

We hope these paths will inspire you to go on and explore further, not only in Ross & Cromarty but other parts of the Highlands and further afield. Other useful websites for information are;

[www.highland-disabled-ramblers.org](http://www.highland-disabled-ramblers.org)

[www.phototrails.org](http://www.phototrails.org)

[www.pathsforall.org.uk](http://www.pathsforall.org.uk)

[www.fieldfare.org.uk](http://www.fieldfare.org.uk)

[www.forestry.gov.uk](http://www.forestry.gov.uk)

[www.snh.gov.uk](http://www.snh.gov.uk)

If you require up to date information please contact either;  
The Highland Council; [access@highland.gov.uk](mailto:access@highland.gov.uk) or any of the organisations listed above

For further details on the Highland Council Core Paths Plan see;  
[www.highland.gov.uk/corepathsplan](http://www.highland.gov.uk/corepathsplan)

This leaflet was part of the Highland Core Path Implementation Programme 2010-13 And was co - funded by European Community Highland LEADER 2007-13 Programme  
The Highland Council and Ross & Cromarty Disability Access Group



# Easier Access Paths Around ROSS & CROMARTY

## Ceuman Nas Fhasa Mu ROS & CHROMBA



[www.highland.gov.uk/countrysideaccess](http://www.highland.gov.uk/countrysideaccess)  
[www.rc-access.org.uk](http://www.rc-access.org.uk)





The walks in this booklet are numbered on the above map.

There are other specifically constructed easy access paths marked on the map in this booklet at the SNH Visitor Centre near Kinlochewe and at Forestry Commission Scotland sites at Aldie Burn, near Tain, Torrachilty Forest, Contin. Information on them and other sites throughout Scotland can be found on the websites listed on the back cover.

More paths are being made accessible all the time. Improvements have just been completed in Sept 2013 at Milton Woods and Strathpeffer.

## How to use this book

### Mar a chleachdar an leabhar seo

Use the overview map to locate the walks in the area.

All the routes are accessible with a mobility scooter but some may require greater confidence and individual discretion. We have colour coded the type of surface you are likely to encounter, please see the box opposite.

For gradient we have shown whether it is steeper than 1:20

- ● ● Stone surfaced path
- ● ● Tarmac or paved road or path
- ● ● Unsurfaced path
- ● ● Wooden bridge
- ● ● Other path (may be unsuitable for most wheelchairs)

◀◀ Steeper than 1:12  
 ◀ Steeper than 1:20  
 (arrows point downhill)

or 1:12. We hope this information is sufficient for you to make a decision on each path.

Welcome to our new path guide to the beautiful area of Ross and Cromarty, highlighting a sample of walks for people of varying abilities.

All path descriptions have been written as a result of route surveys by Highland Council's Ross and Cromarty (Outdoor) Access Officer along with members of Ross and Cromarty Disability Access Group and Highland Disabled Ramblers. The aim is to provide enough information for individuals to be able to decide if a particular path, or part of a path, is suitable for their own abilities and preferences.

The Highland Council is continuing to try to make as many core paths as accessible as possible. However wear & tear and natural processes make this an ongoing and difficult task. Please let us know if you do find any particular problems.

[access@highland.gov.uk](mailto:access@highland.gov.uk)

**Photo credits:** Philip Waite, Marj Donaldson, Elspeth Kennedy & Mel Gaff

### Enjoy Scotland's outdoors responsibly

Everyone has the right to be on most land and inland water providing they act responsibly. Your access rights and responsibilities are explained fully in the Scottish Outdoor Access Code.

Whether you're in the outdoors or managing the outdoors, the key things are to:

### • Take responsibility for your own actions

### • Respect the interests of other people

### • Care for the environment

Visit:

**[outdooraccess-scotland.com](http://outdooraccess-scotland.com)**  
 or contact your local Scottish Natural Heritage office.





# 1 Avoch to Fortrose Old Railway Line Seann Loidhne-rèile bho Abhach chun na Cananaich

**A level route through mixed deciduous woodland with excellent views at the start, across the Moray Firth.**

From the signpost after the car park, at Avoch Parish Church (see Parking opposite), follow the old railway line through the trees until you reach Fortrose. After about a kilometre there is a seat and a sculpted stone (1) commemorating the Brahan Seer. For the last 60m or so the path (2) narrows to 0.4m and there is a slight gradient



*Avoch harbour*

down for 20m, followed by a tight and right angled turn to a dropped kerb onto the public road. After about 100m turn onto Station Crescent to reach a car park in the village centre (3).

## Additional Comments:

Views over the Moray Firth are best along the majority of the route when the leaves are not on the trees.



<b>Distance:</b>	2.7km plus 0.4km along quiet suburban street to village centre car park (Station Crescent).
<b>Start Point:</b>	OS Landranger Sheet 27 grid reference: NH701 552. From the main street in Avoch turn uphill opposite the Station Hotel and take the first right to a car park behind the church.
<b>Gradient:</b>	Level except for 5 metres of 1 in 12 which is 150m from the point where the path meets the public road.
<b>Surface:</b>	Generally very good on compacted whindust or gravel. Some shallow puddles after rain.
<b>Parking:</b>	Parking for about 6 cars at the Church, but not during church services.
<b>Accessible Toilets:</b>	In Co-op Store on Fortrose High St, & the Leisure Centre.
<b>Refreshments:</b>	Various cafes and pubs in Avoch and Fortrose.





**A short but spectacular route at the end of a peninsula, famous for its Moray Firth views, and the possibility of seeing bottlenose dolphins.**

From the car park a signpost directs you between 2 houses to the beach, along to the point. There is an interpretation board and and picnic tables (two with wheelchair access).

