

Welcome to Kingussie

The name Kingussie comes from the Gaelic words *ceann a ghiuthsaich* meaning 'the head of the pine forest' and reflects its position near the limit of the Caledonian pine woods that once covered much of the highlands.

In an area steeped in history, the original burgh was on the opposite side of the River Spey at Ruthven, where the old roads through Drumochter, Glen Truim and Glen Feshie came together at a ford across the river. The present Kingussie settlement was founded in the late 18th century by the Duke of Gordon following the building of a bridge over the Spey at Ralia.



Kingussie Paths

A network of paths and tracks leads out of the village, providing a variety of circular routes to enjoy with fine views, a rich local history and abundant wildlife. This leaflet suggests six routes of varying length, all starting and finishing in Kingussie so you can give the car a rest! Each colour-coded route is shown on the map and there are corresponding coloured waymarkers along each path to help guide you. However, please take a few minutes to read the route descriptions on the map before you set out, just to make sure that your chosen path is suitable for you and any others in your group.



For information on paths, local events, facilities and accommodation:

Visitor Information Centres:

Kingussie: 0845 22 55 121 (open all year)
Newtonmore: 01540 670 157 (open all year)
Aviemore: 0845 22 55 121

useful web sites:

www.kcdc.org.uk
www.kingussie.co.uk
www.cairngorms.co.uk

If you enjoyed 'Kingussie Paths' then look out for other Community Paths leaflets to help you explore more of the Cairngorms National Park.

All profits from the sale of this leaflet go directly into maintenance of the path network.
Thank you.

Kingussie Paths



Explore Badenoch



Loch Gynack Path

Route to Newtonmore with views of loch and hills, passes old township site.

Distance: 3½ miles

Approx Time: 3 hours to Newtonmore (return by same route or by easier 1 hour return route along cycleway beside A86).

Start: Loch Gynack

Terrain: Uneven terrain, can be muddy, moderate gradients, exposed on moorland sections. Ford to cross at Newtonmore end.

Golf Course Circular

Circular walk through birch woodland with views of Loch Gynack.

Distance: 2 miles

Approx Time: 1¼ hour

Start: Ardvonie Car Park.

Terrain: Uneven terrain, can be muddy, moderate gradients. BEWARE OF GOLF BALLS, particularly at the northern end.

