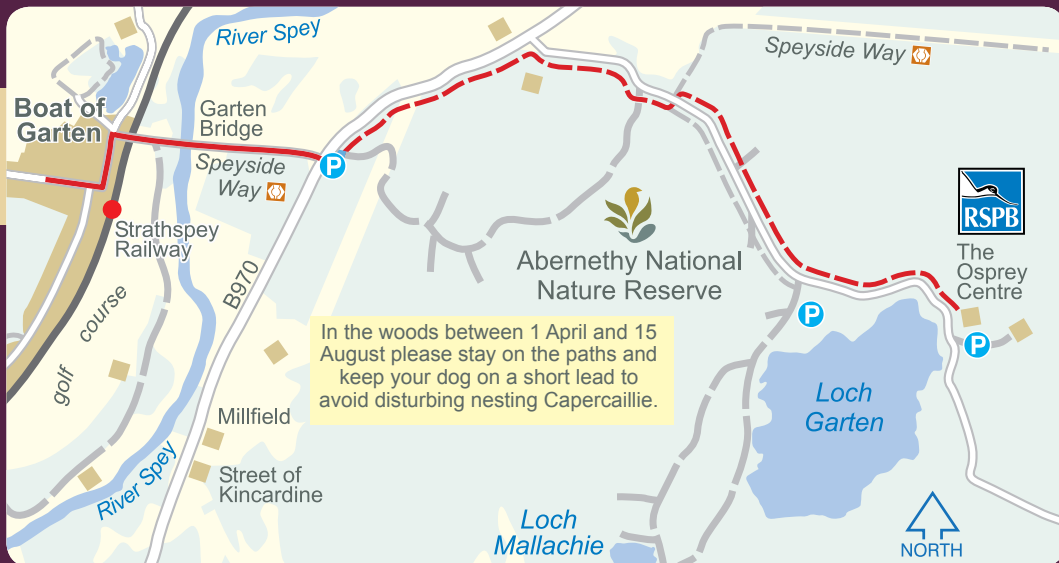




## Boat of Garten – Loch Garten

A gentle cycle ride through Boat of Garten, over the Spey and onto RSPB Abernethy National Nature Reserve to the Osprey centre. Take stops along the route to marvel at the granny pines and soak up the view at Loch Garten.



### Be bike safe:

- Make sure the route is suitable for everyone in your group
- Follow the Highway Code if you are on roads
- 'Do the ride thing' if off road and respect all other users [www.dmbins.com/riders/do-the-ride-thing](http://www.dmbins.com/riders/do-the-ride-thing)
- Take plenty of water and snacks
- Carry spares for repairs
- Make sure you are prepared for the weather

**Grade:** EASY

**Terrain:** Flat cycle on roads, tracks and paths

**Length:** 7 miles / 11 km (there and back)

**Start:** Community Hall

For more family cycle routes within the Park visit [cairngorms.co.uk](http://cairngorms.co.uk)



**KNOW THE CODE  
BEFORE YOU GO**

[outdooraccess-scotland.com](http://outdooraccess-scotland.com)

