

A scenic view of a lake with mountains in the background and a large tree in the foreground. The tree's branches are bare, suggesting a cooler season. The water is calm, reflecting the sky and the distant mountains. The foreground shows a reddish-brown shoreline.

# ENJOY

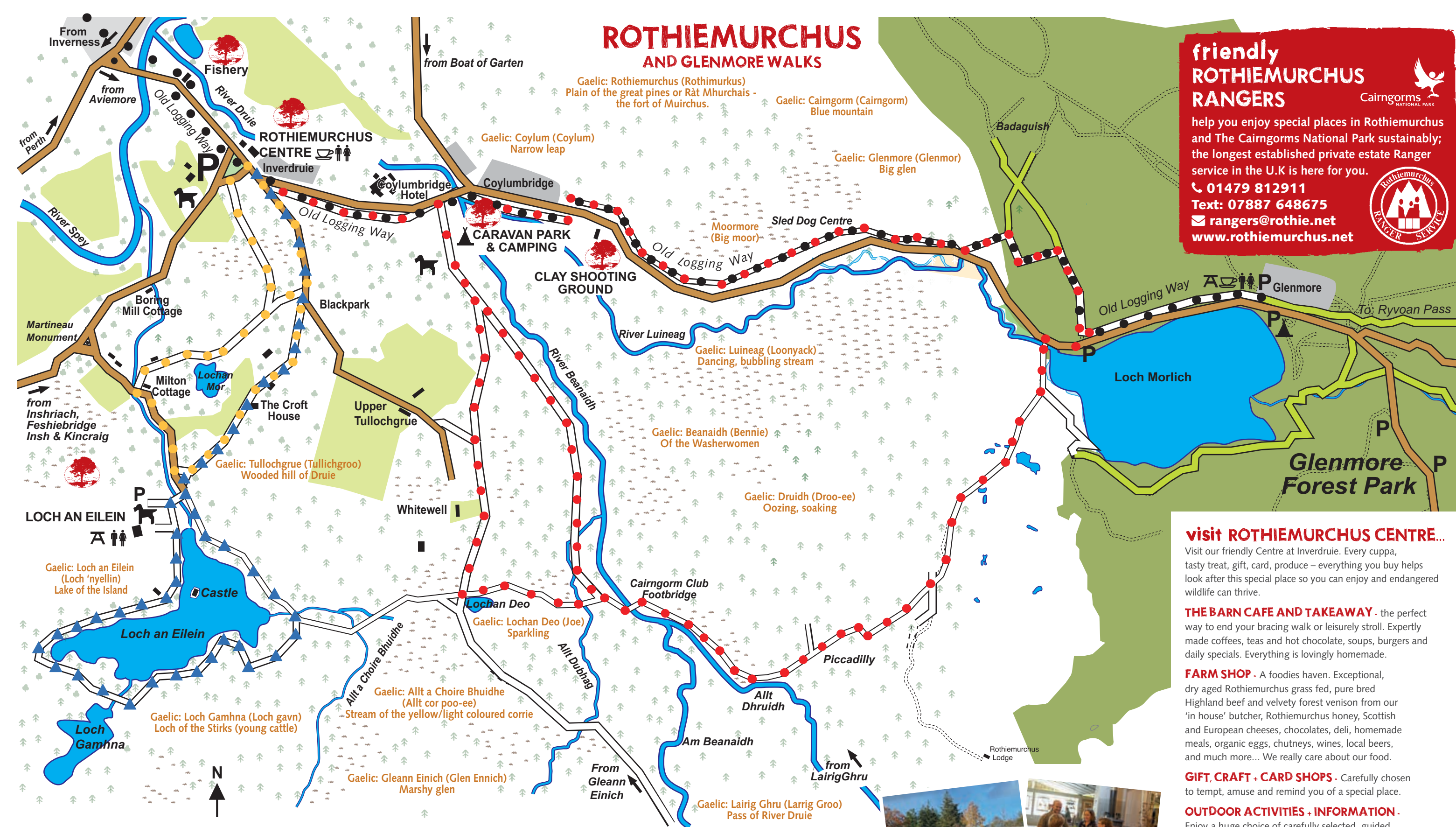
## ROTHIEMURCHUS ON FOOT

Loved by generations,  
cared for by you

[www.rothiemurchus.net](http://www.rothiemurchus.net)







