

Paths Around

1 Tain & Morangie Forest

These leaflets provide details of a variety of opportunities for recreation in and around the Tain area.



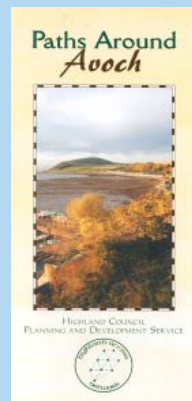
Local attractions include:

- ✓ Tain Through Time -Visitor Centre including The Pilgrimage, Tain Museum, the Collegiate Church of St Duthus (one of the finest medieval buildings in Scotland) and tourist information for the wider area;
- ✓ Glenmorangie Whisky Distillery and Visitor Centre;
- ✓ Tain Golf Club & Old Tom Morris designed course;
- ✓ The Links offering a bowling green, children's playpark, skateboard park, wildlife pond, football pitch and access to the Tain beach;
- ✓ Morangie Forest;
- ✓ Aldie burn trail;
- ✓ Tarbat Discovery Centre - Portmahomack; and
- ✓ The signed Pictish Trail passes through Tain and also the Fearn peninsula villages of Nigg, Balintore, Shandwick and Portmahomack.

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2 Avoch

The fishing village of Avoch lies approx 15 miles north of Inverness on the peninsula known as the Black Isle. The harbour was designed by Thomas Telford and the tightly packed fishermen's cottages show the strong association of the village with the sea. Working boats are still registered in Avoch but the harbour is now predominantly used by recreational craft.



Local attractions include:

- ✓ Waterfalls and walks in the Fairy Glen;
- ✓ Rosemarkie - seal and dolphin watching from Chanonry Point;
- ✓ Fortrose & Rosemarkie Golf Course;
- ✓ Fortrose Cathedral;
- ✓ Groam House Museum;
- ✓ Rosemarkie Dolphin trips from Avoch Harbour; and
- ✓ Black Isle Brewery, Munloch.

Paths Around Ross & Cromarty

Paths Around

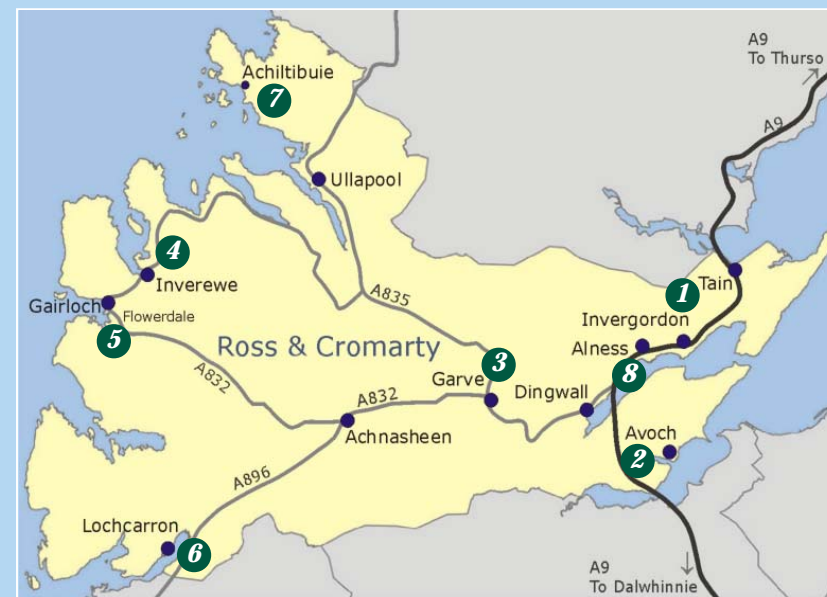
3 Garve

Strathgarve

The lush, flat pastures of Strathgarve nestle below the steep wooded hillsides of the many neighbouring hills and mountains. Situated on the banks of the Black Water in the Strath is the village of Garve, named from the Gaelic *Garbh* meaning a "rough place". The area has many opportunities for walking, cycling and horse riding, from short trails, moorland routes to steep hill climbs.



