

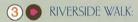


1 ALLT MHORAICH WALK

Distance: 5.5kms. Time: 2+ hours. Gradient: Steep in places. Stout walking boots required. Stop and have a rest at the top and see the amazing view!



Distance: 4kms one way. Time: 1+ hour. Gradient fairly steep in places. No salmon are present because of the dam at Kinlochlaggan. Please don't park at the junction with the main road - use the lay-bys instead. It is possible to walk or mountain bike all the way through to Dalwhinnie and to use the A889 in order to circle back here. Please be aware though that this is a very remote and long route: 23.5kms one way to Dalwhinnie, the circular is approximately 44kms.

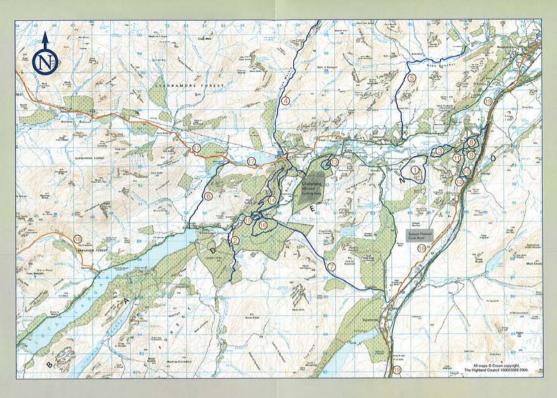


Distance: 2.8kms. Time: 1+ hour. Gradient easy except for one small section. Route follows the River Spey for a bit. If the cattle let you, stop and have a picnic!

GLEN MARKIE RIGHT OF WAY:

Distance: 6.5kms one way. Time: 4.5+ hours. Gradient very steep in places. This is a high level walk for those used to walking in remote areas. Stout walking boots recommended. You can knock off some Munro's from here if you wish! Or continue over to Whitebridge on the south side of Loch Ness......but be aware this is a very long walk (35kms) in a very remote area.



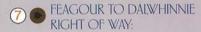


(5) Q GLEN BANCHOR RIGHT OF WAY:

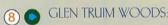
Distance: 10kms one way. Time: 5.5+hours. Gradient very steep in places. This is a high level walk for those used to walking in remote areas. Stout walking boots recommended. You can knock off some Munro's from here if you wish! Or continue through to Newtonmore. Check out the old township on-route...... Cluny Estate would appreciate if you refrained from access during the 1st -20th October as this is the stalking

6 GLEN SHIRRA TO LOCHLAGGAN RIGHT OF WAY: MARIA MAHRIA GATE

Distance: 4.5kms one way. Time: approx 4 hours. Gradient very steep in places. This is a high level walk for those used to walking in remote areas. Stout walking boots recommended. This route is known locally as Mary Mahrias Way & in the old Rights of Way books as the Pedlars Way.



Distance: approx 10.5km one way. Time: Approx 5 hours. Gradient very steep in places. This is a high level walk for those used to walking in remote areas. Stout walking boots recommended. This route eventually takes you to within a kilometre of Dalwhinnie. It is supposed to be an old drove track.



Distance: 3km. Time: 1+ hour. Gradient fairly steep in places. A nice dog walk with good views in the breaks of the trees!

(9) • GLEN TRUIM RIGHT OF WAY AND

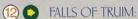
Distance: 7.5kms round trip. Time 2+ hours. Gradient easy. A good one to cycle if you have an off-road bike. Excellent

(10 RIVERSIDE CIRCULAR:

Distance: 800m. Time: 0/5hour+. Gradient easy but rough underfoot. See the dramatic gorge and sit for a wee while! Perhaps you'll see the salmon jumping?

VIEWPOINT

Distance: 1km. Time: 1+ hour. Gradient can be tough but it's worth it! The 360 degree view is well worth the effort..... a bench has been provided for your comfort!



Distance: 200m. Time: 20 mins. Gradient fair, quite rough underfoot. Have a look at the wonderful waterfall and gorge!



(13) C GORSTEAN WALK:

Distance: approx 1.8km - steep in sections. Time 1-1.5 hours. Ascent c. 100m. Park at Gorstean car park, take forest road through gate onto loop section. Amazing views from top. Appropriate footwear recommended. Watch out for: Black Grouse, Ptarmigan, Pine Marten, Curlew and Red, Roe & Sika Deer.

BLACKWOOD WALK:

Can be approached from either Achduchil or Pattack car park. Not for the faint hearted. Fantastic views in all directions. Spur path to Dun Da Lamh (Pictish fort). Stout footwear and waterproof jacket essential.

FROM ACHDUCHIL

Distance approx: 12km. Time: Approx 6 hours. Ascent: c. 300m Follow forest road past forestry houses through to forest gate. At junction continue right on forest road uphill to join the path along the ridge top. Rejoin forest road (turn left towards mast for viewpoint). Follow forest road downhill then left (parallel to main road) to complete loop and return to Achduchil.

FROM PATTACK

Distance approx: 8km. Time: 4 hours approx. Ascent: c.300m. Follow forest road uphill to join path near mast (continue straight ahead to viewpoint). Take path up along ridge then follow down to rejoin the forest road. At junction rejoin path on left to return to car park. Watch for: Redstart, Tree Pipit, Black Grouse, Deer, Fox, Mountain Hare & the Pearl Bordered Fritillary.

AITERNATIVE SHORT WALK

Distance: approx 1.5km. Time: approx 1 hour. Ascent; c.40-50m. Follow forest road uphill approx 300m - turn right off road into forest, down past ruined croft. Turn right when rejoining the road and return to car park. The forest section is not constructed path so stout footwear is recommended.