



Loch an Eilein Trail



The Long Trail



Beaver Trail



Maintained Path



Old Logging Way, multi-use path



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 wars¹

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 trees²

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

One of Britain's most important³ 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.



DO NOT
LIGHT FIRES

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...