

Independent Walks Around *Aviemore*

Route 1: Mini town circuit



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Route 1 Mini town circuit

This short route through the town is easily accessible by most. Look out for the old bridges that were once used for access to Glenmore and the ski slopes. Take a peek also at the River Spey, which is prone to flooding in this lower area but supports a huge biodiversity of plants and animals.

DISTANCE:

Approximately 1.3kms.

TIMING:

Approximately 30 mins.

SURFACE:

Pavement and tarmac.

OBSTACLES:

None. Suitable for wheelchair use.

CAR PARKING:

See map **P**

REST POINTS:

Marked on the map with *

Things of interest to look out for:

- 1 Landscaped culvert



Step it Up! Highland

Step it Up! Highland is an initiative developed through partnership with Volunteering Highland, NHS Highland and Paths to Health, that aims to develop a series of walking opportunities in the Highlands.

For more information Tel.01479 810004

The Access Project is developed with the assistance of:-



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Route 2: South to Inverdrue



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Route 2 South to Inverdrue

Explore the old route to the Glenmore corridor via the Old Spey Bridge and take a look at the river Spey along the way. If you're lucky you might see a heron or the fish gobbling for their food! Marvel at the views over the Cairngorm massif and wander your way through to Inverdrue.

DISTANCE:

Approximately 2kms one way.

TIMING:

Approximately 1 hr.

SURFACE:

Flat Tarmac.

Suitable for wheelchair use.

OBSTACLES:

None.

CAR PARKING:

See map **P**

REST POINTS:

Marked on the map with ✱

Things of interest to look out for:

① Old Spey Bridge



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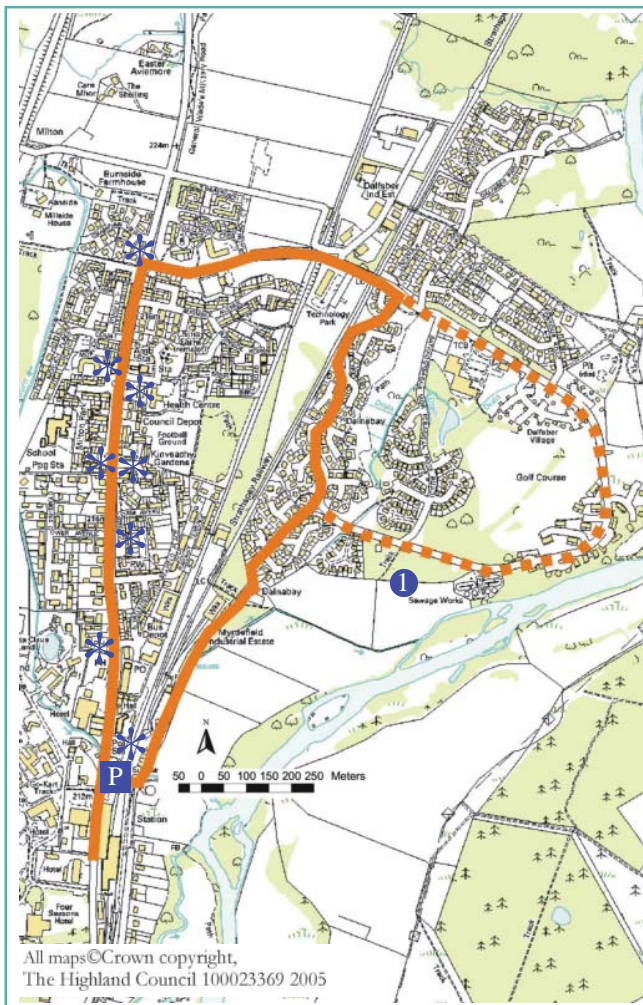
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Route 3: North to Dalfaber



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Route 3 North to Dalfaber

A route through the town of Aviemore, exploring all aspects! Try the shorter or longer walks depending on your capabilities. Check out the views over the Cairngorms and the wonderful colours of the birch trees especially in the autumn. You might catch sight of an old steam train if you're lucky!

DISTANCE:

Short loop-approximately 3kms.

Longer loop-approximately 4.5kms.

TIMING:

Approximately 1-2hrs.

SURFACE:

Flat pavement/tarmac.

OBSTACLES:

None.

