



The Cairngorms National Park includes some of the finest mountain scenery in Britain. The Cairngorm Plateau contains five of our six highest mountains and the largest area of land above 600 metres (2000ft). Even the famous Lairig Ghru pass that cuts through the mountains reaches 835m – higher than 90% of the Lake and Falls.

The high land here is at times more like the Arctic than Scotland in scenery and plants, and, on a wild day, in weather. The National Park also includes the largest area of native woodland in the country with vast tracts of Caledonian pine, birch and aspen.

There are a refuge for our rare and endangered plants and animals. The Cairngorms is home for a quarter of Britain's protected species.

There is a lot to explore and this leaflet provides details on the paths through remote areas with many opportunities for you to experience a sense of wilderness. However, you don't have to venture too far to enjoy the wonders of the National Park. We have over 1000km of waymarked paths close to towns and

National Park



villages that will allow you to explore the area and get views into the mountain core. For more information look out for one of these leaflets.

The Cairngorms Outdoor Access Trust (COAT) is an environmental charity working to improve outdoor access in and around the Cairngorms National Park.

The trust works with land managers, communities and path users to build, repair and maintain paths, and install signage and interpretation: - practical projects that make a difference 'on the ground'.

The Heritage Lottery Fund and others are supporting COAT to deliver the Cairngorm Mountain Heritage Project. In the next few years over £1.5 million will be spent repairing paths on the Cairngorm plateau and some of the major routes on this map including the Lairig Ghru (206) and Lairig an Laoigh (207).

COAT is funded by a range of partners, income from car parks and leaflet sales, grant applications and donations. If you want more information visit: www.cairngormsoutdooraccess.org.uk



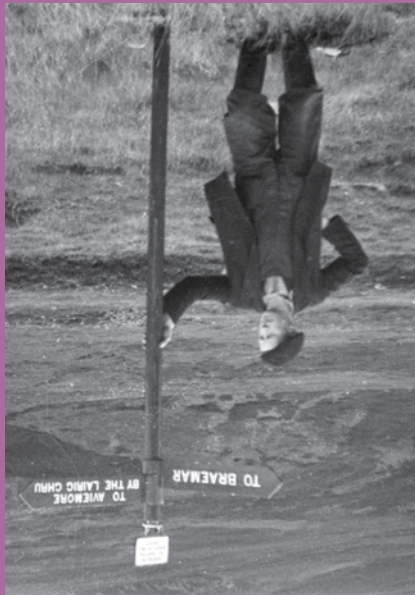
Published by The Scottish Rights of Way and Access Society
Safeguarding public access in Scotland since 1845



Make it Yours

www.visitcairngorms.com

ScotWays



The Scottish Rights of Way and Access Society (ScotWays) is a charity, dependent on voluntary support, which dates from 1845 and has as its primary objective, 'the preservation, defence, restoration and acquisition, for the public benefit, of rights of access, including public rights of way and their amenity'.

In the later 19th century the Society introduced its well known green signs, unilaterally erecting them in the Park area at the beginning of the Lairig Ghru (route 206), the Lairig an Laoigh (route 207) and Glens Feshie and Tromie (routes 205 and 203). Since then, as the access climate has changed so much for the better, its aims have been achieved more by negotiation and persuasion than by direct action and legal proceedings. Its staff and volunteers deal with many hundreds of inquiries every year about access issues from land managers and users, and the Society maintains the National Catalogue of Rights of Way.

It is believed to be one of the world's oldest access bodies, and its reputation was made in the 19th century by fighting and winning some public battles against major handovers. Some of the key victories were over hill tracks on this map – especially in Glen Tilt (route 202), and on Jock's Road in Glen Doll (route 188) where the case went to the House of Lords.

The Society is represented on many local access forums and on the National Access Forum and its web site contains up to date information on a wide range of access issues, including expert legal commentaries on relevant court cases. It also publishes much of this information – obtainable from the Society's website or office.

In 1947 it published the first edition of its guide to *Scottish Hill Tracks* – which is a guide to hill paths, old roads and rights of way throughout Scotland. A completely rewritten 5th edition is due to be published in late 2011. The route numbers on the map on the other side of this sheet correspond with the route descriptions in the new edition.

For more information see the Society's website: www.scotways.com or e mail info@scotways.com or contact the Secretary at: ScotWays, 24 Annandale Street Edinburgh EH7 4AN. Tel. 0131 558 1222.



Responsible Access

Scotland is one of the best places in Europe to enjoy outdoor recreation. As a walker, cyclist, horse rider or canoeist you have a right of access to most land and water so long as you behave responsibly.

The Scottish Outdoor Access Code provides detailed advice on responsible access www.outdooraccess-scotland.com. The key things for you to do are:

- **Care for the environment**
- **Respect the rights of others**
- **Be responsible for your own actions**

The Cairngorms National Park is a special place for nature. Many of the plants and animals are rare and need protected and you can help by being responsible in the countryside.

There are many ground nesting birds in the Cairngorms that rely on peace and quiet to breed. During the breeding season (April - July) you can help by keeping your dog on a short lead or under close control in areas such as the plateau, native woodland, moorland, grasslands, and loch shores. If you see one of these signs please follow the guidance given.



