

Welcome to Kingussie

The name Kingussie comes from the Gaelic words *ceann a ghiuthsaich* meaning 'the head of the pine forest' and reflects its position near the limit of the Caledonian pinewood that once covered much of the highlands.

In an area steeped in history, the original burgh was on the opposite side of the River Spey at Ruthven, where the old roads through Drumochter, Glen Truim and Glen Feshie came together at a ford across the river. The present Kingussie settlement was founded in the late 18th century by the Duke of Gordon following the building of a bridge over the Spey at Ralia.

Redcoats and Jacobites

Ruthven Barracks were built in 1719 as a response to the 1715 Jacobite rising. The site was once a medieval castle belonging to Alexander Stewart, the infamous Wolf of Badenoch. The barracks were besieged by the Jacobites and eventually burnt down in 1746 to stop government troops from using them. Today the elevated site of the ruins still gives a commanding view of the surrounding countryside.



For information on paths, local events, facilities and accommodation visit:



www.kcdc.co.uk



www.kingussie.co.uk



www.cyclefriendlykingussie.co.uk



www.cairngorms.co.uk



www.badenochstorylands.com

If you enjoyed using the 'Kingussie Paths Leaflet' look out for other Community Paths Leaflets to help you explore more of the Cairngorms National Park.

Cairngorms Paths

Kingussie Paths

Explore Badenoch



Cover photo © Alistair Bell



Shinty

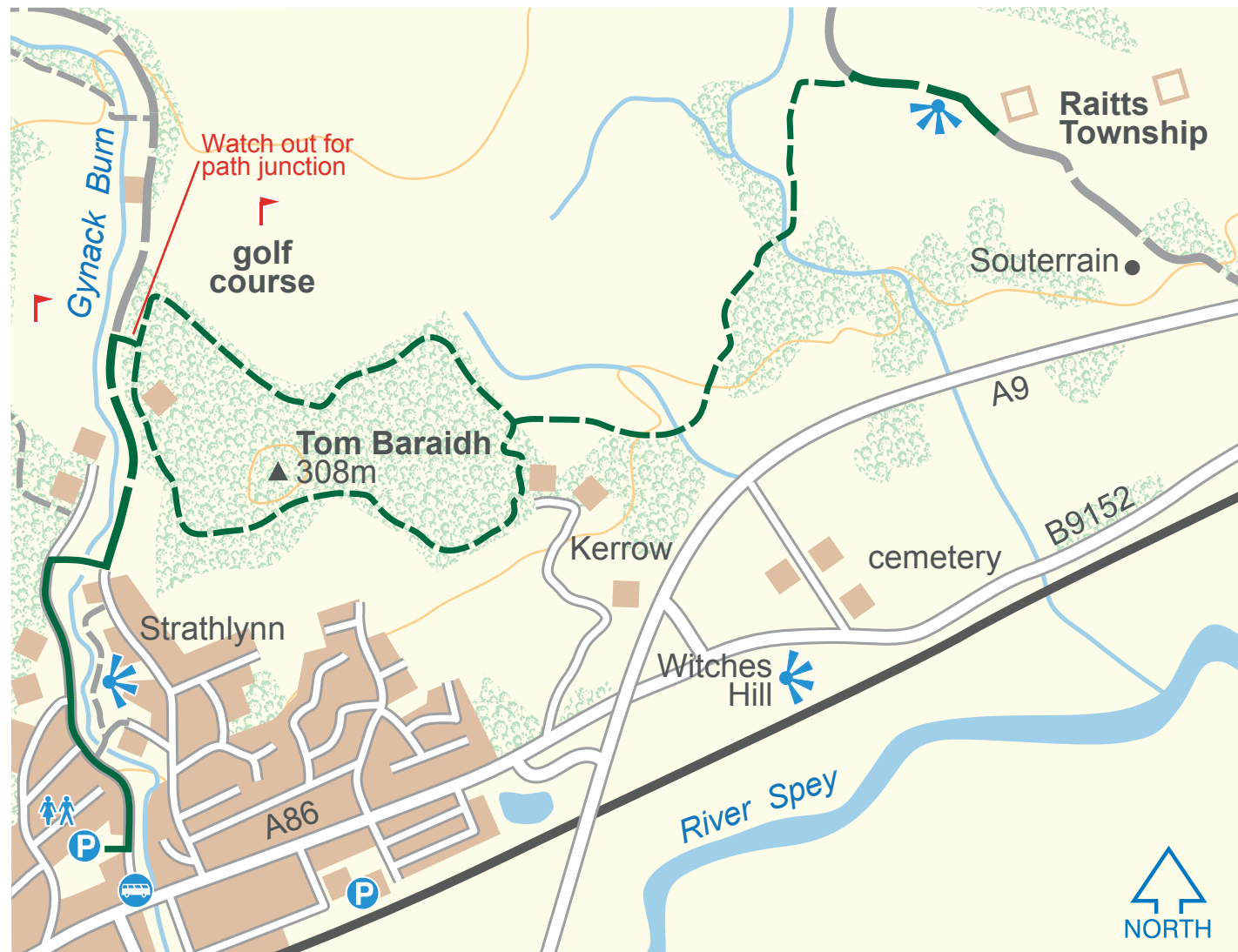
Kingussie can justifiably claim to be the home of shinty, an ancient sport with links to St. Columba and the sport of hurling in Ireland. The governing body, the Camanachd Association, was formed at a meeting held in the Victoria Hall, in Kingussie, in October 1893. The championship trophy, the Camanachd Cup, was introduced in 1896 and Kingussie were the first winners. In modern times the Kingussie club still often bring the cup back 'home'!