### Additional Comments:

This route can be extended into Fortrose or Rosemarkie by either using the single-track road or the rough shore paths, both shown on the map. The best time to try to see dolphins is on a rising tide. Check tide times!



Distance:	300m from car park
Start Point:	OS Landranger Sheet 27 grid reference: NH748 556 From the main street through Fortrose at the Rosemarkie end, turn towards the sea and continue to the car park at the end of the road.
Gradient:	Level
Surface:	Smooth, compacted whindust
Parking:	Room for 20 or more cars at start of path.
Accessible Toilets:	Co-op and Leisure Centre in Fortrose or Beach Cafe, Rosemarkie
Refreshments:	Several cafes and Beach Cafe, Rosemarkie.



### Excellent views of the Cromarty Firth, the North Sutor and Nigg Energy Park.

After a short section downhill from the car park on a quiet public road, a level path goes off to the right to the sea (1. Sign saying 'to South Sutor'). It then passes between the shore and a field for 800m until you come to a bench and information



panel (2). The path continues steeply up steps and narrows for another 1km to the South Sutor. For less able users

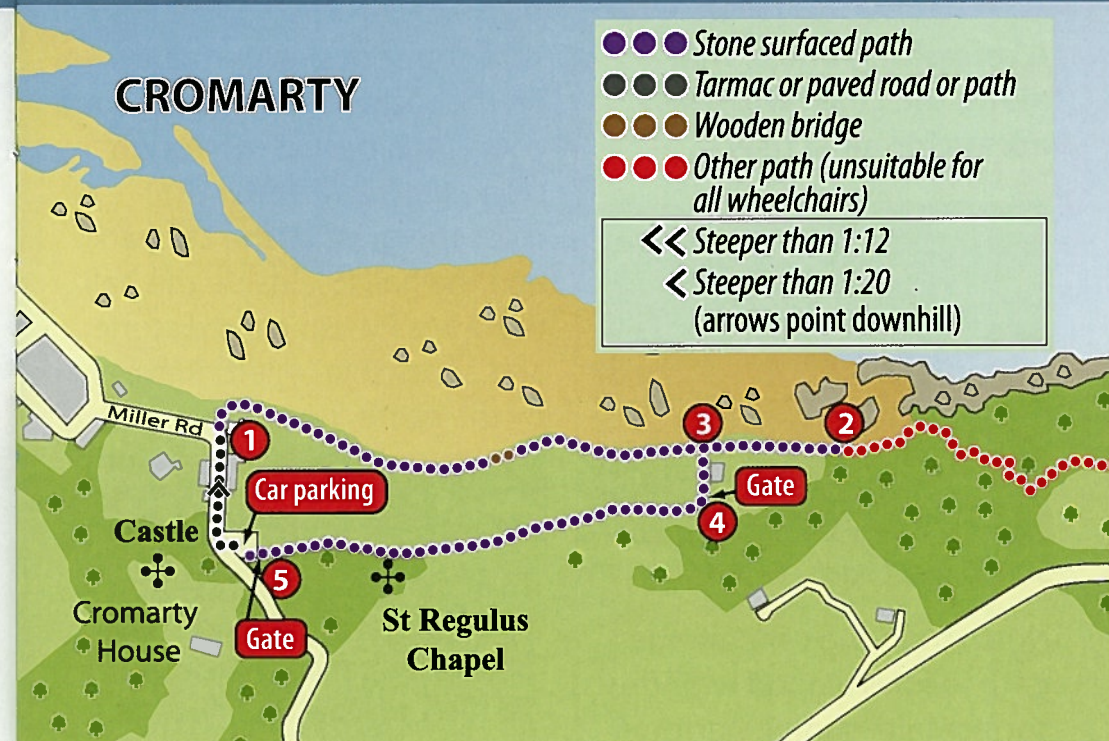
return to the junction at (3) and turn left, 50m to a small gate (4). Turn right onto an undulating farm track which may have cattle on it. There is a gate at (5) just before the car park. This track has no gradient of more than 1 in 15.

**CAUTION:** This path suffered serious storm damage near point 1 in December 2012. It is hoped that it will be repaired in the near future although an exact date was unavailable at publication.

The damaged section can be avoided by reversing the route, taking the track out of the car park.

### Additional Comments:

This can be an exposed path – warm clothes recommended!



Distance:	1.5km
Start Point /Car Park:	Landranger sheet 21 or 27 Grid Ref: NH790 673. Car park above Bowling club or several other car parks in village
Gradient :	Level
Surface:	Initially smooth surface, some areas of loose stones. Return route is a rough farm road with potholes (which can be avoided) and some loose stones. After rain this track can be muddy.
Accessible Toilets:	Denoon Lane off Bank Street (to the side of Sutor Creek Cafe)
Refreshments:	There are several cafes and pubs in Cromarty. None has an accessible toilet.



**A refreshing linear walk along the coast with easy access for most users.**



*Shandwick beach*

North from the car park the path follows a good whindust surface, although it narrows, roughens and steepens over the dunes (1) eventually reaching the harbour. There are a number of benches and picnic tables along the way. From the harbour follow a stone vehicle track past the drying fishing nets, or poles & wires (2). Continue on to the roadside pavement until the Sculpture Trail (3) on a paved surface. Here are a number of interesting features but make

sure you spot the Mermaid on the rock. At the tennis court (4) it becomes a rough stone path and you must cross the grass to the car park and the hall (5). Inside the hall there is a Pictish carved stone and accessible toilets. Return by the same route.

## Variations on route:

To avoid steep dune section you can start at the northern beach car park or harbour.

**To Well of Health.** South of the Shandwick picnic area the path continues although it is rough and narrow. It is also steep before it reaches the Well of Good Health (Gaelic: Tobar na Slaintè) after 1.2km.

