

SCOTLAND



ROUGH-STUFF IN SCOTLAND - A FEW NOTES

Compared to the Alps, the major Scottish rough-stuff routes are often longer and rougher (more boulder strewn), but much less steep. As in the Alps, it is well worth while taking a frameless rucksack so that heavy items can be carried on one's back when the going is hard, and slung over the saddlebag at other times. Tandems are inadvisable on the harder routes, and on those with locked (deer) gates.

The main problems on Scottish tracks are likely to be caused by heavy rain or snow; flash floods can wash away bridges or sections of routes along river banks, or deposit boulders on paths. Streams that are easily fordable in good weather can quickly become raging torrents during or after heavy rain. On average the best months for weather in the Highlands are April, May and June. The cloud base is usually higher then too, and on a particular day, often at its highest in mid-afternoon. Roads are also quieter then than in high summer. The rare fine days of winter can be very rewarding, but remember those days are very short.

Remember too, that some of the longer routes are very remote, and help in the event of an accident may be a long time arriving. Especially when travelling alone, leave a note or tell someone of one's intentions if possible. If in distress, use a whistle or torch, shout or wave bright clothing — six regular blasts or flashes etc., repeated after a minute's pause; the reply is three such blasts etc.

The routes are given two ratings: (1) V.A.D. = very approx. difficulty (from E, Easy; M, Moderate; through D, Difficult; to S, Severe: this last could well involve double carrying, bike then luggage, if one is well loaded) and (2) Stars, based mainly on scenic value in fine weather, but also on usefulness as a link. Times, where given, are hopefully on the generous side in good conditions.

This guide was written by E D Clements with substantial use of information from Rough Stuff Journals.

Any comments, amendments or additional useful routes will be welcomed by the RSF librarians, Jill & Chris Bolton (rsf@jillbolton.co.uk).

MAPS AND SKETCH MAPS

The 1:50,000 O.S. Landranger series is highly recommended for Scottish rough-stuff. These maps are regularly updated with features such as new roads, forestry, reservoirs, etc. Some prefer Barts: fewer maps are needed, but only a few forestry tracks and footbridges are shown; above 200m., contours are only at 100m. intervals, and grid refs. cannot be used. Sheet lines are unchanged on the latest (yellow covers) Barts. maps; these are not numbered as evidently some sheets are not being published. It may not be generally realised that grid refs. can be used on some* road atlases, eg. the AA road atlas and all O.S. ones. Those at 1:250,000 scale are best, since the 10km. squares are easily subdivided with a millimetre ruler.

Sketch maps are provided for all or part of a few routes; eg. when the latter are on two or more different O.S. maps, or on maps showing few if any other routes.

North is uppermost on all key and sketch maps. — — — indicates divisions between different parts of a sketch map. The abbreviations R.S. (rough stuff) and R.R. (rough roads) refer to footpaths and tracks respectively on the O.S. maps. Other abbreviations in use are:—
R.S.J. = Rough-stuff journal; NW. etc. for points of the compass;
a or ap. = about or approx.