## ROTHIEMURCHUS AND GLENMORE WALKS

### friendly ROTHIEMURCHUS RANGERS

help you enjoy special places in Rothiemurchus and The Cairngorms National Park sustainably; the longest established private estate Ranger service in the U.K is here for you.

☎ 01479 812911

Text: 07887 648675

✉ [rangers@rothie.net](mailto:rangers@rothie.net)

[www.rothiemurchus.net](http://www.rothiemurchus.net)



## ROTHIEMURCHUS

We have chosen our favourite routes with stunning scenery, to suit all ages and abilities, relaxing, peaceful, away from the stresses of daily life. Perfect for friends and families to share quality time together, for inspiring wildlife lovers, explorers, photographers and for making wonderful memories.

Walking through this 'breathtaking' place where nature and people have thrived together for thousands of years; you'll be rewarded with wildness, ancient forest, wonderful hidden views and unique wildlife.

Buying this map and paying to park helps care for this special place – thank you.

### visit ROTHIEMURCHUS CENTRE...

Visit our friendly Centre at Inverdrue. Every cuppa, tasty treat, gift, card, produce – everything you buy helps look after this special place so you can enjoy and endangered wildlife can thrive.

**THE BARN CAFE AND TAKEAWAY** - the perfect way to end your bracing walk or leisurely stroll. Expertly made coffees, teas and hot chocolate, soups, burgers and daily specials. Everything is lovingly homemade.

**FARM SHOP** - A foodies haven. Exceptional, dry aged Rothiemurchus grass fed, pure bred Highland beef and velvety forest venison from our 'in house' butcher, Rothiemurchus honey, Scottish and European cheeses, chocolates, deli, homemade meals, organic eggs, chutneys, wines, local beers, and much more... We really care about our food.

**GIFT, CRAFT + CARD SHOPS** - Carefully chosen to tempt, amuse and remind you of a special place.

### OUTDOOR ACTIVITIES + INFORMATION

Enjoy a huge choice of carefully selected, guided or instructed activities in this amazing place, book online at [www.rothiemurchus.net](http://www.rothiemurchus.net)



DO NOT LIGHT FIRES



**KEY**



Ask a friendly Rothiemurchus Ranger - we are here to help

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●●● Old Logging Way (Aviemore - Glenmore)

●●● Long Walk (2 options)

●●● Lochan Mor Walk

▲▲▲ Loch an Eilein Walk

🐕 Dog Exercise Area

Public Road Glenmore Forest Trails

Track

Woodland

Heathland

Fields

Glenmore Forest Park

P Parking

⛺ Picnic Area

☕ Refreshments

(Loch an Eilein seasonal)

⛶ Camping - facilities

🚻 Public Toilet

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MAP NOT TO SCALE; ROUTES AND TRACKS ARE INDICATIVE ONLY.

## Loved by generations, cared for by you

"Rothiemurchus Forest is not just trees, but a wonderfully rich network of habitats and wildlife, interdependent and evolving. The conservation of this diverse, living landscape does not happen by accident. Long-term planning and sensitive use maintain and enhance the forest for future generations. Thank you for your help."