**Hilton of Cadboll.** From the Hall you can continue north to Hilton for 1km and its famous Pictish carved standing stone, either along a rough stone path on the shore or along the roadside.



Distance:	>3km return (2 miles)
Start Point:	Landranger sheet 21 Grid. Ref. NH859 750 Car park at Shandwick.
Gradient :	Mainly level, some gradients on dune section.
Surface:	Nearly all good, a rough grass section can be avoided.
Accessible Toilets:	Seaboard Hall, Balintore
Refreshments:	Seaboard Hall and local Pubs



## Dalmore Circular path, Alness Cuairt-cheum Dhail Mhòir, Alanais

**A pleasant circular walk through a variety of habitats and on different surfaces. It is close to the town of Alness with easy access for most users.**

From the car park go under the railway bridge. You can then follow the river or go uphill left towards the school, for 110m, both on good tarmac paths (1). The surface varies along the riverside until you reach a 20m steep section and a small wooden bridge with short steep ramps over a laide supplying



Laide bridge

water to Dalmore distillery (2). Turn left along a track which then goes uphill with steep gradient for 175m to the tarmac drive of Dalmore House. A left turn takes you through the school grounds and back to the car park. (3) Turn right to the end of the drive then left through a small gate (4) onto the new cycle track. You can follow this all the way to Invergordon or continue straight on, then left towards the school. (5) After the school the path goes downhill, steeply towards the car park.

### Variations on route:

If you go left at (1) you avoid some rough surface along the river and the steep track. A shorter circuit uses the path through the school grounds (2km)



Distance:	>2½ km (1½ miles)
Start Point:	Landranger sheet 21 Grid. Ref. NH655 695 Car park near the Crawl Park, near river.
Gradient :	Mainly level with three steep sections.
Surface:	Mainly good of variable types, tarmac to unsurfaced.
Accessible Toilets:	Averon Leisure Centre, Alness over main road from start. (check opening times)
Refreshments:	Many in Alness



**A pleasant circular walk through mixed woodland on Brahan Estate, close to the village of Maryburgh with easy access for most users.**

Through the entrance gate (1) which can be opened with a RADAR key, turn right to follow the path through lovely mature woodland of birch, oak and beech standing proud over a rich undergrowth of heathers, blaeberrys and ferns. With a few bends and short moderately steep sections, after ½ mile reach one of the main tracks through Brahan Estate. At the signpost (2) turn left towards Maryburgh. At first the track is lined with rhododendrons before the view opens out over fields with Conon Bridge village beyond.

Passing under the pylons turn left on a good straight path which then bends left to run

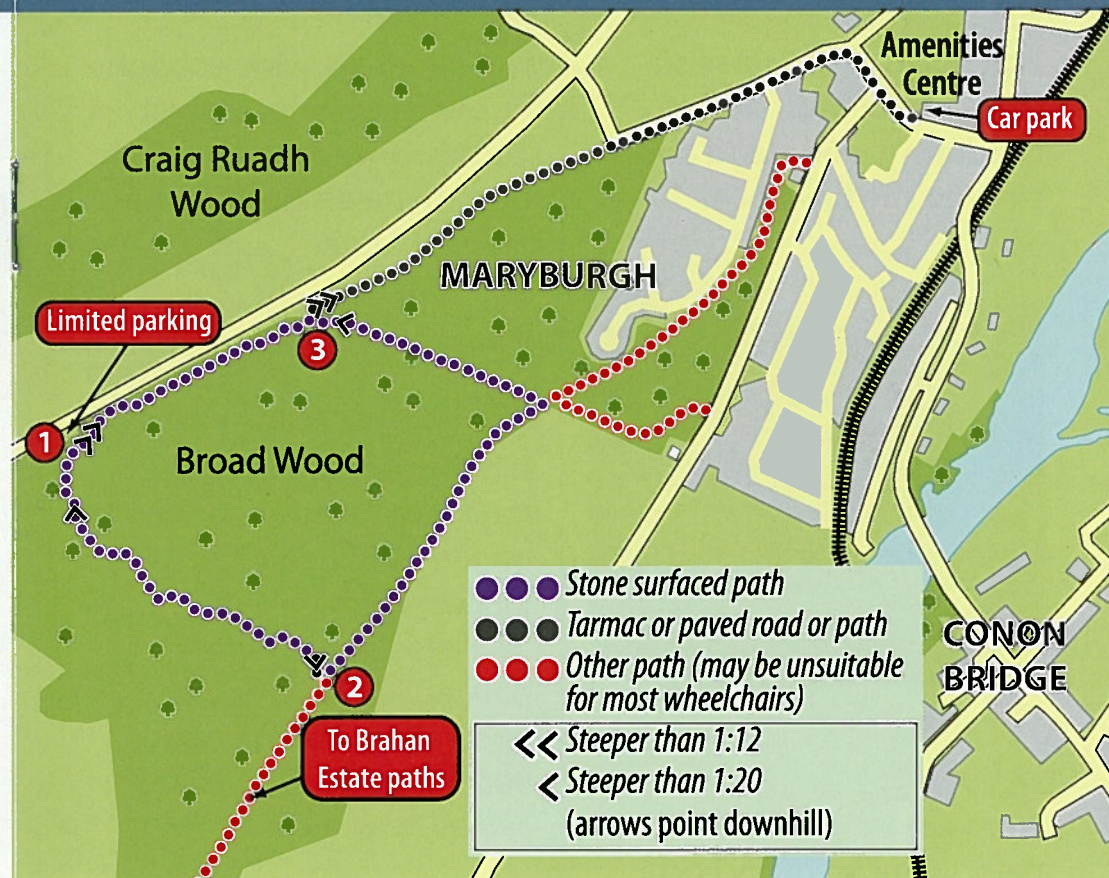


*Tallysow Wood, Brahan*

parallel to the main road (3). The path rises fairly steeply for a short distance before it returns to the original start point.

