

INSHRIACH



All Inshriach Trails begin at the Forest Gate near Black Mills road end.



Insh Marshes 6 Km.

Starts along the public road and crosses to join a broad ridge going gently downhill and becoming moderately steep and twisty before reaching the valley floor. Here it runs level beside open fields with views over the Spey to the Monadliaths before climbing back, at first moderate and twisting but smoothing to a steady ascent, to the road at Dalnavert. Across the road the climb continues, to the Moor of Feshie, where the route swings south east and carries on over an exposed section, with several felling areas and good views of Cairngorm foothills, to fall gently to the starting point.



Creag Chrone 5 Km

There is a gentle fall from the start on Feshie Moor and again several open felled areas affording good views of the Monadliaths and Cairngorms. A stiff climb from the next road junction leads to the Loch an Eilean track: narrow and sinuous, this falls gently to the boundary and the

Rothiemurchus link. The trail continues over a broad ridge and then falls steeply through old pine and birch forest. At the bottom, a right turn leads to the public road. Left takes you up a steady climb past steep Creag Chrone, through a sheltered old woodland valley and to the exposed moor and completion of the circuit. Return along your starting route.

Glenmore Campsite:

Fully equipped tent and touring caravan site (shop, laundry, hot showers, electric hook-ups) open throughout the ski-ing season. You can't stay closer to the slopes or ski-trails. Enquiries to: The Warden, Glenmore Campsite, Aviemore. Telephone Cairngorm (047986) 271.

Ski Hire and Instruction:

Highland Guides, Inverdrurie, telephone (0479) 810729 -Britain's Nordic Ski Centre.

Ski hire also at Glenmore Shop.

Ski tow:

Ski FC at the Wayfaring car park. Short tow ideal for downhill beginners or for practicing telemarks. Open when conditions permit. Half day tickets available.

Nordic Ski-line:

For cross-country snow conditions, telephone (0479) 810729 (24 hours).

No Snow?

Pick up a Treks and Trails leaflet from the Campsite Warden or from Glenmore Shop.

Or try Wayfaring: orienteering fun for all the family. Wayfaring Packs on sale from Campsite Warden, Glenmore Shop and Tourist Office.

We hope you enjoy your skiing, but for your own safety please observe the following code:

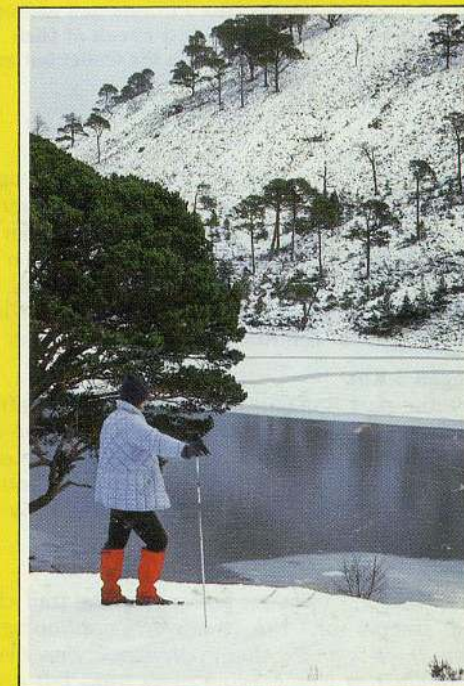
- Ensure your equipment is in good order.**
- Use only the marked routes.**
- Do not ski in bad weather or in darkness.**
- Overnight camping is not allowed.**
- Take care...**
- and observe the Mountain and Countryside Codes.**

Members of the public are permitted to enter Forestry Commission land and buildings entirely at their own risk and on the condition that they will have no claim whatsoever against the Forestry Commission for any loss, damage or injury however suffered or caused, subject to the Unfair Contract Terms Act 1977.