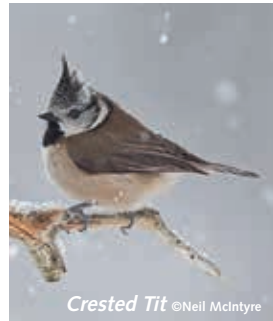
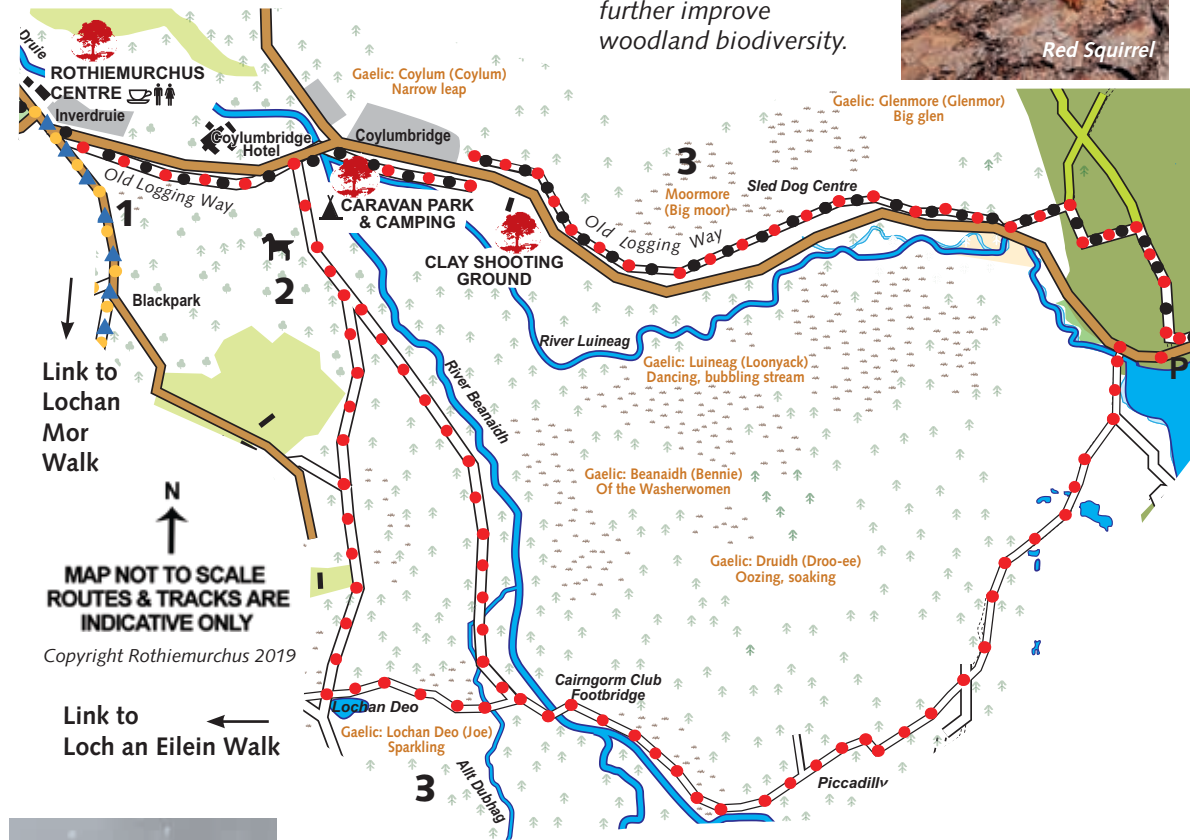
James Grant, Rothiemurchus





# The Long Walk

Distance: 10 miles (16.5 km)  
 Time: 4-5 hours  
 Wear sturdy shoes or boots  
 Paths may be wet, muddy, icy, rough or uneven.