### Variations on route:

At signpost (2) turn right along the track leading further into Brahan Estate and return to the signpost to pick up the original route. From point (3) a tarmac track to the right leads back to Maryburgh. Parking at the Amenities Centre. This would be an alternative start point.



Distance:	>2km (1½miles)
Start Point:	Landranger sheet 26 Grid. Ref. NH 528 560 Gated entrance off A835 Maryburgh to Contin road, < 2km (1¼miles) from the Dingwall/Maryburgh roundabout.
Gradient :	Mainly level with a few short moderately steep sections.
Surface:	Mainly good, compacted fine gravel. May be muddy in places after wet weather.
Accessible Toilets:	Near Shopmobility in main car park Dingwall, and at Dingwall Mart (check opening times)
Refreshments:	Dingwall, Maryburgh, Strathpeffer



**A pleasant walk close to the town of Muir of Ord, bordering woodland and circling the Lily Loch.**



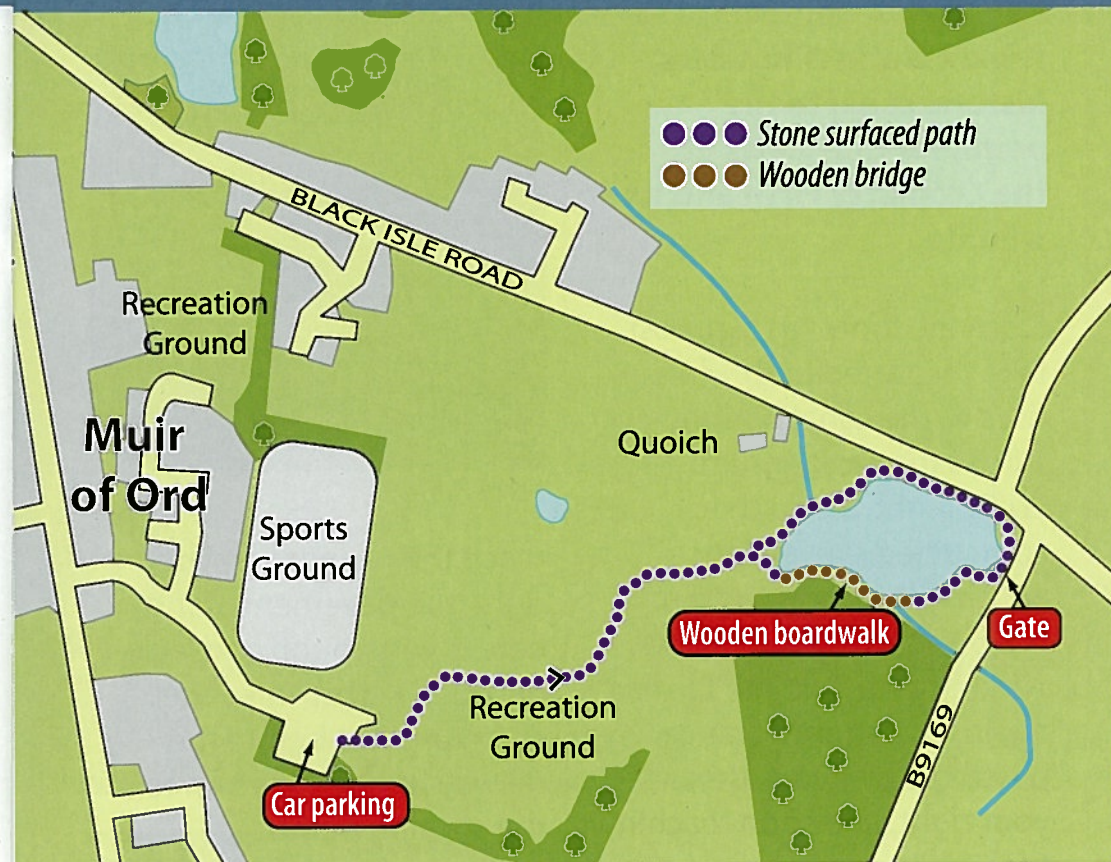
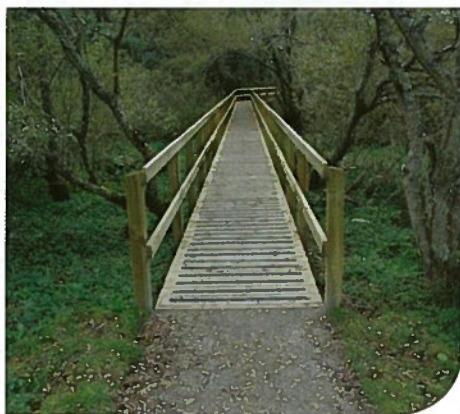
Lily Loch

From the car park follow the path signposted 'Lily Loch'. This good path skirts the open recreation area before reaching woodland and the Lily Loch itself. The path may be a little overgrown with vegetation in summer, although this is when the water lilies are in flower. A good way round the loch is a well constructed boardwalk

with handrails, wide enough for a wheelchair or mobility scooter. Once round the loch, the path meets up with the outward route.

### Variations on route:

It is possible to reach the loch via a gated entrance off the B9169, south of its junction with the A832 'Black Isle' road. There is parking for 2 cars and an open pedestrian gateway 90cm wide.