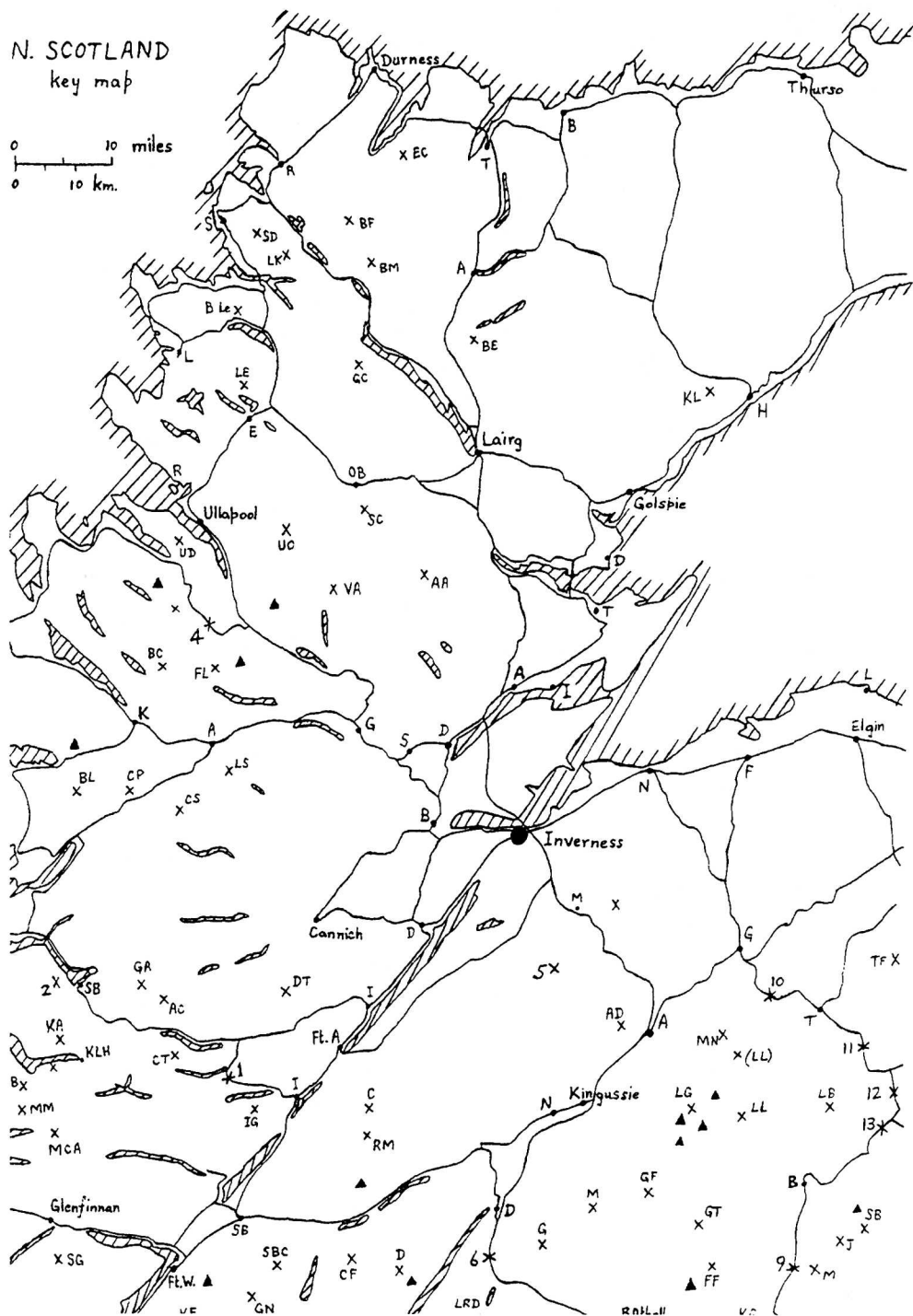
Double dotted O.S. tracks known to be rideable are denoted ===== on the sketch maps, and other symbols used are:—  for inland lochs;

—▲— for peaks and ridges;  for pylon lines;
+ + + + + for railways; ~~~~~ for streams.

The initials before each rough stuff route are for identification on the key maps and are unique. A x on the key map indicates the highest point(s) of each route; a few are marked that are not mentioned in the text. Likewise road routes are numbered; a few of the higher ones only.
* most atlases are now using the National Grid (1992).

N. SCOTLAND
key map

0 10 miles
0 10 Km.



