles of the Maid of the Loch. Built in 1953, the Maid of the Loch has audio-visual displays showing its history and there are interactive displays for children. All abilities access is limited.

Coch Lomond Steamship Company 01389 711865

Accommodation

A range of accommodation is available in Balloch.

Scottish Youth Hostel Association

- SYHA Loch Lomond 01389 850226
- Iochlomond@syha.org.uk

Staying longer Explore nearby:

- Inchcailloch island (NNR)
- Endrick Mouth (NNR)
- Luss conservation village Flanders Moss NNR

Further information

Loch Lomond & The Trossachs National Park Authority

- www.lochlomond-trossachs.org
- info@lochlomond-trossachs.org 01389 722600

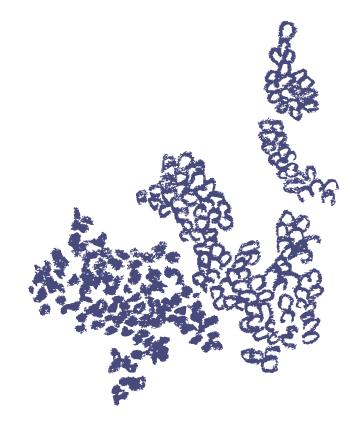
National Park Ranger Service 01389 722600

Visit Scotland www.visitscotland.com

John Muir Award

- www.johnmuiraward.org
- OI3I 554 0114

Scotland's National Nature Reserves www.nnr-scotland.org.uk



Designed by Bittersweet Creative Group www.bittersweetcreative.com



This resource pack is one of a series of outputs from an eighteen month research project undertaken by Avanté Consulting and the University of Edinburgh, Moray House School of Education on behalf of the Cairngorms National Park Authority, Loch Lomond and The Trossachs National Park Authority and Scottish Natural Heritage.

Copies of the research are available online from:

Loch Lomond & The Trossachs National Park www.lochlomond-trossachs.org

Cairngorms National Park Authority www.cairngorms.co.uk

The University of Edinburgh School of Education www.education.ed.ac.uk

Avanté Consulting www.avanteconsulting.co.uk





