

# ROTHIEMURCHUS AND GLENMORE WALKS

Rothiemurchus (roth-ee-mur-kus) translates to 'plain of the great pines' or 'the place of Murchas' Fort', from the Gaelic 'Rat Murchais' (racht voor-in-chis).

We hope our favourite Rothiemurchus walks will become yours, too...

Pick any of the four walking routes featured on this map and you'll be rewarded with a nature-filled experience. A wander through the ancient Rothiemurchus forest is the perfect antidote to our 'always-on' lives.



## ROTHIEMURCHUS RANGERS

Our friendly rangers are here to help you enjoy and care for this special place.

If you see them, feel free to ask any Rothiemurchus-related questions. You can also email them at [rangers@rothie.net](mailto:rangers@rothie.net). Ours is the longest-running private ranger service in Scotland.

Please report any signs of fire to our ranger team.

Phone, text or WhatsApp on +44 7887 648 675

Cairngorms National Park  
Pàirc Nàiseanta a' Mhònaidh Ruaidh

## LOVED BY GENERATIONS, CARED FOR BY YOU

Most of Rothiemurchus is a conservation area. Help care for this unique ancient forest and the wildlife that lives in and around it...

**we all care**  
by using signed paths and keeping dogs at heel or on a short lead

**DO NOT LIGHT FIRES**

**Thank you for supporting Rothiemurchus**

By buying a copy of this map from the Farm Shop or Loch an Eilein car park booth, you're directly contributing to the conservation of this much-loved place. The same goes for visiting The Barn Cafe and Farm Shop, paying for car parking or booking an activity.

We're so grateful to you for helping us care for this unique landscape. Show your map to receive discounts on activities around Rothiemurchus and in the Farm Shop.



Photo © David Lintern

**The Barn Café**

Our dog-friendly café, The Barn, is a warm and relaxed space for breakfast, lunch, cakes, coffee and more – plus takeaway, too.

**Farm Shop**

Take home a taste of Rothiemurchus from the butcher and deli in our Farm Shop. Fridge already fully stocked? Browse the treasure trove of cards, books and beautiful gifts.







## Beaver Trail

Stroll through the ancient forest and keep your eyes peeled for signs of reintroduced beavers in the wetland areas. About halfway around the circuit, a small diversion will take you to the shores of Loch an Eilein.

A variety of paths, mostly wide with a smooth firm surface, with around a third of the route on single track road. One short, rough section can sometimes be muddy. The route is undulating with some short and longer moderate slopes.

7km | 4.35 miles | Allow 2 - 2.5 hrs



Beaver Photo  
© Beaver Trust

Lochan Mor (loch-in-moar) means 'the big lochan' in Gaelic, or 'the big, little loch'



### Recent arrivals

Beavers were released here in 2023 as part of Scotland's Beaver Strategy. Learn more as you go round the trail.

### Busy beavers

Beavers are most active at dusk and dawn. During the day you can look out for signs of beaver life, such as pencil-shaped tree stumps, flakes of beaver 'chips' and pawprints.

### A living landscape

You might see goldeneye duck on the water, red squirrels in the majestic pines overhead, roe deer at the forest edge and, during spring, frogs and toads everywhere!

### The Grey Mountains

Looking west from the Croft Track, the distant hills form part of the Monadhliath (mon-ah-lee-ah) mountain range. This Gaelic name means 'Grey Mountain' after the colour of the primary rock type.



Coylumbridge comes from 'coylum' in Gaelic, meaning 'narrow leap'

Photo © Neil McIntyre



## The Long Trail

A large loop on mixed paths leading to neighbouring Glenmore Forest, with stunning views of the Cairngorms mountain range. You can include Lochan Deo or take the more direct route.

### Direct Route

16.5km | 10 miles  
4 - 5 hours

### Lochan Deo Route

17.5km | 10.8 miles  
4-5.5 hours

## The Old Logging Way

This multi-user path leads to Glenmore and Loch Morlich beach through ancient forest. An out-and-back route which slopes gently uphill on the way out.

### From the Farm Shop to Glenmore (return)

16.5km | 10 miles | 4 - 5 hours

### A haven for several species

The Scots pine, birch and juniper woodlands at Rothiemurchus are home to roe deer and scarce capercaillie, and create the ideal environment for the red squirrel that dart and leap overhead. In the skies above, you might spot Scottish crossbill, crested tit and - if you're fortunate - osprey.

### A forest thousands of years in the making

This unique mountain area has been shaped over several ice ages by the formation and melting of glaciers. The last ice age ended 10,000 years ago when plants and trees colonised the landscape and slowly created an ancient forest.

### Deforestation during the world wars

The Old Logging Way trail follows the route taken by thousands of trees felled in the glen. The straight, strong timber was deemed ideal for masts, hulls and decking for ships used in the war efforts. Logs were floated down the River Spey on their way to shipyards.

### Sustainable - 10 square km of new trees

Thanks to proactive management, a regenerated forest of Scots pine and birch is emerging, and what is now mainly open heath will soon be native woodland. We have a long-term plan to improve woodland growth and biodiversity at Rothiemurchus - and save one of the largest remnants of ancient Caledonian pine forest. You can read more in our Forest Plan: [bit.ly/3TD7Yjv](http://bit.ly/3TD7Yjv)

### One of Britain's most important areas of woodland bog (muskeg)

Our biodiversity journey is helped by the abundance of bog at Rothiemurchus. Over thousands of years, waterlogged peat lying on bedrock has formed areas marked by mossy pools and stunted pine trees.

## LOVED BY GENERATIONS, CARED FOR BY YOU

Most of Rothiemurchus is a conservation area. Help care for this unique ancient forest and the wildlife that lives in and around it...



## Loch an Eilein Trail

See this historic island castle from all angles as you stroll through the ancient woodland that surrounds the loch.

### From Loch an Eilein Car Park

5km | 3 miles | Allow 1 - 1.5 hours

### From Farm Shop / The Barn cafe

11km | 6.8 miles | Allow 2 - 3 hours

### A home and a workplace

For hundreds of years, people lived in the forest around Loch an Eilein. Until 1876, the ruin near the white croft building was a lime kiln, and a grain mill once occupied the grassy car park area. When logs were floated down the River Spey to use in shipbuilding, the loch was dammed to create artificial floods.



Loch an Eilein castle



### Now a wildlife wonderland

The landscape around Loch an Eilein supports life of all kinds, and the loch itself grows the occasional monster pike in its depths - some weighing up to 30 lbs (13.5kg)! Ospreys nested here until the early 1900s, enjoying the security of the island. They continue to nest nearby, so you might be lucky enough to spot one soaring overhead.

### Castle history

First built in the 13th century, the castle on the island has been modified many times since. In 1690, Jacobite troops attacked, but the castle remained the safe refuge for local people it had been for hundreds of years. Rising water levels have submerged a causeway that once linked the island to the loch shore.

### Thieves' Road

Thieves' Road, to the north of Loch Gamhna, was used centuries ago by cattle raiders as an access route into Strathspey. In the hope that thieves would spare the main herds, local folk tied a few cows to a tree beside Loch Gamhna, unwittingly naming it in the process.

Photos (left)  
Loch an Eilein © David Lintern  
Crested Tit © Neil McIntyre



Logging photos courtesy of Walter Dempster