Distance:	1½ km (1 mile)
Start Point:	Landranger sheet 26. Grid Ref. NH 531496. Car park behind the police station, at the recreation area off Tarradale Gardens.
Gradient:	Fairly level throughout
Surface:	Mainly smooth, compacted fine gravel with one long section of boardwalk with handrails.
Accessible Toilets:	Near Old Service Point, with RADAR key, Balvaird Rd, Muir Ord
Refreshments:	Several in Muir of Ord and Beaulay.



### A walk along Dingwall's historic canal to the point, for fine views of the Cromarty Firth and its wildlife.

From the footpath signpost take the tarred path which rises to the canal bank at 1 in 10 for the last 10m.

(1) Go right, along the compacted gravel path which follows the canal to the point. After a small car parking area you join tarmac again for a short distance passing a white house on your right, and soon reaching the public park on the point (2). There are benches and picnic tables in this area. A good spot to enjoy the view. Continue on the path round the shore back to the public road. Return by the same route from here, or turn left onto the wide public road which has little traffic and good visibility (3). Until you

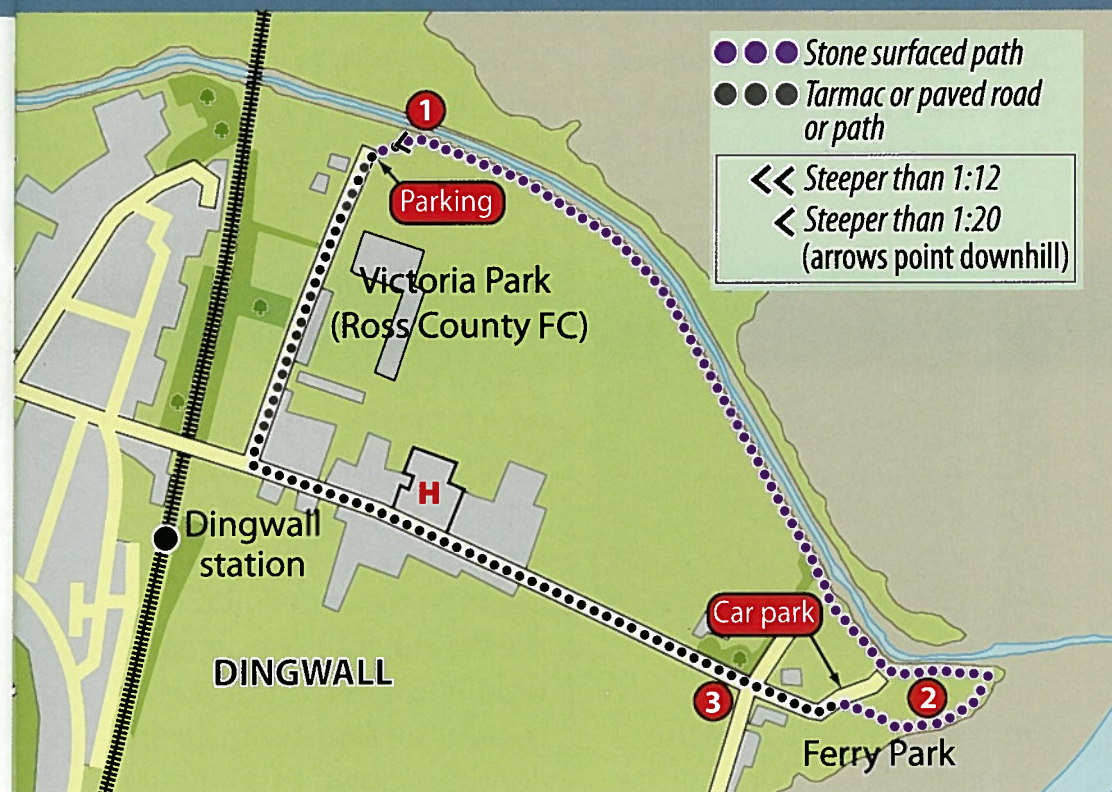


Ferry Park

reach the hospital on your right, the pavement along here is very rough and lacks dropped kerbs. Take the right turn just before the railway bridge to return to the starting point.

#### Additional information:

The Point can be a good birdwatching spot for waders and duck, especially at an incoming tide, within two hours of high tide. Check tide times.



Distance:	2.5 kilometres
Start Point:	Car park at the entrance to Dingwall Caravan Park Grid Ref: NH55537/58968 Ordnance Survey Landranger sheet 21
Gradient :	Level
Surface:	Some tarmac and some stone surface.
Accessible Toilets:	There is a wheelchair accessible toilet in the station (open from 7.30am to 2.30pm Monday to Saturday) and in the Station Cafe (open 10-4 Monday to Saturday).
Refreshments:	The nearest accessible cafe is at the railway station – enter from the station platform. There are several pubs, cafes and restaurants in Dingwall.