CAR PARKING:

See map **P**

REST POINTS:

Marked on the map with *

Things of interest to look out for:

① Views over the Cairngorms



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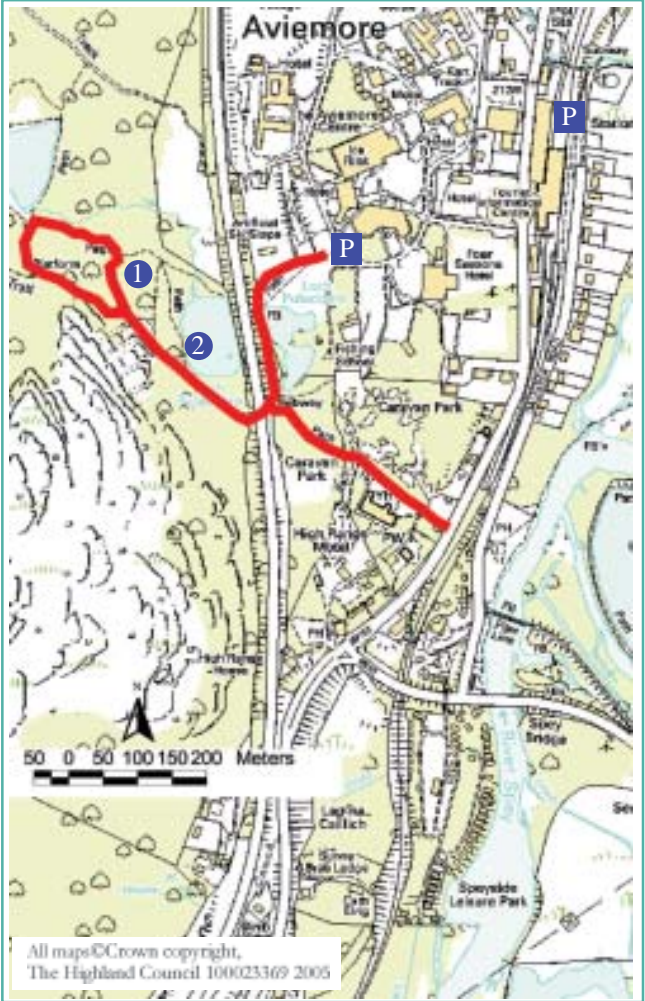
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Route 4: Craigellachie-The Red Trail



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Route 4 Craigellachie - The Red Trail

Follow the red arrows on the waymarkers and take a walk around these beautiful birch woods with their wonderful mosses and lichens. Look out for the peregrines above you. If you are lucky you might catch a glimpse of these rare internationally protected birds of prey.

DISTANCE:

Approximately 1.5kms.

TIMING:

Approximately 1 hr.

SURFACE:

Mainly worn track, rough in places.

OBSTACLES:

Some large stones and tree roots. Also a very steep section to start but levels off.

CAR PARKING:

See map **P**

REST POINTS:

Marked on the map with ✨

Things of interest to look out for:

- 1 Beautiful Birch Woods
- 2 Loch Puladdern



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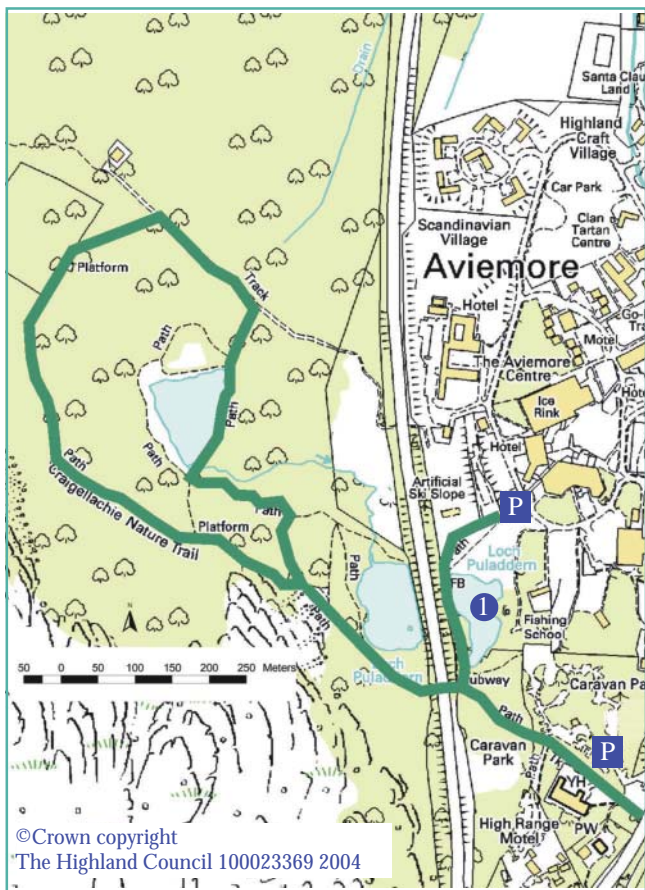
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Route 5: Craigellachie-The Green Trail