ROUGH ROUTES ON N. SCOTLAND KEY MAP (W. OF GREAT GLEN)

Code	VAD.	* Page	Code	VAD.	* Page
PG Strontian - Glenfinnan	E	4 5	FL Braemore - Lochluichart	D	3 9
CG Cona Glen - Glenfinnan	D	2 5	UD Ullapool - Dundonnell	E	4 9
MCA Mam na Cloich Airde	S	4 5	UO Ullapool - Oykel Bridge	M	2 9
MM Mam Meadail	S	4 5	VA Strath Vaich - Amat Lodge	E	2 10
MB Mam Barrisdale	M	5 6	SC Croick - Oykel Bridge	M	2 10
KA Kinloch Hourn - Arnisdale	M	4 6	AA Amat Lodge - Ardrross Castle	E	2 10
CT Cluanie - Tomdoun	E or I	3 6	R Culnacraig - Strathkanaird	VS	3 10
IG Invergarry - Greenfield	E	3 6	LE Lochinver - Elphin	M	4 10
SG Bealach a Mhaim (Skye)	D	4 6	BL Bealach Leireag	M	4 10
GA Glen Affric	M some D	5 7	SD Loch Stack Lo. - Duartmore Br.	M	3 10
AC Alltbeithe - Cluanie	M	3 7	LK Lochmore Lo. - Kylestrome	M	4 10
DT Dundreggan - Tomich	E	2 7	GC Glen Cassley - Loch Shin	M	2 11
RD Red Point - Diabaig	S	3 8	BM Bealach nam Meirleach	E	3 11
BL Bealach na Lice	M	5 8	BF Bealach na Feithe	M	3 11
CP Coulin Pass	E some M	4 8	EC Eriboll - Cashel Dhu	E	2 11
CS Gleann Fhiodhaig	M	3 8	BE Bealach Easach	E some M	2 11
LS Ledgowan - Strathconon	M	3 8	KL A'Chasg	E	1 11
BC Bealach na Croise	D	5 9			

ROUGH ROUTES ON N. SCOTLAND KEY MAP (E. OF GREAT GLEN)

Code	VAD.	* Page	Code	VAD.	* Page
KF Kinlochleven - Fort William	M	1 13	GT Glen Tilt	D	4 16
GN Glen Nevis - Loch Treig	M	3 13	FF Glen Fearnach - Glen Tilt	M	3 16
SBC Lairig Leacach	M	3 14	KG Enochdhu - Spittal of Glenshee	M	2 16
CF Corrour - Fersit etc.	M	2 14	LG Lairig Ghru	S	4 17
D Bealach Dubh	D	4 14	LL Lairig an Laoigh	S	3 17
LRD Loch Rannoch - Dalnaspidal	M	3 14	MN Ryvoan Pass	E	3 16
C Corrieyairack Pass	M	3 15	LB Loch Builg	E	4 17
RM Glen Roy - Melgarve	M	2 15	TF Tomnavoulin - Glen Fiddich	E	2 17
AD Aviemore - Slochd	E/M	2 15	M Monega	M/D	3 18
G Gaick Pass	E/M	3 16	J Jocks Road	S	2 18
M Minigaig	S	2 16	SB Sp. of Glen Muick - Bachnagairn	M	3 18
GF Glen Feshie	D	4 16			

ROUGH ROUTES ON S. SCOTLAND KEY MAP (HIGHLANDS)

Code		VAD. * Page	Code		VAD. * Page
DS	Devils Staircase	M 3 13	GAC	Glen Artney - Callander	E 1 12
CB	Mam Uchdaich	M 2 13	S	Strath Braan - Glenshee	E 1 12
EG	Lairig Eilde	D 2 13	CM	Capel Mounth	M/D 3 18
OE	Bridge of Orchy - L. Etive etc.	E 4 13	K	Mounth Road (Mt. Keen)	M 2 18
KB	Kingshouse - Br. of Orchy	E 2 13	FM	Fir Mounth	M 2 18
LC	Lairig Ghallabhaich (Chalbath)	E 2 14	F	Fungle	M 2 18
AL	Ardeonaig - Glen Lednock	M 1 12	Q	Glen Quharity	E 1 18
A	Glen Almond - Ardtalnaig	E 3 12			

ROUGH ROUTES ON S. SCOTLAND KEY MAP (SOUTHERN UPLANDS)