If you decide to take a walk to Ruthven Barracks you might well see the local club in action playing or practising at the Dell.



The Railway

In 1863 the Highland Railway Company completed construction of a line through the town which opened the way for tourists to take the highland air and admire the wild landscapes. The Gynack Burn played an important role, supplying water to the railway engines after their climb through the Drumochter Pass (the highest point on the UK rail network).



Tom Baraidh

Waymarked loop around a plantation forest, offering lovely views over Kingussie. Optional extension to Raitts, the site of an old township, on an informal trail through fields and juniper woodland.

Short sections of moderate climbing. Varied surfaces, some narrow, rough and rocky but usually dry.



moderate

3 miles /
5 km
Allow
2 hours

Route to Raitts a further 1 mile / 1.5km one way.

half mile

one kilometre

road
track
path



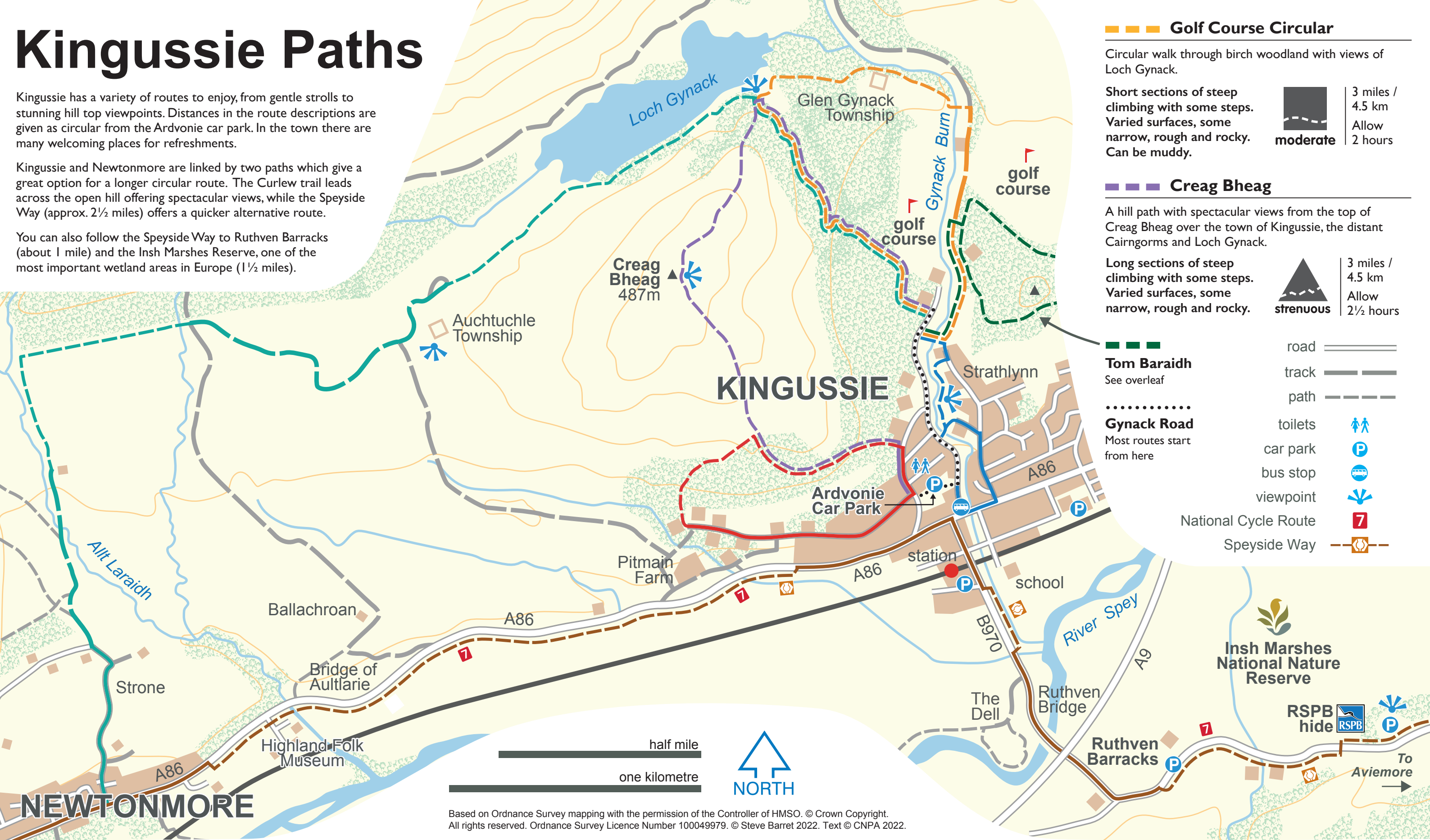
toilets
car park
bus stop
viewpoint

Kingussie Paths

Kingussie has a variety of routes to enjoy, from gentle strolls to stunning hill top viewpoints. Distances in the route descriptions are given as circular from the Ardvonie car park. In the town there are many welcoming places for refreshments.