Crested Tit ©Neil McIntyre

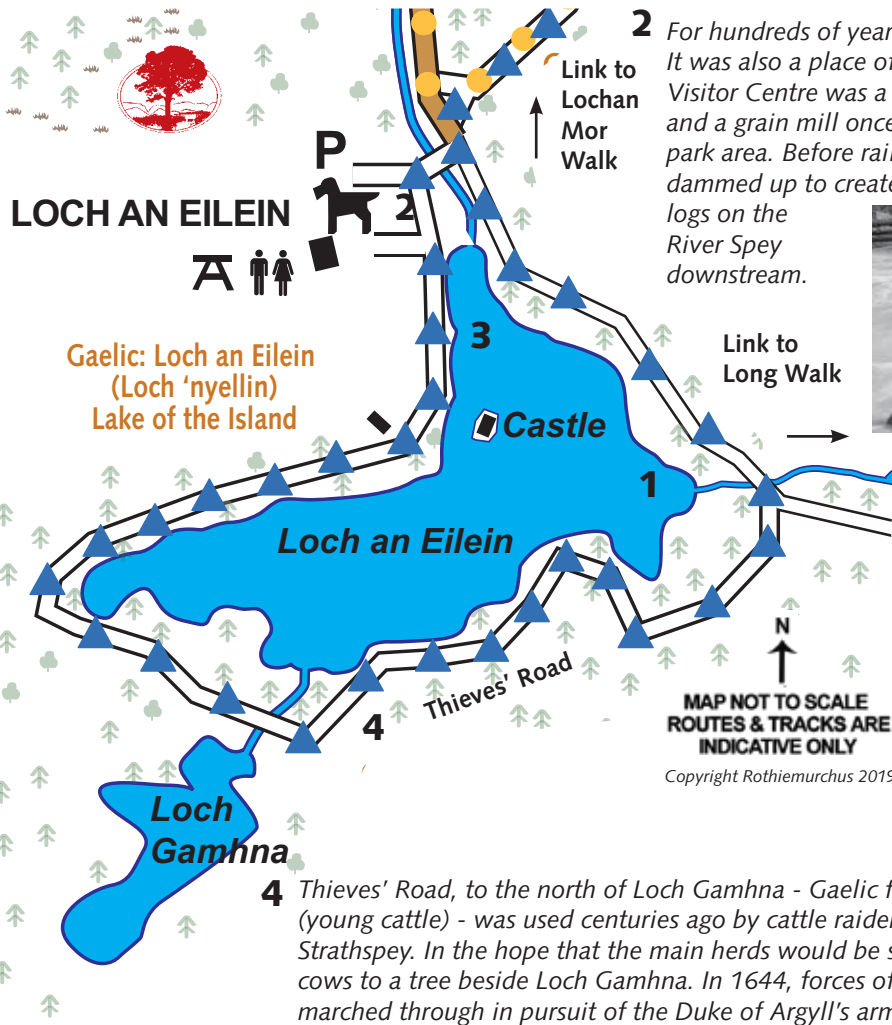
This distinctive, charming, native of the ancient forest can be enjoyed throughout the year feeding among the branches of the Scots Pines.

Over millions of years several ice ages blanketed Scotland with glaciers and their formation and melting shaped this unique mountain area. The last ice age ended 10,000 years ago when plants and trees colonised the landscape, slowly creating an ancient forest.

2 Scots Pine, Birch and Juniper provide a stronghold for many species including Red Squirrel (no greys here!), Scottish Crossbill, Crested Tit and scarce Capercaillie. Our Forest Plan will further improve woodland biodiversity.



Red Squirrel



2 For hundreds of years people lived in the forest. It was also a place of work and the ruin near the Visitor Centre was a lime burning kiln until 1876 and a grain mill once occupied the grassy car park area. Before railways or trucks, the loch was dammed up to create artificial floods to transport logs on the River Spey downstream.



Photo courtesy of Walter Dempster, Inverdrue.

A few pike in the loch become monsters of 30lbs (13.5 kilos) by eating anything smaller. You might see goldeneye duck on the surface, an osprey overhead in summer, crested tit and crossbill flying in woods nearby or spy red deer on the open hills to the south.