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Route 5 Craigellachie-The Green Trail

Explore this trail by following the green arrows on the waymarkers. This longer walk takes you higher into the reserve and the views over to the Cairngorms are wonderful! The smell of the heathers in the late summer is intoxicating, wait a wee while and enjoy.

DISTANCE:

Approximately 3km.

TIMING:

Approximately 1½h-2hrs.

SURFACE:

Woodland tracks.

OBSTACLES:

Some loose stones and some tree roots.

Very steep at the start.

CAR PARKING:

See map **P**

REST POINTS:

Marked on the map with ✱

Things of interest to look out for:

① Loch Puladdern



Step it Up! Highland

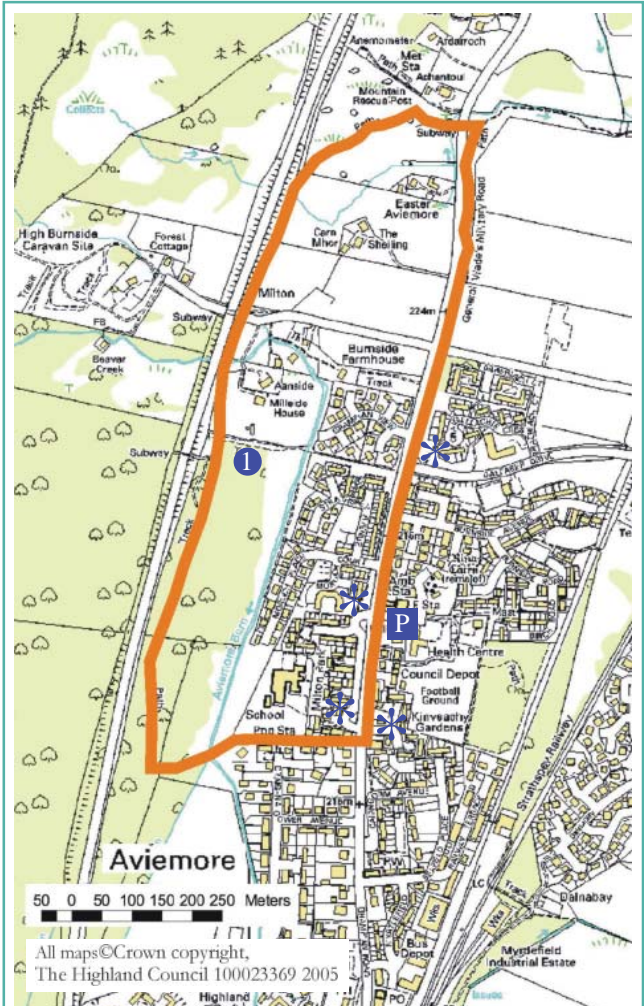
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Route 6: The Aviemore Orbital



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Route 6 The Aviemore Orbital

This lovely route takes you through the gorgeous Milton Wood with its Scots Pine and heather flora. Look out for the red squirrels feeding on the pine cones and check out the fantastic mosses. This route also connects with the Speyside Way and the Sustrans routes, so take some time out to explore!

DISTANCE:

Approximately 3kms.

TIMING:

Approximately 1-2hrs.

SURFACE:

Flattish track ways.

OBSTACLES:

Some loose stones and tree roots. Occasionally wet and muddy in places.

Please take care crossing the busy road.