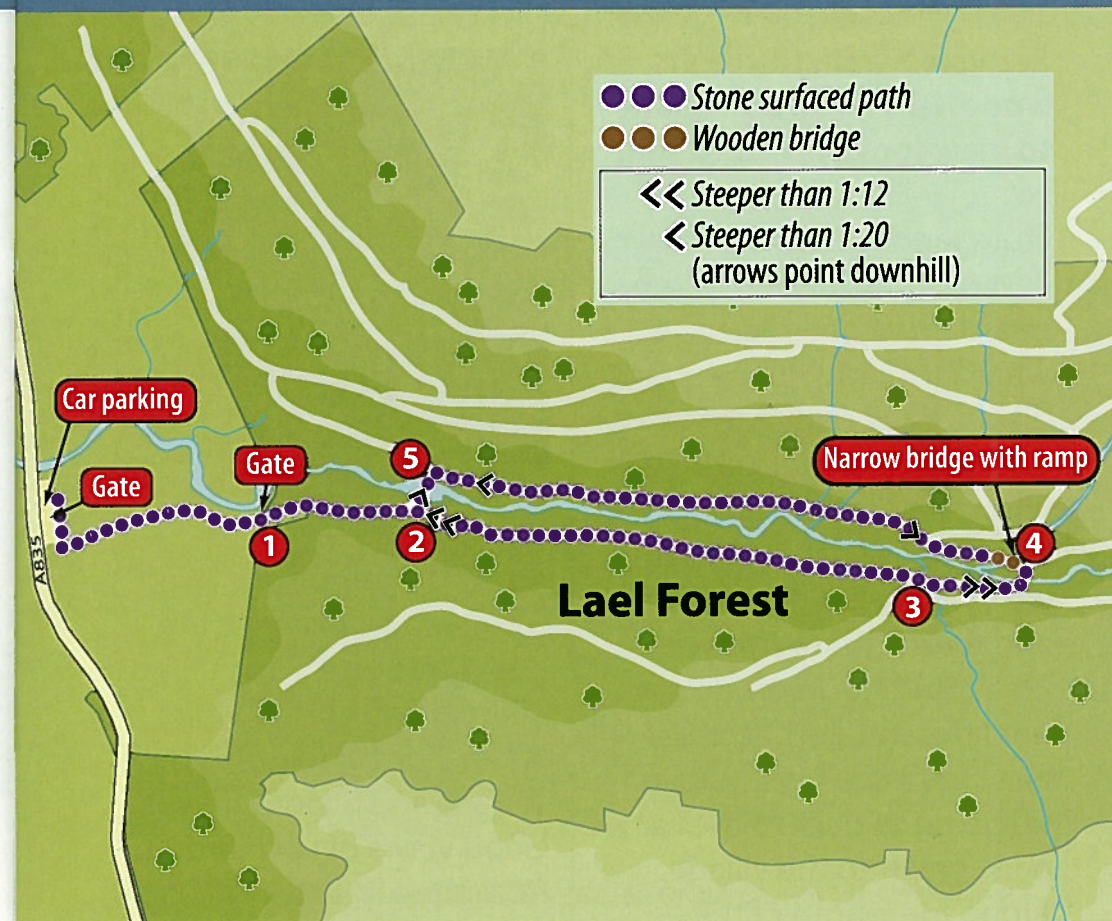


**A glen walk, rising towards the hills and following a dramatic river.**



From the car park take the estate track. Go through the side gate and follow the track to a second gate at the water works (1). Continue uphill past a junction to the left, which is the return route (2). The gradient is mostly less than 1 in 15, but there is 100m of 1 in 10 and 60m of 1 in 8. After about 1km of undulating track, take the left turn, signposted to 'Beinn Dearg', (3) down to

a bridge (36m at 1 in 10) and then over a wooden footbridge on your left (4). At the end of the bridge there is a 2m ramp (1 in 10) onto a platform 120cm square, making a right angled bend onto a 5m ramp at 1 in 6 which takes you down onto a wide constructed whindust footpath. There is a short uphill stretch (12m at 1 in 18) then the remaining is mostly downhill on an easy gradient. After 150m you re-join the forestry track and continue down to a junction (5). Turn left over the bridge and uphill to turn right onto the outward track, follow this back to the car park.



Distance:	4.8km
Start Point:	Car park at Inverlael, Grid reference: NG18212/85318
Gradient :	mostly less than 1 in 15, but there is 100m of 1 in 10 and 60m of 1 in 8
Surface:	Mostly smooth but some uneven surface in places.
Accessible Toilets:	Accessible public toilets in Argyll Street, Ullapool (7 miles)
Refreshments:	Ullapool has many cafes and pubs. If travelling East the nearest would be the Aultguish Inn (check opening hours in winter).



### Riverside walk through woodland and public park to view looking out to sea.

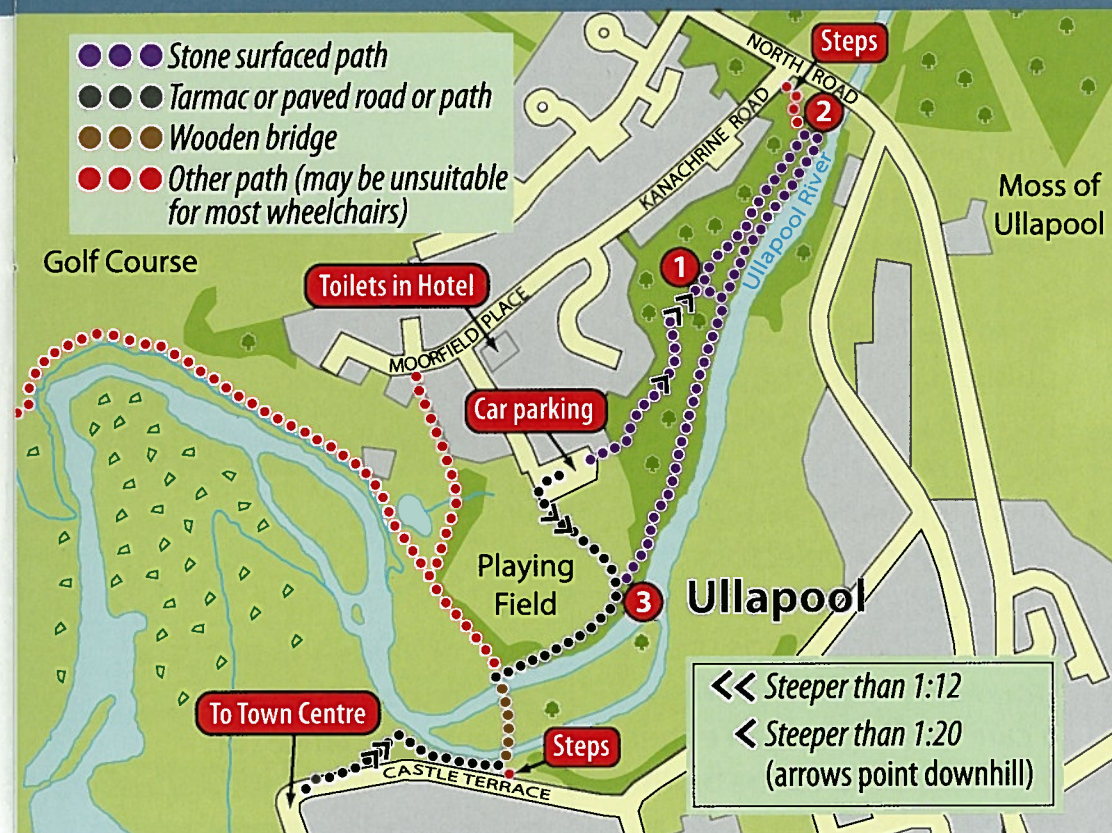
From tarmac car park head east past the interpretation board on a constructed whindust path. After a short distance the path goes downhill for 60m (some of which is as steep as 1 in 9 and a few metres at 1 in 7). Turn left (1) through the woodland and then right to the river (2). Follow the riverside path until the surface becomes tarmac. At the next junction (3) go right, back to the car park, or left to the village. Along the length of the path there are 4 benches.

