Inshriach Trails
Just a few miles south of Glenmore, Inshriach holds completely different. The forest here is quieter and more intense. There are beautiful trails along the Feshie river, around Uath lochs or up to the wide views from Farleitter Crag.

**Start point 5 Uath Lochans**
The car park is tucked away up a narrow road, turn off the A970 to Urquhart, head north from the car park. The car park is approached off the right, just after a mile.

**Uath Lochans Trail**
A magical mix of woodland and sparkling lochs. Look out for frogs beside the paths, and for dragonflies darting over the waterfields.

Mostly gentle gradients with some short, moderately steep sections. A generally firm gravel path, often narrow, with sections of boardwalk. Paths can be muddy and slippery after rain.

**Farleitter Crag Trail**
Tall trees, craggy rock outcrops and superb views of the Spey valley and the Glen Feshie hills.

A hilly route, with many long steep slopes. The surface is generally firm and smooth, with occasional uneven and loose sections. Can be wet and muddy after rain in places.

**River Feshie Trail**
A narrow natural path along the river. There are lots of places to stop and watch the water.


**Feshie Woodland Trail**
A peaceful trail into a classic Cairngorm landscape of tumbling burns, Heather and Scots pines.

A moderately steep trail with short sharper sections. Earthy paths with some narrow, rough sections, including stone steps and roots. Can be wet after rain. Includes two public road crossings.

**Frank Bruce Sculpture Trail**
Frank Bruce was a self-taught sculptor whose remarkable works have been installed in a small area near the Feshie river trail. The carving fits the woodland with spirits, stones, and Frank’s thought-provoking responses to what it means to be human.

Essential Information
Take care on the hills
Please remember that the weather on the hills can change very quickly. Even in summer, conditions on the tops of hills are often much colder and windier than at low levels, despite clear skies. Here are some pointers for a safe and enjoyable trip:

- Be properly equipped
- Plan your route carefully and stick to it
- Tell someone where you are going and when you expect to return
- Take adequate warm and waterproof clothing
- Wear suitable footwear
- Take sufficient food and drink
- Carry a map/campasms and know how to use them
- Turn back if it gets too hard for you
- In emergencies call 999 and ask for the police
- When connected provide:
  a) location of the incident
  b) number of people in the party
  c) any injuries if there are, ask the police to inform an ambulance

Take notice of the signs
These forest trails are open to walk as well as follow. 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 courses vary from wide, easy tracks by the loch to a demanding climb for one of the best views of Speyside.
Several trails are suitable for buggies and wheelchairs. You can borrow a mobility scooter free of charge at the visitor centre. Ask the staff for details of this scheme, run by the Badenoch and Strathspey Transport Group, contract: 01479 810 004.

Ryvoan Trail
You can also park at the Allt Mor car park for access to Ryvoan and An Lochan Uaine
Visit the enchanting An Lochan Uaine (The Green Lochan) and wend back through the twisted pine and birch forest above.
Smooth gravel track with moderate slopes up to lochan. Rough, narrow gravel and earth section beyond, with exposed tree roots. Long steep slopes and long sets of rough rocky steps.

Beach Trail
Meander through the beautiful pine, birch and older woods by the Allt Mor burn and Loch Moltick's golden sands
Largely wide, smooth gravel and tarmac surface, with slightly uneven and loose sections. Some short fairy 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.

Pine Knoll Trail
Walk beneath the twisted old pine trees and look for dragonflies and wood ants beneath the canopy.
Firm gravel and earth surface throughout. Some loose and uneven sections, and occasional muddy patches after rain. Generally flat with a few moderate slopes and one short flight of steps.

Hayfield car park
Start point 3
Walk beneath the twisted old pine trees and look for dragonflies and wood ants beneath the canopy.
Firm gravel and earth surface throughout. Some loose and uneven sections, and occasional muddy patches after rain. Generally flat with a few moderate slopes and one short flight of steps.

Alt Mor Trail
Follow the tumbling Allt Mor out of the forest and onto the mountain side for breathtaking panoramic views over Glenmore and Strath Spey.
Firm gravel surface, with some narrow, uneven and rocky sections. Long steep slopes for half a mile. Includes some narrow openings, long sections of boardwalks, and a road crossing.

Meall a’ Bhuachaille circular via Ryvoan botty
Explore the atmospheric pine woods around Glenmore’s former shooting lodge.
Mostly wide, uneven gravel surface with some potentially muddy patches. Includes a couple of short fairy steep slopes and some low branches.

Meal a Voo-cal - The Herd’s Hill
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
A mountain path that takes you to the mouth of the Lairig Ghru, a great defile 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
A great link between Glenmore and Aviemore, this well-surfaced track with gentle gradients is ideal for cyclists. It follows the route taken by thousands of trees that were felled in the glen. In days gone by they were floated down the River Spey on their way to shipyards to be made into masts, hulls and decking for ships. This trail is not waymarked; however it is signposted and is very easy to follow.

Beach car park
Start point 4
Start from the Sugarbowl car park. This is a major cycle route from Aviemore to Inverness. It follows an old military road and King’s military road route. The route follows the River Spey through Glenmore and across the Lairig Ghru. It is well signposted throughout.
Follow the route through the forest. It follows some narrow sections, and some rough, bumpy sections, before continuing through the lochside.