

It doesn't matter how old you are, how fit you are, or how much you have to spend - the Park is for everyone to enjoy. Many things to see and do are completely free - including walking and wildlife watching - mostly provided by nature.

There are over 1000km of waymarked trails in the Cairngorms. Some walks are for all abilities which make them ideal for wheelchair users and also for those pushing buggies, and there are also cycle routes linking different places. Organised camp sites, bunkhouses and hostels provide low-cost accommodation. Search for campsites, hostels and other accommodation on www.visitscotland.com or www.welcometoscotland.com

If you are travelling through wild country, you may choose to wild camp. This means you can camp overnight free of charge, though this brings extra responsibilities (see page 9 for how to do this).

The Park Authority also provides free booklets and brochures, including information about what to see and do in



Cairngorms on a Shoestring

EXPLORE YOUR NATIONAL PARK

the Cairngorms National Park. Ranger-led activities in the Cairngorms are listed online in the 'What's On' section of www.visitcairngorms.com

Throughout the Park you will find bothies which provide very simple accommodation when walking in wild areas. See www.mountainbothies.org.uk

Scattered throughout this brochure you'll find walks and activities you can do easily, inexpensively and without a car - saving you some money, and saving the environment too. And for a real taste of Scotland, go to a Highland Games or Show, see www.visitscotland.com/guide/see-and-do/events/highlandgames

On page 10 there are details of discounted fares on buses and trains. Check with operators first if you plan to take a bicycle, see page 12. And before you head out, have a look at the safety advice on page 7.

See the Cairngorms on a Shoestring pages on the Cairngorms Visitors' website for more info - www.visitcairngorms.com

Big Issue Foundation Group at Glenmore

SYHA - A Great Way to See Scotland

The Scottish Youth Hostels Association is Scotland's largest provider of budget accommodation, with around 50 Hostels across the country. From rustic cottages to a grand Highland castle, we have something to suit everyone.

There are five Hostels in the Cairngorms National Park: Aviemore, Cairngorm Lodge (Loch Morlich), Tomintoul, Braemar and Inverey. All of these hostels have their own unique character and all offer a great base from which to explore and enjoy the National Park.



So for great quality, affordable accommodation and a warm welcome, choose SYHA.



For more information visit www.syha.org.uk or call us on 0845 293 73 73.

Real People, Real priorities, Real budgets



Cairngorms Independent Hostels

Why not stop off, stay and explore the stunning Cairngorms National Park on the Heather Hopper bus? There are plenty of delightful towns and villages to choose from and you can experience some of the remotest rural areas in Scotland. Enjoy the Highland hospitality of Cairngorms Hostels - over 20 unique hostels - independent and SYHA, throughout the Cairngorms National Park.

See www.cairngormshostels.co.uk for more details.



Access at Hostels

Independent Hostels

The hostels that have internet access/wireless access are as follows:

Gulabin Lodge
Prosen Hostel
Fraoch Lodge
Newtonmore Hostel
Habitat@ballater
Aviemore Bunkhouse
Slochd Mhor Lodge
Lazy Duck Hostel
Ardenbeg Bunkhouse
Rucksacks Braemar Bunkhouse

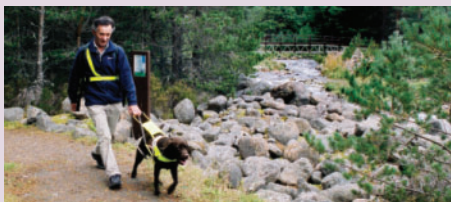
Access is for hostel/bunkhouse users only.
Note - this is a mix of wireless availability (you'll need your own laptop) and internet PCs available for use.

Scottish Youth Hostel Association

Braemar, Aviemore, and Cairngorm Lodge have internet access.

Disabled Access

Disabled access varies between hostels - contact www.syha.org.uk or www.cairngormshostels.co.uk
Information and advice can also be obtained from www.disabledramblers.co.uk or www.highland-disabled-ramblers.org



Inverness Cycle Bus

Travelling north from the Park? Why not take your cycle with you on the bus. The Cycle Bus operates from Inverness to Durness and Smoo Cave via Ullapool, Ledmore Junction, Lochinver, Scourie, Kinlochbervie and onto Durness.

The covered trailer can carry 11 cycles and a tandem. If necessary another two cycles can be carried in the bus. The cycles are secured in the trailer individually and locked in by a personal key that is held by the traveller until the end of their journey.

Passengers can stop the bus at any safe location. This gives you access to many roads & tracks otherwise difficult to get to.



See www.timdearmancoaches.co.uk/durness.htm for more details of operating dates and fares.