CAR PARKING:

See map **P**

REST POINTS:

Marked on the map with ✱

Things of interest to look out for:

- 1 Milton wood



Step it Up! Highland

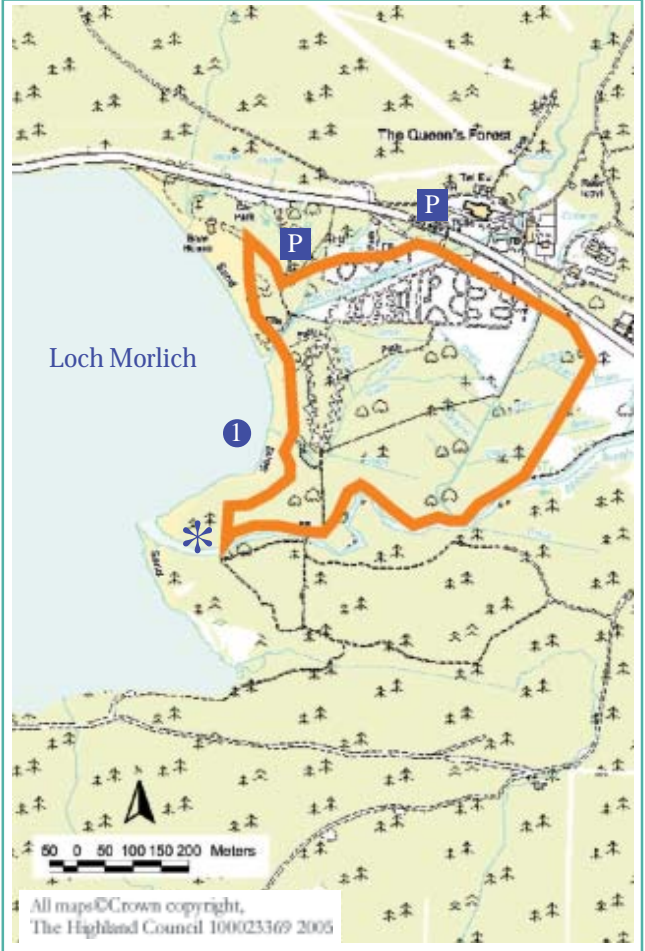
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Route 7: Glenmore Forest: Allt Mor All-Ability Trail



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Route 7 Glenmore Forest: Allt Mor All Ability Trail

To take this trail follow the brown waymarkers through the magnificent old Scots Pine trees. At the burn take a rest and see if you can spot the fish bobbing for their food. The wetland areas are home to many species - see if you can spot some!

DISTANCE:

Approximately 1.6kms.

TIMING:

Approximately 30 minutes.

SURFACE:

Flat constructed track.

OBSTACLES:

None, wheelchair accessible.

CAR PARKING:

See map **P**

REST POINTS:

Marked on the map with ✱

Things of interest to look out for:

- 1 Loch Morlich



Step it Up! Highland

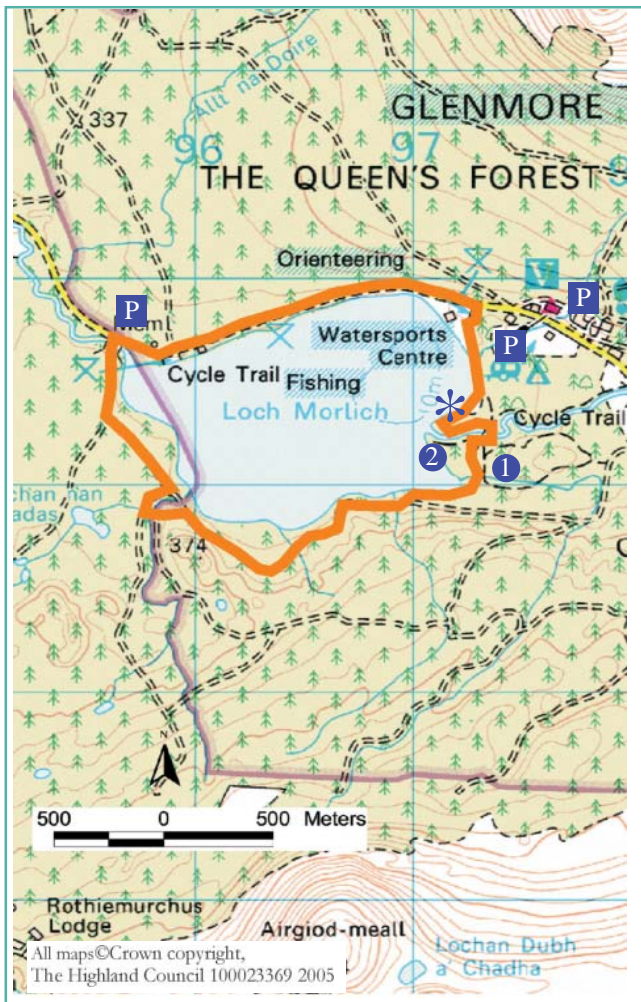
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Route 8: Loch Morlich Circular



