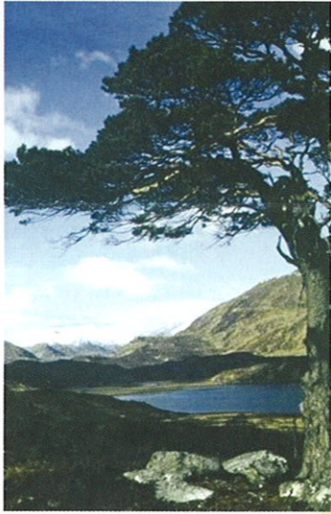


# Paths Around Cannich

## 1 GLEN AFFRIC CIRCULAR

Initially a track on the north side of loch Affric takes you past Affric Lodge. There an excellent footpath enters an area from which deer have been excluded in the late 1990s to allow for natural regeneration from the remnants of the Caledonian Pine Forest. Observe the striking difference in vegetation on either side of the fence. Beware of the river crossing which may prove impassable when in spate. Turn left onto a track overlooking river Affric and cross the river at Athnamulloch Bothy footbridge and follow an easy forest road (also used by mountain bikers) on the south shore of Loch Affric back to your starting point.

Allow 5 hours - 16 km (10 miles)  
Moderate - waterproof footwear  
Parking - Forestry Commission River Affric car park



## 2 PLODDA FALLS

Peer into the spectacular Plodda Falls chasm from the footbridge initially built in 1880 and rebuilt by the Forestry Commission in 1984, or admire the falls from below by following the path down on the right bank from the bridge. You may want to walk a little bit longer by following the Tweedmouth Walk which takes you through some of the tallest stands of Douglas firs in Britain, some of which were used as masts in the restoration of Scott's "Discovery" in Dundee.

Allow 30 mins/1 hour - 1.6 km (1 mile) or 2.8 km (1 1/4 miles)

Moderate - waterproof footwear

Parking - Forestry Commission Plodda Falls carpark



## 3 DOG FALLS

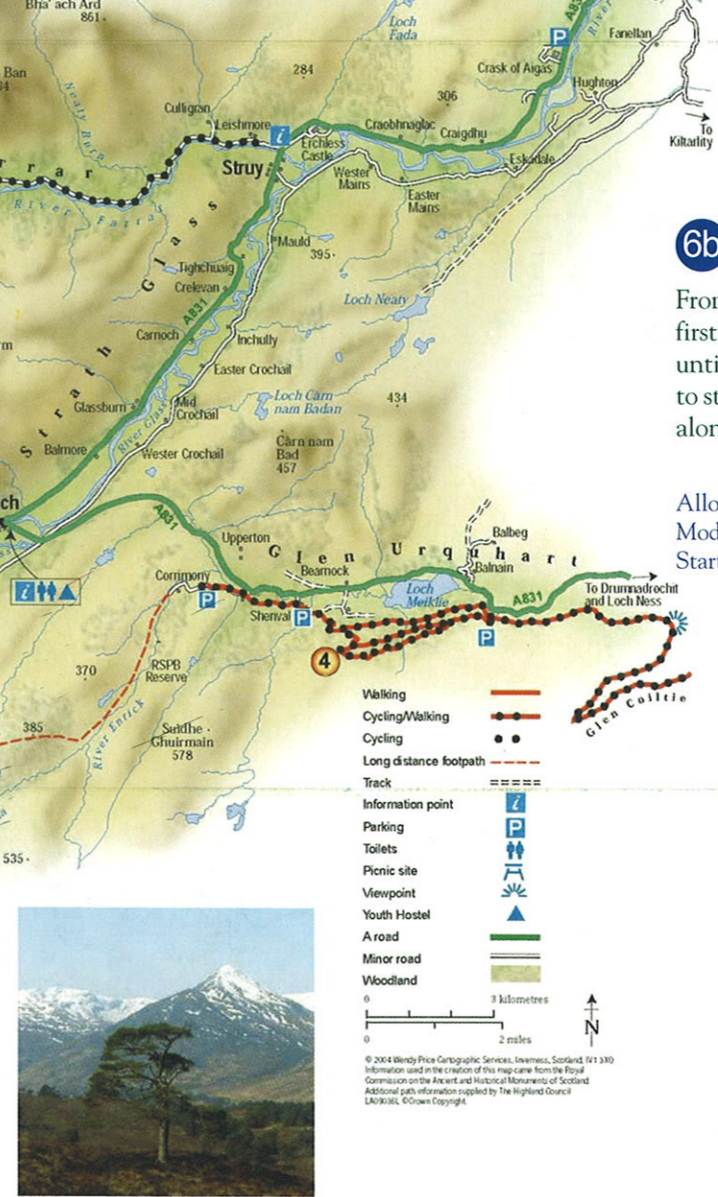
Dog Falls Walk (3.2 km - 1 hour) takes you in the heart of the pinewood and into an area of conservation success. Here the woodland has been restored, largely by natural regeneration and by excluding deer and sheep. Viewpoint Walk (1.6 km - 50 mins) allows you to see the classic Affric view of loch, primeval Caledonian forest and mountains to the west. Coire Loch Walk (5.2 km - 1 1/2 hour) passes a beautiful lochan renowned as the breeding site for many species of dragonflies. All three walks can be combined into a longer one.