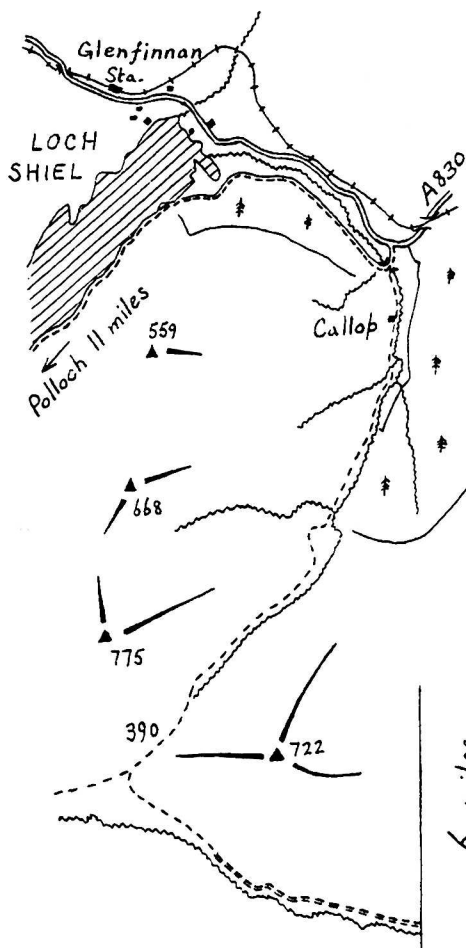
Code	(W. of A74)	VAD. * Page	Code	(E. of A74)	VAD. * Page
OR	Old Railway by Loch Skerrow	E 3 19	ME	Moffat - Ettrick	E 2 20
TC	Glen Trod - Clatteringshaws	M 3 19	QM	Queensmire	M 1 20
CD	Clatteringshaws L. - L. Doon	E/M 2 19	CH	Coquet Head	E 3 20
CPP	Carsphairn - Penpont	E 3 19	MR	Minchmoor Road	E/M 3 20
PR	Poliskeoch Rig	E 2 19	HW	Cauldstane Slap	M 3 20
GL	Lowther Hills	E 3 19	WL	Westruther - Longformacus	E 2 20
DE	Durisdeer - A702	E 2 19	OG	Lammer Law	E 2 20
EK	Ellergoffe Knowe	E 1 19			
MS	Muirkirk Moors	M 2 19			

A FEW HIGH ROAD ROUTES

No.		Rd. No. Ht.	No.		Rd. No. Ht.
1	Glen Shiel - Invergarry	A87 348	13	Crathie - Gairnshiel Lodge	B976 a480
2	Shiel Bridge - Glenelg	u 339	14	Banchory - Fettercairn	B974 455
3	Kishorn - Applecross	u 626	15	Br. of Orchy - Kingshouse	A82 348
4	Garve - Dundonnell	A832 332	16	Killin - Bridge of Balgie	u a552
5	Milton of Farr - Strathdearn	u a473	17	Kenmore - Amulree	u a530
6	Dalwhinnie - Blair Atholl	A9 457	18	Aberfeldy - Amulree	A826 398
7	Trinafour - Dalnacardoch	u a440	19	Straiton - Glentworth Village	u 433
8	Pitlochry - Kirkmichael	A924 384	20	Leadhills - Wanlockhead	B797 468
9	Perth - Braemar	A93 670	21	Innerleithen - Middleton	B7007 404
10	Tomintoul - Grantown on Spey	A939 a440	22	Tweedsmuir - Moffat	A701 407
11	Corgarff - Tomintoul	A939 637	23	Capperleuch - Tweedsmuir	u 452
12	Ballater - Corgarff	A939 a550	24	Tedburgh - Otterburn	A68 418

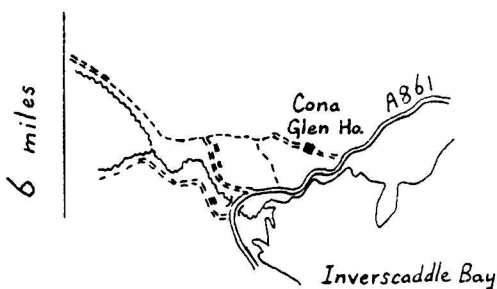
PG. STRONTIAN TO GLENFINNAN (342 m at 838665)

O.S. 40 NM 783690 to NM 924794 Barts. 50 16p 14 miles R.R.