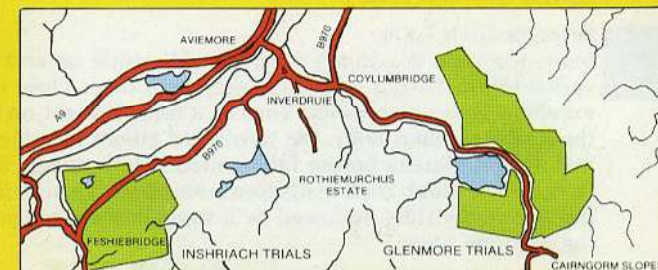
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STRATHSPEY SKI TRAILS



Cross-country ski trails at Glenmore and Inshriach Forests. Forty kilometres of waymarked trails through some of the most scenic forests in the Highlands.



Forestry Commission



Cross-country ski trails, as distinct from ski-mountaineering routes, require gentle to moderate slopes and smooth going with little or no vegetation to make the most of snow falls. Forest roads are ideal and have the advantage of trapping more snow and prolonging its life by shading.

This leaflet gives brief details of 40 Km of trails which have been marked by posts carrying the 'Skier' symbol in Glenmore and Inshriach forests. Select your route from the map and then follow the 'Skier' through the forest to your destination.

There are 3 grades of route: Easy — Yellow; Moderate — Blue; Difficult — Red. Route markers carry these colours. All routes are, however, suitable for average skiers.

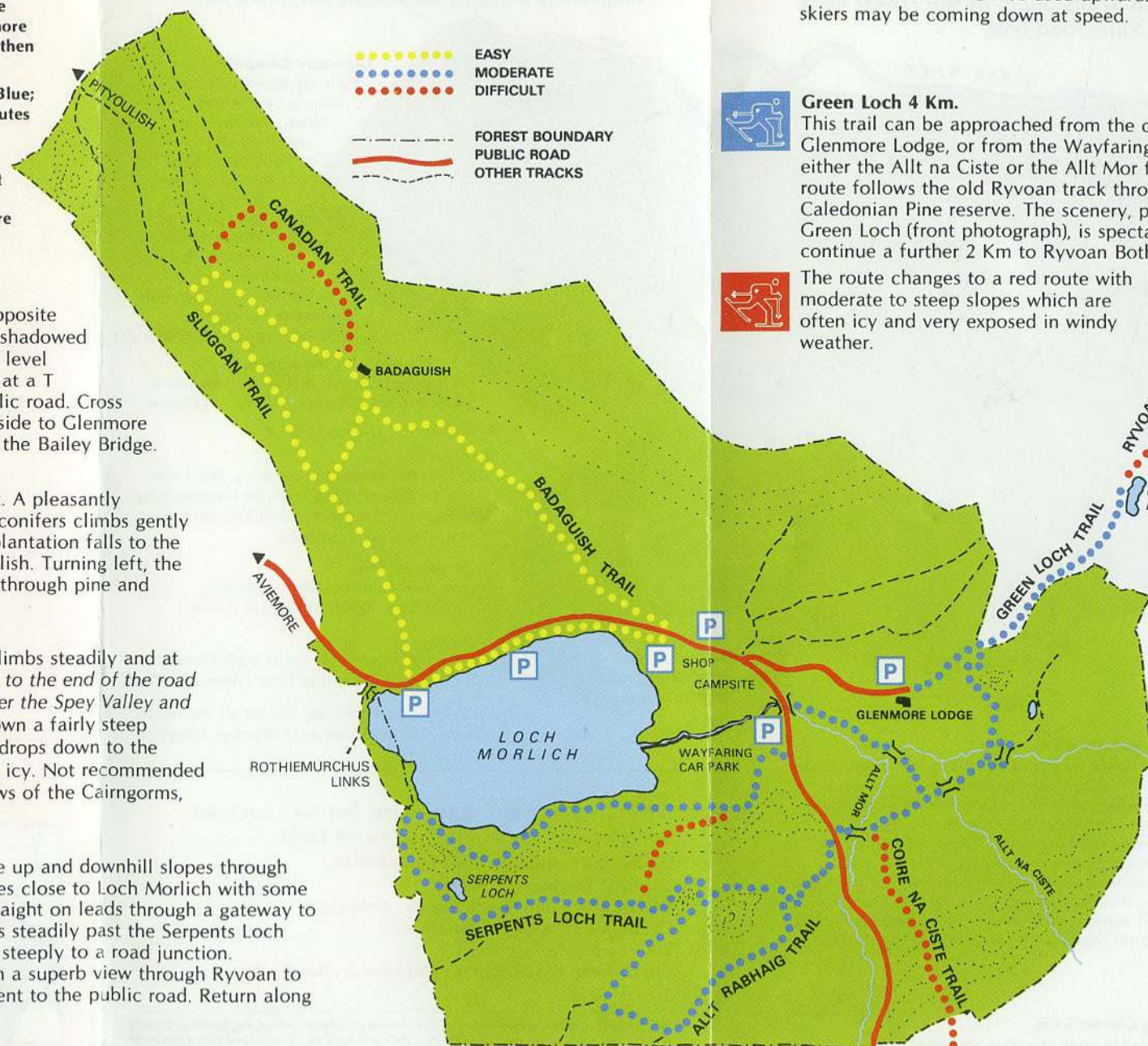
Rothiemurchus Estate have been most kind in providing marked link routes which connect the 2 forests, and permit long distances routes of over 20 Km and a circuit of Loch Morlich. These routes are not included in the leaflet but are waymarked.