Drovers Road, Garve



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Silverbridge

The forest trail at Silverbridge is a delightful riverside walk straddling both sides of the Blackwater from Littlegarve to Silverbridge. The route offers many glimpses of the small waterfalls and bedrock formations along the river, which are both discreet and impressive natural features. On a more modern magnitude are the two hump backed bridges at Littlegarve (Wades Bridge) and Silverbridge.

These were constructed around 1762 as part of the military road from Contin to Poolewe, thought to be the work of Major Caulfield who succeeded General Wade, the famous road builder.

Paths Around Inverewe

4 Pinewood Trail

The landscape around Inverewe has changed many times over thousands of years. Trees have come and gone depending on the climate, soils, and the influence of humans and animals. Walk the Pinewood Trail and find out what has happened to the landscape and what may happen next.... The trail starts by the Inverewe Gardens restaurant and crosses the main road. Follow the indicator posts, passing through the forest gate and follow the posts round. The walk should take approx. 45 mins and you will enjoy views of Poolewe village, Corsican pines, the Torridon Hills and Beinn Airigh Charr.



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5 Flowerdale

Flowerdale forms part of the Gairloch Estate, which has been in the hands of the MacKenzie of Gairloch family for seventeen generations. Among the main activities carried out within the Estate are farming, crofting, power generation via hydro electricity, forestry, sawmilling, angling, deer stalking and tourism.

Flowerdale has a microclimate of its own and subsequently supports a wide range of plants and animals not commonly found in the Gairloch area.

Walks around the estate include:

- ✓ The Waterfall Walk (3.5km);
- ✓ The Cherry Hill Walk (5km); and
- ✓ The Woodland Walk (1.5km).

For more information on these walks, look out for the leaflet "Paths Around Flowerdale".



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6 Lochcarron

Lochcarron District is located in the heart of Wester Ross amidst some of Britain's finest and wildest natural scenery. Lochcarron is an excellent base for a holiday with good road and rail links. No location has a better range of access in the North-West Highlands. Lochcarron also offers beautiful and varied walking opportunities for all abilities and ages. Charming woodland and riverside strolls, old hill paths, forest trails and demanding hill-walks to our local Munros – there is a great choice for all tastes. The Local Walks Guide describes a selection of these walks and indicates the full range of local visitor attractions. Most routes are circular to suit car-owners and a few make excellent cycle trails.



Glencarron pony track

Routes include:

- ✓ Lochcarron Village Walks;
- ✓ Reraig Forest and Achintraid ;
- ✓ Attadale & Lochan Iasaich;
- ✓ Stromeferry & Achmore;
- ✓ Bealach na Ba Tops;
- ✓ Sgurr na Feartaig;
- ✓ Carron River Walks; and
- ✓ Coulags and Maol Chean-dearg.

Gabhail a Chreig

7 Taking the Rock, Achiltibuie

Ben Mor Coigach, traditionally known as 'the Rock', slopes steeply down to the sea, apparently cutting off the Coigach peninsula from the outside world. Until the 20th century people came and went either by boat or by taking one of the rough paths that went 'through the Rock'. This was the local highway, regularly walked until superseded by the road which was not tarmaced until the 1960's.

In the 1860's a regular postal service began to bring the mail from Ullapool to Rhu by 'taking the Rock'. The contract was awarded to Kenneth McLennan of Blairbuie and it remained in his family for more than 50 years. As Postman he walked to Ullapool twice a week for 2/3d a time, a journey that could be made in a day during the summer. In the 1870's a school was opened in Achduart and the school board built a path from Coulnacraig to Achduart for the children. This path is now referred to as the Postie's Path and was repaired in 2004 for the benefit of visitors and the community. Improvements were made to the lower path in 2004 to make it easier to follow. However it retains the character and difficulties of a mountain path.