The public road from Strontian ends about $\frac{1}{2}$ mile W. of Polloch. In 1970 this was an excellent metalled forestry road along the S.E. side of Loch Shiel, with barriers (to cars) at each end; however it has now fallen into disrepair and is rather rough.

If starting from the Polloch end, the forestry road continues straight on from the end of the public road.



CG CONA GLEN TO GLENFINNAN a390m.

OS40 NN 022686 to NM 924794 Barts. 50 18n 5 miles R.S. 9 miles R.R.

No details. Leave A861 by the track or path to West of Cona Glen House.

Note:- the path on Barts. to Glen Hurich is not shown on O.S., and crosses difficult country. Glen Scaddle to Glen Hurich is described in R.S.T. Vol 30 No.5 p.132.

MCA x MM MAM NA CLOICH AIRDE x MAM MEADAIL a 315m. & 550m.

Loch Arkaig to head of Loch Nevis & Inverie: 14 miles R.S. 6 miles R.R.
O.S. 33 NN 011923 to NM 774996 Barts. 50 18h & 17g.

The rough road from Loch Arkaig ends at Upper Glendessarry. The path starts behind the house, and continues above the forestry till past the Allt Coire nan Uth, across which there is a footbridge, rather hidden. The forestry road on the South side of Glen Dessarry, past A'Chuil bothy, ends in the forest, and is of no use as an alternative. The main path is very rough and boulder strewn over the Bealach an Lagain Duibh, or Mam na Cloich Airde, as it is better known. It becomes rougher still on the very steep descent to Loch Nevis; there is a very awkward stream with huge boulders to cross lower down — the 'Rough Bounds' are really rough here.

The going is easier past Sourlies bothy and the head of Loch Nevis, but beware of the salt marsh; one can easily sink in thigh deep. There is a footbridge over the river Carnach (at least there was in 1984). To find the start of the path up Mam Meadail, strike up the hillside for about 300 yards due North of the Carnach ruins. This path climbs about 1,800 ft. in a little over a mile, an unrelenting 1 in 4 with many zig-zags, but of easier surface than Mam Na Cloich Airde. The West side of Mam Meadail is of easier gradient too, and there are several bridges over side streams. There is a good campsite at grid ref. 814988, just before the bridge over the Allt Gleann Meadail. Thereafter the going is easy to the estate road coming down Gleann Dubh Lochain. A fine, but very hard route: good weather is virtually a necessity, as some of the streams could be dangerous to cross if in spate. Accommodation and meals available at Inverie now, at a price?

Times:— allow up to 15 hours for the two passes. In good conditions, and if one is very fit and travelling light or with a rucksack to carry heavy items on one's back, the whole route could be done in much less; far better though to spend two days, camp or bothy en route, and enjoy some of the finest and remotest scenery in Scotland.

See R.S.J. Vol. 30 No. 4 pp. 104-107.

MB MAM BARRISDALE & LOCH HOURN SIDE 450m.

Inverie to Kinloch Hourn: 9 miles R.S. 6 miles R.R.
O.S. 33 NM 774996 to NG 946069 Barts. 50 17e

From Inverie (accom. & meals in season), an unmetalled but rideable road goes to the end of Loch an Dubh-Lochain, and a very good path, if a little stony in places, continues over Mam Barrisdale to a good bothy and campsite at NG 871042 — small charge for either to keeper next-door, but not available during the stalking season.

Near the end of the unmetalled road past Barrisdale House, a path climbs gradually eastwards, soon to run close to the cliff edge above Loch Hourn (care!). Between Runival and Skiary the path climbs twice to about 100m. This switchback section is very stony in places and may need a little carrying. The bridge near Skiary had a few planks missing (1990), and may prove to be awkward. Thence to Kinloch Hourn the path is good but rather boulder strewn. The house near the car-park does B&B. A very fine route scenically, especially along Loch Hourn. Allow 7-8 hours, 3 or 4 hours for each section.