4 Thieves' Road, to the north of Loch Gamhna - Gaelic for 'Loch of the Stirks' (young cattle) - was used centuries ago by cattle raiders as an access route to Strathspey. In the hope that the main herds would be spared, local folk tied a few cows to a tree beside Loch Gamhna. In 1644, forces of the Marquis of Montrose marched through in pursuit of the Duke of Argyll's army.

# Loch an Eilein Walk

Distance: 3 miles (5 km)  
 Time: 1 – 1½ hours  
 Wear sturdy shoes or boots  
 Paths may be wet, muddy, icy, rough or uneven  
 There is no significant change in gradient throughout the walk

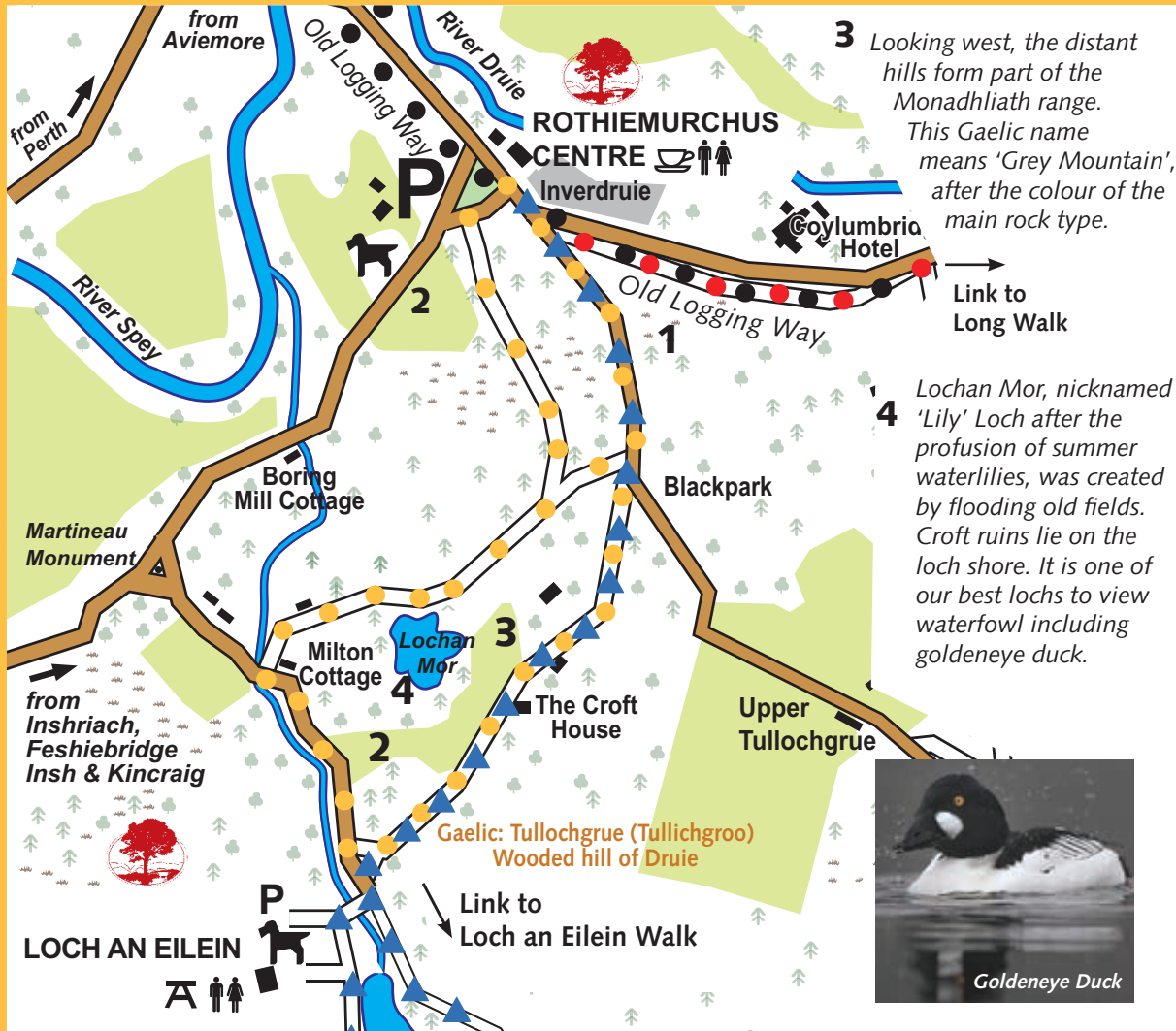
3 After the Battle of Cromdale in 1690, Jacobite troops attacked the castle but were driven off and the castle remained a safe refuge as it had been for many hundreds of years. Ospreys also enjoyed the security of the island and nested here until the early 1900s.