Kingussie and Newtonmore are linked by two paths which give a great option for a longer circular route. The Curlew trail leads across the open hill offering spectacular views, while the Speyside Way (approx. 2½ miles) offers a quicker alternative route.

You can also follow the Speyside Way to Ruthven Barracks (about 1 mile) and the Insh Marshes Reserve, one of the most important wetland areas in Europe (1½ miles).



Curlew Trail

A hill route to Newtonmore with stunning views of lochs and hills, passing an old township site.

Short sections of steep climbing with some steps. Varied surfaces, some narrow, rough and rocky.

strenuous

5 miles / 8 km
Allow 3½ hours

Distance and time is for one way.

West Terrace Circular

Circular walk through mixed woodland.

Long moderate slopes. Narrow earthy path with some uneven sections which can be a bit muddy after rain. Includes a section of tarmac road.

strenuous

1½ miles / 2.4 km
Allow 1½ hours

Gynack Mill Trail

A lovely walk through the the hazel woods and along quiet roads alongside the Gynack burn.

Short, moderate slopes. Mostly a smooth gravel path with some uneven sections. Includes a bridge with a short flight of steps.

moderate

1¼ miles / 2 km
Allow 1 hour

SCOTTISH OUTDOOR ACCESS CODE

[outdooraccess-scotland.scot](https://www.outdooraccess-scotland.scot)

This leaflet has been developed in partnership with Kingussie Community Development Company (KCDC). Volunteers from KCDC maintain and manage the path network.