Tom Baraidh & Raitts

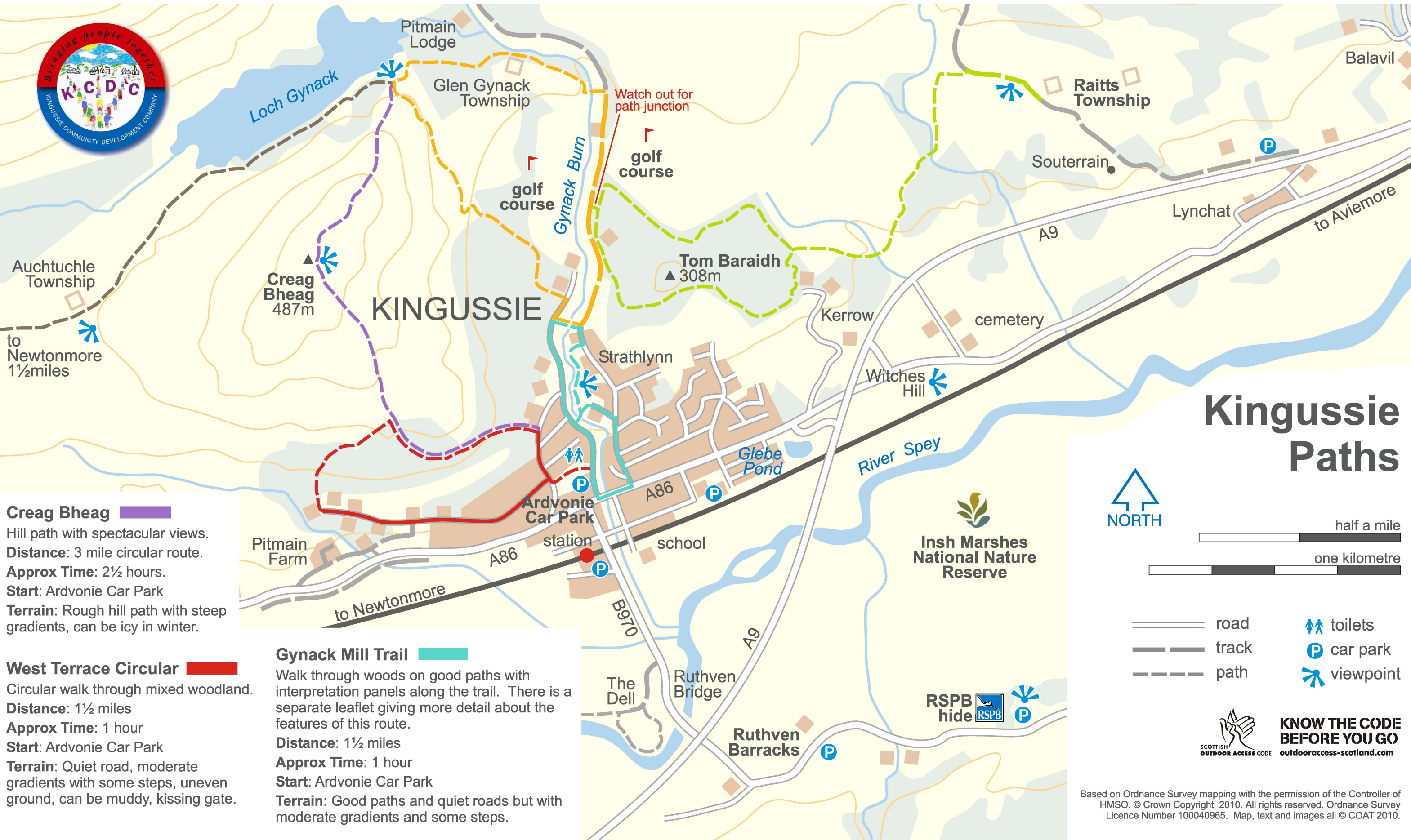
Way-marked route round mature plantation on informal trail through fields and juniper woodland to old settlement site with views over Badenoch.

Distance: 3 miles

Approx Time: 2 hours (one way)

Start: Ardvonie Car Park.

Terrain: Uneven ground, can be wet.



Shinty

Kingussie can justifiably claim to be the home of shinty, an ancient sport with links to St. Columba and the sport of hurling in Ireland. The governing body, The Camanachd Association, was formed at a meeting held in the Victoria Hall, now part of the Badenoch Centre, in October 1893.



The championship trophy, the Camanachd Cup, was introduced in 1896 and Kingussie were the first winners. In modern times the Kingussie club still often bring the cup back 'home'!

If you decide to take a walk to Ruthven Barracks you might well see the local club in action playing or practising at the Dell.



Redcoats and Jacobites

Ruthven Barracks were built in 1719 as a response to the 1715 Jacobite rising. The site was once a castle belonging to Alexander Stewart, the infamous Wolf of Badenoch. The Barracks was besieged by the Jacobites and eventually burnt down in 1746 to stop Government troops from using them. Today the elevated site of the ruins still gives a commanding view of the surrounding countryside.



The Railway

In 1863 the Highland Railway Company completed a line through the town which opened the way for tourists to take the highland air and admire the wild landscapes. The Gynack Burn played an important role, supplying water to the railway engines after their climb through the Drumochter Pass (the highest point on the UK rail network) or over the Slochd summit.



The railway still brings many visitors to Kingussie every year to walk or cycle and visit nearby attractions such as Ruthven Barracks and the RSPB Insh Marshes Reserve (about 1 mile and 1.5 miles from railway station). Taking the train is also a great way to cut your 'carbon footprint' and reduces adverse impacts on sensitive sites!



About COAT

The Cairngorms Outdoor Access Trust works to build and improve paths in the Cairngorms area. The Trust also gives information about access.

To find out more go to:

www.cairngormsoutdooraccess.org.uk

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