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Route 8 Loch Morlich circular

Follow the red waymarkers for most of this lovely walk. To complete the loch circular, near ① take the white waymarkers and once across the burn, follow the brown markers. Look at for the fantastic views over Loch Morlich giving a real feeling of wilderness and space.

DISTANCE:

5-6kms

TIMING:

Allow 2-3hrs

SURFACE:

Fairly flat forestry track with some smaller tracks.

OBSTACLES:

Some loose stones and tree roots, and some short steep sections.

CAR PARKING:

See map **P**

REST POINTS:

Marked on the map with ✱

Things of interest to look out for:

- ① Old granny Pine, one of the originals!
- ② Loch Morlich



Step it Up! Highland

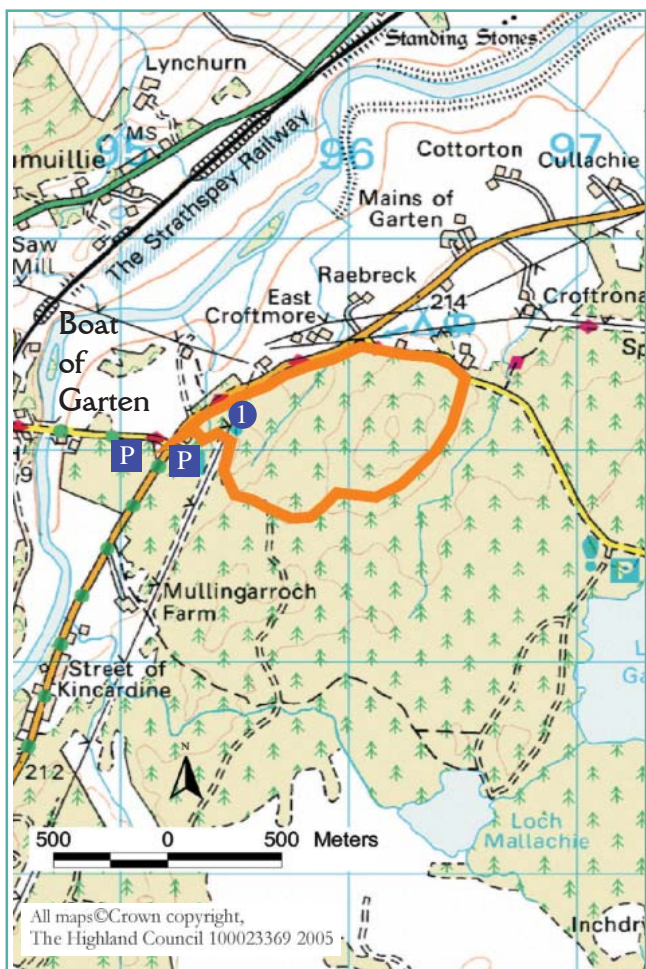
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Route 9: Boat of Garten - RSPB Walk



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Route 9 Boat of Garten - RSPB walk

This lovely pine woodland is part of Abernethy Forest and the RSPB reserve. Look out for the fascinating wetland environments with their sphagnum mosses and marsh reeds where newts, frogs and toads deposit their spawn. The trees also support much wildlife such as lichens and mosses.

DISTANCE:

Approximately 3.4kms.

TIMING:

Approximately 1½hrs.

SURFACE:

Woodland track.

OBSTACLES:

Some very steep sections, muddy patches and tree roots.