Allow 50 mins - 2 3/4 hours - 6 km (3 3/4 miles).  
Moderate - waterproof footwear  
Parking - Forestry Commission Dog Falls car park

## 4 GLENURQUHART FOREST TRAILS

A long return walk offering shorter section alternatives with convenient jump on drop off bus stops at Balnain, Shenval and Corrimony Junction on the Drumnadrochit to Cannich bus route and car parks at the same locations. Fine views over Urquhart Bay and Loch Ness at the east end, and over Milton and Balnain villages, Loch Meiklie and the distant hills of Glen Affric as you walk west through woodland, pastures and the peaceful hamlet of Shenval, with the prehistoric highlight of Corrimony Chambered Cairn and the RSPB Reserve at the west end. The route is shared with mountain bike users.

Allow 3/6 hours - 20 km (12 miles) full route one way  
Moderate/strenuous - waterproof/hillwalking footwear  
Parking - Drumnadrochit Tourist Information Centre car park and as stated above. From Drumnadrochit follow route to Divach Falls.



### CYCLING

**Glen Cannich:** Using the road from Cannich to Loch Mullardoch Dam and back.

**Strathglass Circular:** Using the two roads either side of the River Glass with river crossing at Mauld Bridge, near Struy.

## 5 GLEN STRATHFARRAR CYCLING ROUTE

A straightforward route following the single track road from the gate at Inchmore (1 km west of A831 junction near Struy) all the way to Monar Dam before turning back. The road is open to walkers and cyclists at all times.

Allow 5 hours - 42 km (26 miles)  
Moderate/strenuous  
Start at Inchmore car park by the gate

## 6a GLEN AFFRIC/COMAR ROUTE

At the staggered junction (300m North East of the P.O), turn left and uphill into Glen Cannich. At the top of hill turn left onto forest road, through a gate. Forest road for about 7.5 km where you turn left and downhill onto single track until you meet the Glen Affric road, opposite the Dog Falls car park, a good resting place with toilets. Road back to Cannich.

Allow 1 1/2 hour - 16 km (10 miles)  
Easy/Moderate  
Start - Cannich Post Office

## 6b BEINN A' MHEADHOIN

From car park, cross the bridge and pass through the deer fences. Uphill to the first right hand track and follow the south shore of Loch Beinn a'Mheadhoin until you reach the first turn right after 10 km. Either retrace your route back to starting point or turn right and use tarmac road from River Affric car park, along north shore of the loch back to the starting point.

Allow 2 hours - 20 km (12 miles)  
Moderate/Strenuous  
Start - Forestry Commission Dog Falls car park



## 6c LOCH AFFRIC ROUTE

From car park, go down forest track over the bridge and pass through deer gate and continue right at first junction and follow south shore of loch Affric to Athnamulloch bothy, 1 km (3/4 mile) beyond the west end of Loch Affric where you turn back. You may wish to carry on across the bridge, west to the Allt Beithe Youth hostel adding an extra 12 km return. Please do not go on footpath on the north side of Loch Affric as it is only suitable for walkers.

Allow 2 - 4 hours - 16-28 km (10-18 miles)  
Moderate  
Start - Forestry Commission River Affric car park

## OTHER ROUTES (NOT DETAILED ON MAP)

### WALKS

**Tweedmouth Memorial:** Passes through Corrimony RSPB bird reserve. Spectacular views to Glen Affric from Tweedmouth Memorial above Tomich.

**Guisachan-Glen Moriston:** For the experienced long distance hill walker on an established right of way.