**To Car park** - The slope from here up to the car park is gentle for 50m (1 in 24) with 50m at 1 in 9 or 10 near the top.

**To village** - continue along the river, cross the long bridge and turn right



down the ramp (1 in 12). After a short distance the path goes up a slope (almost 100metres, most of which is 1 in 9 or 10) to Castle Terrace and a footpath sign. Good views of Loch Broom from the top and bottom of this slope. From here either return or continue along West terrace and West Argyle St. to the village centre getting a fantastic seacape along the way.



Distance:	1Km woodland & riverside circuit or 1km extension over bridge into the village centre
Start Point:	From North Road, turn onto Kanachrine Road. At the far end turn left at footpath sign, to a car park. Grid reference: NG12345/94642
Gradient:	Some steep slopes, level along riverside.
Surface:	Good smooth stone in wood ,tarmac in park
Accessible Toilets:	There is an accessible public toilet on Argyll Street.
Refreshments:	There are many cafes and pubs in the village. Closest to the car park is the Morefield Hotel which is wheelchair accessible (although the toilet requires neat manoeuvring)!



# Applecross Estate Walk Cuairt Oighreachd na Comraich

**An almost entirely level walk from Applecross village to the grounds of Applecross House, with good views of the bay.**

From the village go along the public road for 50m and then join the path off the road (2) overlooking the bay. After 600m this joins the tarmac driveway to Applecross House (3) at white gates. Another 650m brings you to the walled garden (4) with a café within. You can either visit here or continue on the driveway between lawns and through trees, and eventually over the river (5). On the far side of the river turn left and continue to the public road. (NG719 456). If you are able, there is a path to the Heritage Centre, but it does have steps, alternatively it is possible to use the public road. Return by the same

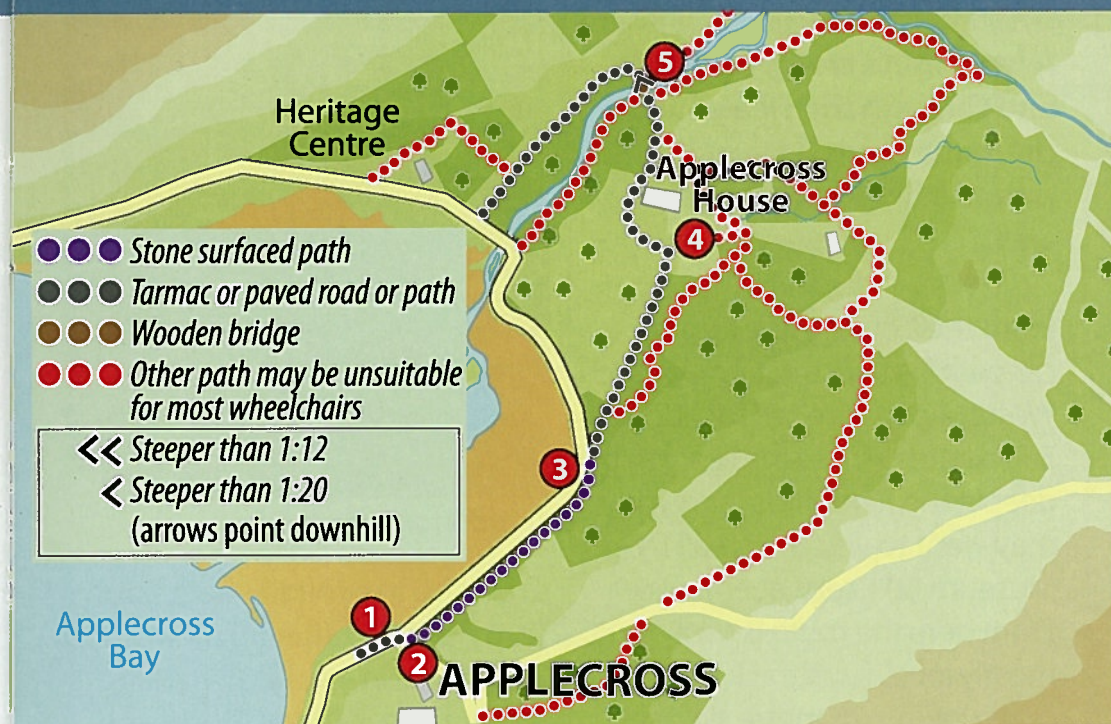


Applecross Bay

route or along the public road to the white gate driveway entrance (3)

## Variations on route:

If the public road is quiet it is possible to return along the road to a set of white gates where you turn left to rejoin the estate drive to the cafe and Applecross House, or turn right the Heritage Centre.