CAR PARKING:

See map **P**

REST POINTS:

Marked on the map with ✱

Things of interest to look out for:

- 1 Fantastic wetland



Step it Up! Highland

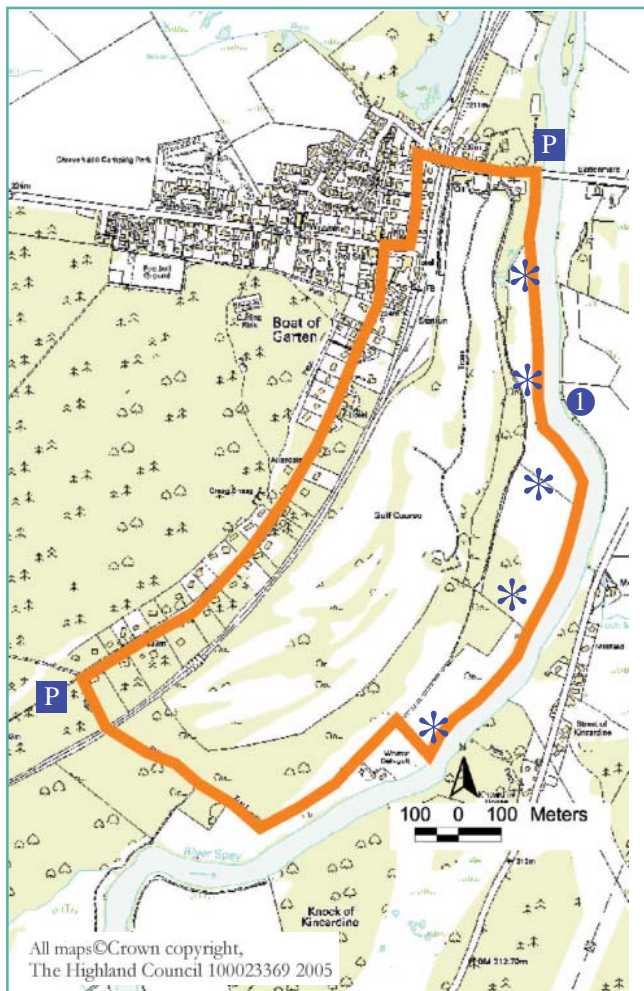
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Route 10: Boat of Garten - Riverside Walk



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Route 10 Boat of Garten - Riverside Walk

This lovely walk takes you along the river and through the village. Look out for salmon jumping in the spring and the herons flying by. The riverside woods with alders and willows are home to many species including bugs and beasties - food for the birds and fish!

DISTANCE:

4kms.

TIMING:

Approximately 1½- 2hrs.

SURFACE:

Farm track, anglers paths and road.

OBSTACLES:

Some tree roots and loose stones.

CAR PARKING:

See map **P**

REST POINTS:

Marked on the map with ✱

Things of interest to look out for:

- 1 The River Spey



Step it Up! Highland

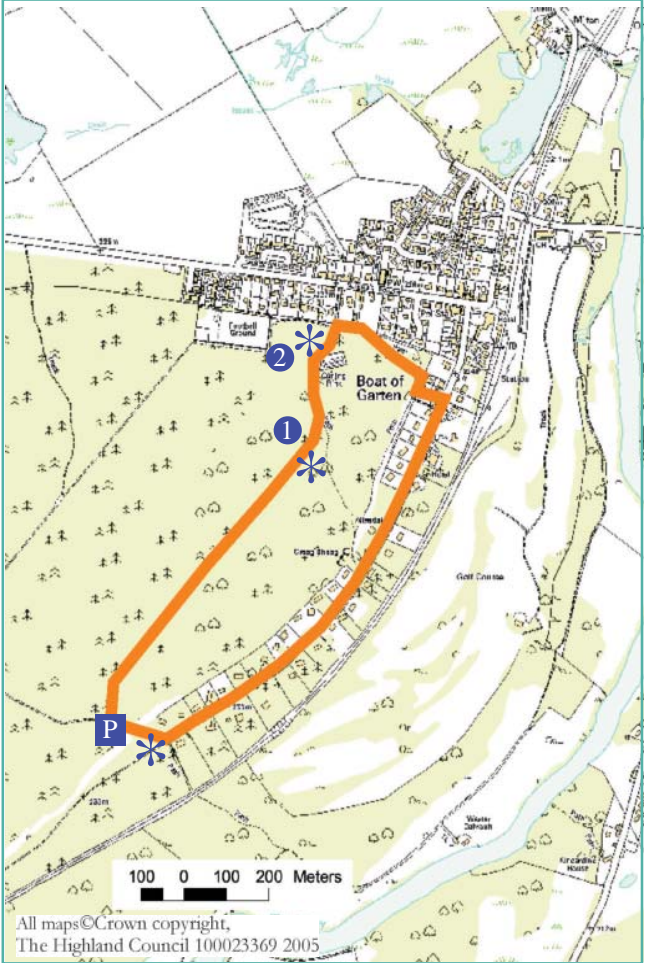
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Route 11: Boat of Garten - Fairyhill viewpoint walk