GLENMORE



●●●●● EASY
●●●●● MODERATE
●●●●● DIFFICULT

--- FOREST BOUNDARY
— PUBLIC ROAD
--- OTHER TRACKS



Badaguish 6 Km.

Excellent for beginners. Climbs gently from opposite the shop, then almost level to Badaguish overshadowed by Creagan Gorm ridge. Sharp left on another level section through old pine forest and left again at a T junction takes you gently downhill to the public road. Cross with care. Left takes you back along the roadside to Glenmore or turn right for the Rothiemurchus links over the Bailey Bridge.

Sluggan 3 Km.

Continue past Badaguish houses and keep left. A pleasantly undulating section of road through attractive conifers climbs gently to a turning point where a track through the plantation falls to the Sluggan right-of-way from Glenmore to Pityoulish. Turning left, the road is at first open, and then climbs steadily through pine and spruce to Badaguish trail.

Canadian 2 Km.

After Badaguish houses, turn right. The trail climbs steadily and at times steeply for 1 Km. (It is worth continuing to the end of the road where there is an excellent panoramic view over the Spey Valley and Monadhliaths). The marked route turns left down a fairly steep section at the edge of the old plantation and drops down to the Sluggan. Can be trying and may be difficult if icy. Not recommended for beginners. For a long, fast schuss with views of the Cairngorms, do this trail in reverse.

Serpents Loch 7 Km.

Starts from the Wayfaring car park with gentle up and downhill slopes through varied forest. Then a long level section at times close to Loch Morlich with some excellent view-points which ends at a fork. Straight on leads through a gateway to the Rothiemurchus links; left twists and climbs steadily past the Serpents Loch and a short plateau before falling moderately steeply to a road junction. A moderate climb then leads to a summit with a superb view through Ryvoan to the Abernethy Hills, followed by a steep descent to the public road. Return along the roadside verge.

Allt Rabhaig 2 Km.

This is a short loop which follows the Allt Rabhaig gently climbing on its sinuous course to the forest boundary, just before which it turns across country through scattered pine, returning by another road which falls gently to the Serpents Loch Trail.



Coire Na Ciste Trail 1.5 Km.

Designed as a relief track for weather-bound skiers, this route runs from the Ciste road junction on an off-road track which is very steep especially on the lower section. It should NOT be used upwards as Alpine skiers may be coming down at speed.



Green Loch 4 Km.

This trail can be approached from the car park beyond Glenmore Lodge, or from the Wayfaring car park via either the Allt na Ciste or the Allt Mor footbridges. This route follows the old Ryvoan track through the Caledonian Pine reserve. The scenery, particularly the Green Loch (front photograph), is spectacular. You can continue a further 2 Km to Ryvoan Bothy.



The route changes to a red route with moderate to steep slopes which are often icy and very exposed in windy weather.