Distance:	5km if returning on same route, 4km if using the road alternative.
Start Point:	From village car park (1) NG711445 or cafe car park (4) NG 719 455 Parking available in the village or at the walled garden
Gradient:	Level except that after the bridge over the river there is a 20m downhill slope of less than 1 in 12
Surface:	Mostly tarmac, some potholes, but all avoidable. There is a section of well constructed path with dust surface.
Accessible Toilets:	There is an accessible toilet in the, Cafe in the walled garden (4) open from late March/early April until late October 7 days a week from 11am to 8.30pm.
Refreshments:	Cafe in the walled garden (4) with disability access. There is also a cafe in the campsite and a pub on the main street of the village.



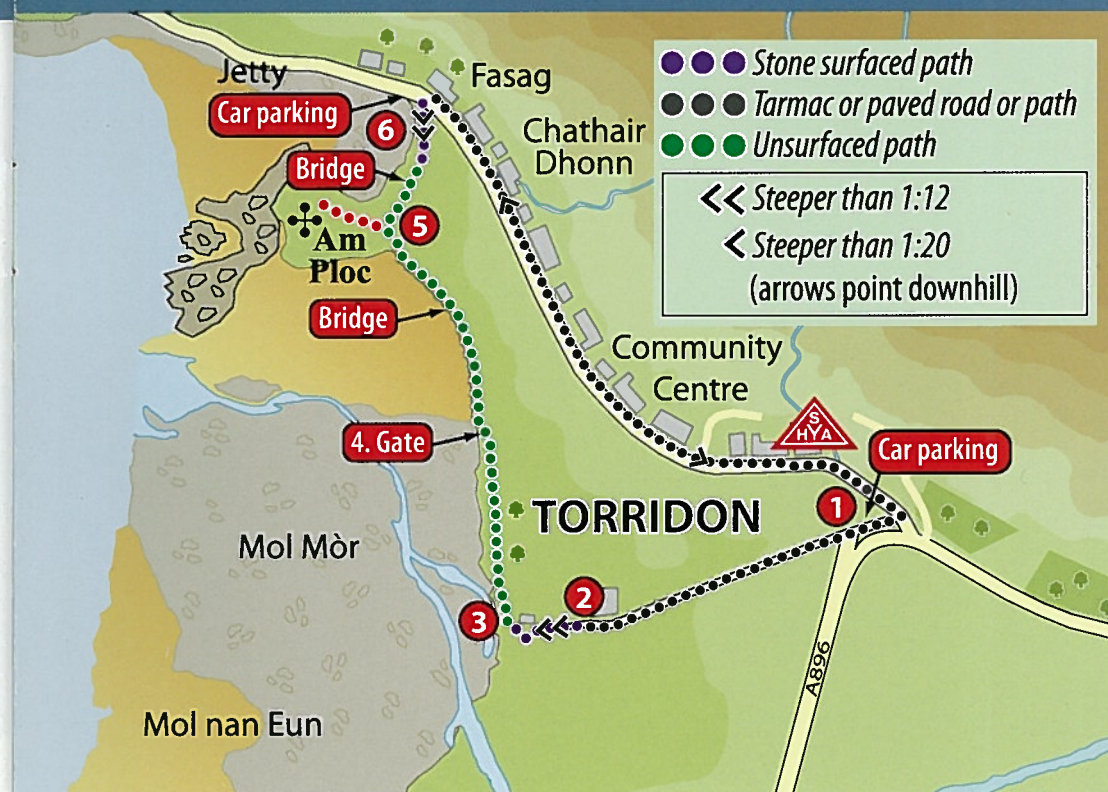
**A level route along the shore and through the village with dramatic views & several points of interest along the way.**

From the Countryside Centre car park (1) take the tarmac road West towards the sea for about 500 metres. There are likely to be deer in the fields here, and you may want to visit the small Deer Museum (2) (steps at entrance). From here the route is on a good, mostly level, farm track but goes down a 25 metre slope at 1 in 10. Bear right beyond the bunkhouse and immediately left onto a grassy path which crosses a small bridge (3). Follow this through some small trees to a metal gate on to the shore (4). The firm grass path, (with some gravel sections) continues, crossing another small bridge and through another gate, to where the path divides (5). Taking the right turn brings you to a small bridge (5 metres up at 1 in 12 and the same down after



Torridon shore

it) and on to a rough stone track. Turn right and after 50 metres you join the main road in the village just outside Torridon Stores and Cafe. This 50 metres can hold puddles and be muddy after rain. (6). Just before you join the track there is a downhill slope at 1 in 8 for 8 metres and when you join the main road there is 3 metres up at 1 in 8) You can return by the same route or follow the pavement through the village (mostly level but with 100m uphill at 1 in 18 then gradual downhill for 250m never more than 1 in 18 - although no dropped kerb after Darroch Park).



Distance:	3km
Start point:	National Trust for Scotland Countryside Centre NG905 557 OS Map 24 (route goes onto sheet 25)
Gradient:	Mostly level with some short steeper sections
Surface:	Tarmac, constructed stone track and unsurfaced path
Parking:	At the NTS Countryside Centre
Accessible Toilets:	At the Torridon Stores and Cafe, and at the Community Centre
Refreshments:	There is an accessible cafe and shop in Torridon village and a pub at Annat