KA KINLOCH HOURN TO ARNISDALE a275m 6 miles R.S. 2½ miles R.R.
O.S. 33 NG 953064 to NG 848098 Barts. 50 19d.

The path climbs steeply behind Kinloch Hourn house through rhododendrons. Emerging from the wood it continues climbing to an obvious nick in the hillside and down the other side. About 500 yards from the nick it crosses a side stream and splits; take the left fork here, follow the stream to another ford, and on along the N.E. side of the main stream, the Allt a' Choire Reidh.

There is a bridge over this at grid ref. 933087, not shown on O.S. 33, after which one climbs gradually to point 240, across the moor on a good path, but hardly rideable. The path in Gleann Dubh Lochain is fairly easy going too, except for the final drop through the woods, which may need some carrying. Eventually one reaches a rideable track to the village.

Allow about 4-6 hours. See R.S.I. Vol 29 No. 2 p34 top.

& - Vol. 37 No. 1 pp. 9-11.

CT CLUANIE TO TOMDOWN BY THE OLD ROAD 435m.
 O.S. 33 & 34 NH 079117 to NH 155010 Barts. 50.24d, 11 miles R.R.

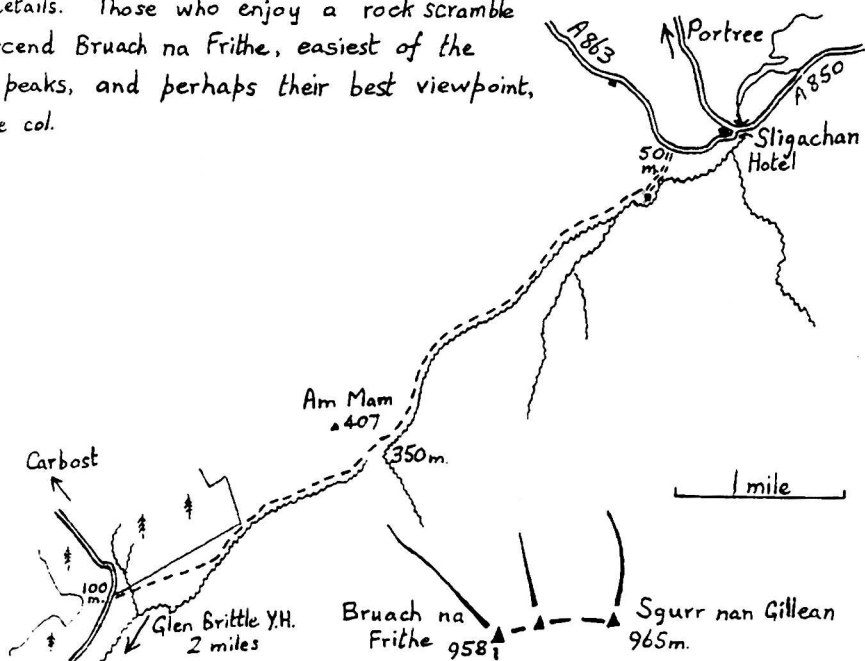
In rare conditions of drought, one can cross Loch Loyne by the old road, which is still mostly rideable. Unless one has prior knowledge that this is possible, start at the Tomdown end, by the road behind the hotel. See R.S.J. Vol. 20 No. 4 p.93.

IG INVERGARRY TO GREENFIELD ETC. a 215m.
 O.S. 34 NH 281005 to NH 194023 Barts. 50 28f or 51 2f 7 miles R.R.

Take the lane leaving A82 $\frac{1}{4}$ mile S of the main road junction at Invergarry and passing E. & W. Mandally. An easily rideable unsurfaced road continues westwards through the forest, emerging briefly at Greenfield before turning N. to the Tomdown road. A pleasant hour's ride.

SG BEALACH A' MHAIM SLIGACHAN TO GLENBRITTLE a 350m.
 O.S. 32 NG 480298 to NG 424258 Barts. 54 10p 4 $\frac{1}{2}$ miles R.S.