Loch an Eilein Castle  
 ©David Lintern | Visit Cairngorms

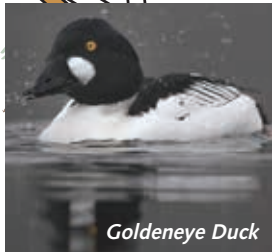


Crossbill



3 Looking west, the distant hills form part of the Monadhliath range. This Gaelic name means 'Grey Mountain', after the colour of the main rock type.

4 Lochan Mor, nicknamed 'Lily' Loch after the profusion of summer waterlilies, was created by flooding old fields. Croft ruins lie on the loch shore. It is one of our best lochs to view waterfowl including goldeneye duck.



Goldeneye Duck

# Lochan Mor Walk

Distance: 3 miles (5 km)  
 Time: 1 – 1½ hours  
 Wear sturdy shoes or boots  
 Paths may be wet, muddy, icy, rough or uneven  
 There is no significant change in gradient throughout the walk

1 Large numbers of scots pine and birch trees are emerging in this area and what was once open heathland will soon be native woodland. Seed from parent trees can be carried for long distances on the wind.

2 Roe Deer live in woodland and may be seen on field edges.

MAP NOT TO SCALE  
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Roe Deer

## KEY

- Old Logging Way (Aviemore - Glenmore)
- Long Walk (2 options)
- Lochan Mor Walk
- ▲▲▲ Loch an Eilein Walk
- 🐕 Dog Exercise Area
- 🛣️ Public Road
- 🚶 Track
- 🌲 Woodland
- 🌱 Heathland
- 🌿 Fields
- 🌲 Glenmore Forest Park
- 🌲 Glenmore Forest Trails
- P Parking
- 🍷 Picnic Area
- ☕ Refreshments (Loch an Eilein seasonal)
- 🏕️ Camping - facilities
- 🚻 Public Toilet



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# Loved by generations, cared for by you

**TREAD  
LIGHTLY  
LEAVE NO  
TRACE**



## Rothiemurchus Centre

- The Barn Cafe and Takeaway
- Farm Shop & Deli
- Gift & Card Shops
- Camp & Caravan Park
- Outdoor Activities
- Open all year

Walks | Rothiemurchus by Landrover

Safaris on Foot | Feed the Deer

Wildlife watching & Photography

Bike Hire | Quad Bike Trekking

Highland Pony treks and rides

Clay shooting | Fishing | Archery

Treezone Aerial Adventure

Little Landys | Canoeing & Kayaking

River Tubing & Family Float Rafting

Guided Paddleboarding and more.

## DISCOVER ROTHIEMURCHUS ON FOOT

Rothiemurchus Centre PH22 1QH | Open Daily 9.30am - 5.30pm

5 mins from Aviemore on the road to Coylumbridge

book activities online:

**[www.rothiemurchus.net](http://www.rothiemurchus.net)**

[hello@rothie.net](mailto:hello@rothie.net)

**<<< SCAN TO DOWNLOAD MAP**

**[www.rothiemurchus.net](http://www.rothiemurchus.net)**