Heritage Paths in the Cairngorms

Cairngorms National Park

This is an area of outstanding natural and cultural heritage that needs special management. At 4528 sq km it is the largest National Park in Britain with about 40% of the area designated for nature conservation. Some 17,000 people live in the area and about 1.5 million people visit every year. That sounds like a lot of visitors but in an area that's bigger than the island of Majorca we still have plenty of space.

Our vision for the Cairngorms National Park in 2030:

Imagine a world-class National Park – an outstanding environment in which the natural and cultural resources are cared for by the people who live there and visit; a renowned international destination with fantastic opportunities for all to enjoy its special places; an exemplar of sustainable development showing how people and place can thrive together. A National Park that makes a significant contribution to our local, regional and national identity.

The National Park is owned and managed by many different people including; businesses, estate owners, farmers, charities, public bodies and groups and individuals who live in the local communities. We will only achieve our vision if we all work together. The Cairngorms National Park Authority (CNPA) owns no land or property in the area. It was set up to support the work of others and make sure that it is coordinated.

The CNPA is also the Access Authority with specific responsibilities to:

- **Promote responsible outdoor access**
- **Uphold access rights**

If you want more information about the CNPA please visit www.cairngorms.co.uk. In the unlikely event of you having problems in gaining responsible outdoor access please contact the CNPA Access Team.

People have always moved around to find the resources they need for living, to trade, and to move animals to summer grazings or to market. Growing population and prosperity, along with stronger governance of the nation, led in time to more extensive travel networks linking main settlements. Routes of travel have always been governed by terrain, by the location of fords and the bridging of main rivers, as well as by the need to avoid undrained, boggy ground.

The Cairngorms National Park covers an area with a distinct geography containing very mountainous terrain and incorporating large rivers and steep hills. These features have acted as significant constraints to people travelling through the area and served to funnel the movement of people through deep glens and over high passes.

Few modern roads have penetrated far into the Cairngorms National Park, making it particularly rich in long distance historic paths and roads. The National Park contains important historic routes such as the Lairig an Laoigh (route 207) and the Minigarg (203) in the west, and the Ladder Road (222) and the Capel Mounth (189) in the east, along with many others.

Many of the hill tracks shown in this leaflet have a long history to them, having been used by drovers, smugglers and cadgers as well as by people simply walking from one village to the next. Collectively these routes are a record of how people moved around in the past and are an important part of the cultural heritage of the Cairngorms National Park. More details on these long routes and shorter historic paths within the Cairngorms National Park and the rest of Scotland are available at: www.heritagepaths.com.

Despite containing a large number of paths the project is by no means complete and the database is continually being added to. We are always interested to find out about paths not yet recorded or up to date access information about a path. If you know a route that is not on the website please let us know

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The Heritage Paths Project

Further Information

The Scottish Rights of Way and Access Society, 24 Annandale Street, Edinburgh, EH7 4AN

Telephone/Fax: 0131 558 1222
www.scotways.com

Useful Websites

Path history
www.heritagepaths.co.uk
Walking routes
www.walkhighlands.co.uk
Visitor information
visitcairngorms.com
Cairngorms hostels
www.cairngormshostels.co.uk
Mountain weather
www.mwis.org.uk
Outdoor access
www.outdooraccess-scotland.com
Cairngorms Outdoor Access Trust
www.cairngormsoutdooraccess.org.uk
Cairngorms National Park Authority
www.cairngorms.co.uk

Mountain Rescue

In emergency dial 999 and ask for mountain rescue.

If you would like a large print version of this leaflet please contact Cairngorms National Park Authority Tel: 01479 873535.

Published by ScotWays and CNPA.

Hill Tracks in the Cairngorms National Park

MAP NOT SUITABLE FOR
DETAILED ROUTE FINDING

This map shows the main walking routes over hill passes in the Cairngorms National Park. It is not suitable for detailed route finding so please use a more detailed map for navigation. It is intended to assist route planning.

The routes shown on the map are numbered and these numbers correspond to the routes featured in *Scottish Hill Tracks*. This gives distances, grid references and a description for each route.

They are primarily for walkers – only a few are wholly on tracks suitable for mountain bikers. Remember these routes are not waymarked; use a more detailed map – at a scale of 1:50 000 or larger – and a compass for navigation. Some of them are signed and follow the lines of existing paths – but others are not even shown on large-scale maps.

There are few bridges in the core mountain area and at times river crossings will be difficult and potentially dangerous.

Remember to respect the livelihoods of those who make a living in these hills – be they shepherds, stalkers or foresters – and care for the environment. Much of the area has been designated as of European importance for animals, birds, flora and geology and should be respected as such.

Please take your litter home and respect the Scottish Outdoor Access Code (see panel below).

Before you set out:

- Study a map and the route description to make sure that the proposed route is suitable for the fitness and the competence of your party
- Get a weather forecast
- Make sure you are properly equipped with a compass, map, footwear, clothing and food appropriate for the time of year (it can, and does, snow even in June)
- Make sure that someone else knows where you are going and when you expect to arrive.
- Err on the side of caution in estimating times. In much of the terrain it is unrealistic to expect to cover more than 3-4 kms per hour and in poor weather possibly less even for a fit party. Plan accordingly.