No details. Those who enjoy a rock scramble could ascend Bruach na Frithe, easiest of the Cuillin peaks, and perhaps their best viewpoint, from the col.



GA GLEN AFFRIC 348m.

Cannich to Morvich (Loch Duich) 8 miles R.S. 12 miles R.R.
O.S. 25 & 33 NH 215242 to NG 958210 Barts. 55 & 54 1p & 29q

This is one of the finest crossings in Scotland, needing a whole day for its proper enjoyment. The metalled road along Loch Beinn a' Mheadhoin (Benevian) ends at a locked gate at NH 215242, and an excellent estate road continues to Affric Lodge. The easier way along Loch Affric used to be by the path along the north side, but one or two of the bridges have fallen into disrepair. Now one can take the forestry road on the south side, which forks left about a mile before Affric Lodge. Either way the scenery is superb. The two ways unite again about 3 miles before Alltbeithe hostel. These three miles can be boggy in places, as can the path on to the excellent bothy at Camban (NH 053184). This lies up the middle one of the three main valleys running S., S.W., & W., from the hostel.

One reaches the watershed a mile beyond Camban. Once over the top, the way gradually steepens, and the hills close in, as one descends the very boulder strewn path through the Allt Grannda gorge, where one of the waterfalls tumbles down right beside the path. This drops 900 feet in $1\frac{1}{2}$ miles, hard going in reverse; it is wide enough though, and not dangerous. One passes Glenlicht House (Edinburgh mountaineering club hut) near the bottom: the track down Gleann Lichd has been improved, and all of it is now rideable. See R.S.T's. Vol. 20 No. 4 p. 90; also Vol. 24 No. 6 p. 146 and Vol. 30 No. 2 p. 40, and Vol. 32 No. 2 p. 36.

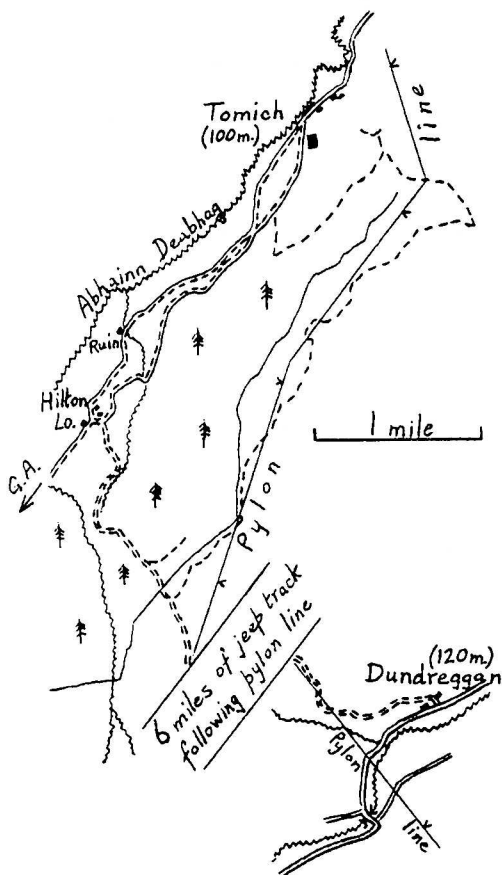
Notes:- The obvious shorter alternative to the North, the Bealach an Sgairne is very steep on its West side, hardly suitable for a loaded bike.

The track along the South side of Loch Affric may also be approached from Tomich (NH 30 27) by forestry road via Hilton Lodge, Garve Br. and Cougie, and by path over a low bealach (410m.) at NH 189212. No details of this route; the $2\frac{1}{2}$ " map shows a footbridge over the Allt Garbh at 180221 but not at 184212.

AC ALLTBEITHE YH. TO LOCH CLUANIE a 420m.
 O.S. 33 NH079202 to NH 092120 Barts. 54 29r 6miles R.S.

