Welcome to Glenmore Forest Park

Where the forest meets the mountain / Far a bheil a’ choille ri oir na beinne

Fancy a picnic on a sandy beach, or finding an emergent loch under a fairy hill? How about wandering along a waterfall watched by golden eagles, or wandering through forest hundreds of years old? You can do all this in Glenmore – and still have plenty to explore.

Dù m’fhéidir a’ picnic air triagh ghairmich, no bhith am bràigh a’ chluinnachadh agu an tsìth? A’ theòs a’ cùlaidh fo-luath tluath nan-mara, no a’ sthlabh am a thug thirl a dhruis? Tha cuairt dhà a sheo a’ dhaingh Mhòir – gus fhuthach tuathadh a fhàil.

The forest park combines the features that make the Cairngorms National Park unique. Rounded granite mountains loom in the background, sometimes with an evening glow that fits their Gaelic name perfectly (Am Monadh Ruadh – the red hill). Forest washes against them like a tide, the trees rising and falling with changes in climate – and with how many deer or sheep nibble them.

Much of the forest park is a National Nature Reserve, home to, amongst others, red squirrels, crested tits and wood ants. The reserve is managed to help protect this rich habitat, and to welcome visitors who want to enjoy it. This leaflet will help you explore Glenmore’s trails and those just down the road at Inshriach forest. For more information, ask at the Glenmore Visitor Centre, where you’ll find a friendly welcome – and a great café!

For more information
Tel: 0300 067 6100
Email: enquiries.north@forestryandland.gov.scot

Explore Scotland’s Forest Parks

1. Glenmore, Inverness, Ross & Skye Forest District
2. Argyll, Oban, Argyll
3. Stirling, Falkirk, Helensburgh
4. Dumfries, Lockerbie
5. Edinburgh, Stirling, Dundee
6. Aberdeen, Moray, Inverness

Key to Maps

For details contact 0845 130 8224

In emergencies call 999 and ask for the police. When connected provide:

- location of the incident
- number of people in the party
- any injuries (if known); ask the police to inform on ambulance

Take notice of the signs

These forests are places to walk as well as enjoy. Please watch out for vehicles and follow any signs you see to ensure you have a safe visit. Thank you.
**Glenmore Trails**

**Start point 1**

**Glenmore Visitor Centre**
The visitor centre is an ideal base, with toilets and a café, to start and end your trip. Trail routes vary from wide, easy tracks to the loch to a demanding climb for one of the best views of Speyside.

**Ryvoan Trail**
You can also park at the Allt Mor car park for access to Ryvoan and An Lochan Uaine. Visit the enchanting Aran Lochan Uaine (The Green Lochan) and wind back through the ancient pine and birch forest above.

Start point 3

**Hayfield Car Park**
Walk beneath the twisted old pine trees where wood ants build their nests and dragonflies art about beneath the canopy.

**Pine Knoll Trail**
Short flight of steps. Generally flat with a few short fairly steep slopes. Includes two road crossings.

**Loch Morlich Trail**
A charming circuit round the water, with fine views of the mountains above and a good chance of seeing goldeneye, red-throated divers and even otters.

Mostly wide, smooth and flat gravel surface. Some uneven gravel and earth sections, with potentially muddy areas. Short moderate slopes and one steep ramp. Includes two road crossings.

**If you want to go further afield, try one of these routes.**

**Meall o’ Bhuachaille circular via Ryvoan bothy (say Meal a Voo-cal – The Herd’s Hill)**
5 miles / 8 kms - - -
If you feel like a workout, and a chance to see one of the best views of the Cairngorms, then this one’s for you! The path climbs almost constantly from the car park to the summit, following the footsteps of herdsmen who used to mind their flocks here in the summer and who gave the hill its name. This is a steep, rocky mountain path. The weather can change very quickly, even in summer. You should have proper hill-walking equipment for this trip.

**Chalamain Gap**
2 miles / 3.5 kms each way
A mountain path that takes you to the mouth of the Lairig Ghru, a great cleft in the Cairngorms plateau that leads to some of the wildest country in Scotland. This is a serious hill walking trip, and you’ll need proper equipment and good navigation skills. Start from the Sugarbowl car park.

**The Old Logging Way**
6 ½ miles / 10.5 kms each way
A great link between Glenmore and Aviemore. From the car park to the summit, following the footsteps of herdsmen who used to mind their flocks here in the summer and who gave the hill its name. This is a steep, rocky mountain path. The weather can change very quickly, even in summer. You should have proper hill-walking equipment for this trip.

**Cycling in Glenmore**
You are welcome to cycle anywhere within the forest park, but please note that the upper section of the Ryvoan Trail and the Meall o’ Bhuachaille Circular are not suitable for bikes. All forest roads are easy cycling.

**Lochan** (say Loo-chan)
Toilets and benches at the visitor centre. There is a fantastic cafe, to start and end your trip. Trail routes vary from wide, easy tracks to the loch to a demanding climb for one of the best views of Speyside.