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Route 11 Boat of Garten - Fairyhill viewpoint walk

Explore the woods using these woodland tracks and trails. See if you can spot the squirrels which make their home in amongst the Scots Pine trees. Stop at the two viewpoints and admire the views!

DISTANCE:

2.5kms.

TIMING:

Approximately 1-1½hrs.

SURFACE:

Varied woodland tracks.

OBSTACLES:

Some tree roots and rocks, also some steep sections.

CAR PARKING:

See map **P**

REST POINTS:

Marked on the map with ✱

Things of interest to look out for:

- 1 The Craggie - Creag Bheag
- 2 The Fairyhill viewpoint



Step it Up! Highland

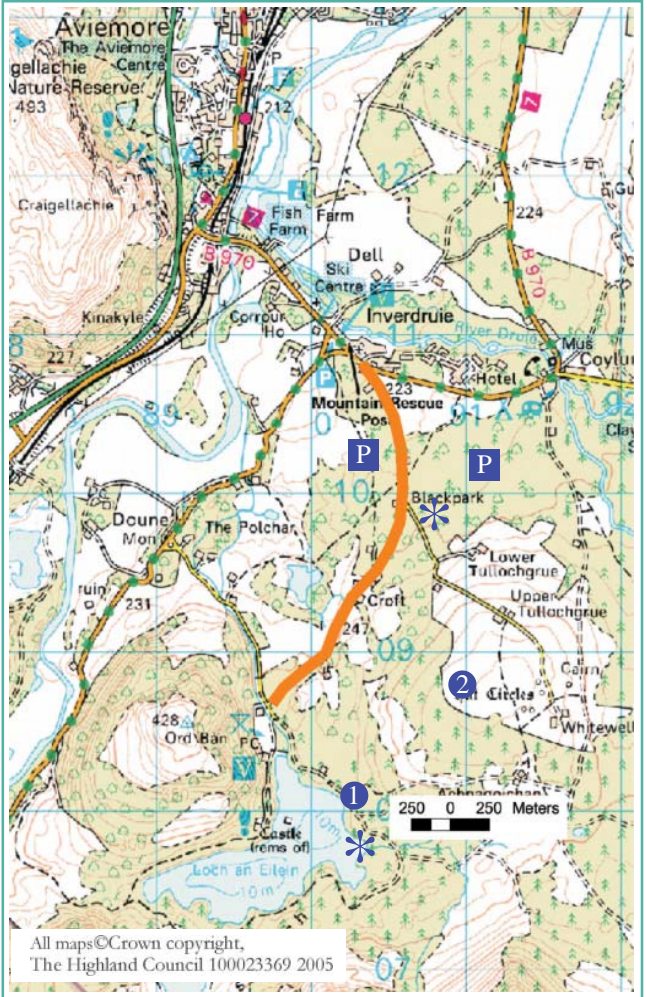
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Route 12: Loch an Eilein from Inverdrurie



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Route 12 To Loch an Eilein from Inverdrue

This lovely walk takes you through native Scots pine woods to the wonderful Loch an Eilein. These nationally rare habitats support huge numbers of species such as the crested tit and the native Scottish Crossbill. Look out for the mosses and lichens, fine examples in this wonderfully clean air!

DISTANCE:

3.2kms (one way).

TIMING:

Approximately 1-1½hrs.

SURFACE:

Road or forestry track for most of the way.

OBSTACLES:

Some loose stones.

CAR PARKING:

See map **P**

REST POINTS:

marked on the map with ✱

Things of interest to look out for:

- 1 Loch an Eilein
- 2 The view over to the Cairngorms

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