The alternative exit from Alltbeithe Y.H. is not as spectacular as that to Loch Duich, and much of the way is very boggy. Cross the footbridge by the hostel and follow the S.E. bank of the river Affric for nearly a mile, as far as a small side stream. The path crosses this and turns uphill beside it, to start the bog trot, which continues for about 3 miles. A somewhat better track, just about passable to jeeps, descends the last 2 miles to A87. Mostly wheeling; allow 3 to 4 hours.

DT DUNDREGGAN TO TOMICH a 560m.
 O.S. 34 & 25 NH 315140 to NH 303270 Barts. 55, 69, 11 miles R.R.



A rough jeep track follows the pylon line from Dundreggan for about 7 miles across the moor, entering the forest above Hilton Lodge. Care is needed here if starting from Tomich, to take the track going uphill; the main track also climbs gradually, but in a S.W.ly direction. (This main track is the one mentioned in the note to 'Glen Affric', going by Garve bridge and Cougie over to Loch Affric.)
 Allow 3 to 4 hours for the crossing.
 2 locked deer gates 1997

BL BEALACH NA LICE (COULAGS TO ANNAT) 419m.

OS 25 NG 962452 to 894544 Barts. 54 24g 8½ miles R.S.

From Coulags (6 miles N.E. of Lochcarron), a good path, sometimes rideable follows the East bank of Fionn Abhainn for about 1½ miles.

A footbridge crosses the stream, and soon one passes an old house, with a shed at the back. The path becomes steeper approaching the bealach.

Passing Loch an Eoin, the path crosses several areas of bare flat sandstone, often rideable, before descending to Annat on Loch Torridon.

A fine route through marvellous rugged scenery. Allow about 4 hours.

See R.S.J.'s Vol. 22 No. 6 p. 129 & Vol. 29 No. 2 p. 37.

Note:- If starting from Annat (O.S. 24), take the path leaving A896 about 150 yds. S.W. of the telephone box, and climbing up behind Annat.

CP COULIN PASS (LOCH CLAIR TO ACHNASHELLACH) 286m.

OS 25 NH 002581 to 003485 Barts. 54 27g 1 mile R.S. 7 miles R.R.

An excellent rideable estate road throughout—at least it used to be. Instead of passing Coulin Lodge, the route has been diverted along a * poor boulder strewn path round the North side of Loch Coulin, via Torran cuilinn. Further south, the out and back detour along Easan Dorcha is well worth while. Once over the top, the track descends gradually through the pinewoods to Achnashellach station and A890.

Allow a good 2 hours, 3 if the Easan Dorcha diversion is included.

See R.S.J. Vol. 32 No. 1 p. 13. * This track now rideable, 1994.

LS LEDGOWAN to STRATHCONON 396m.

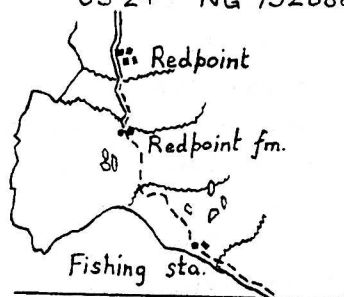
OS 25 NH 147561 to 218520 Barts. 55, 1g, 4 miles R.S. 2 miles R.R.

No details: views of Beinn Eighe during the ascent.

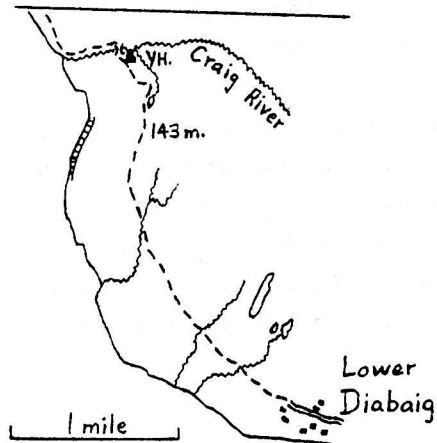
CS GLEANN FHIODHAIG (CRAIG TO STRATHCONON) a340m.
 OS 25 NH 040492 to NH 212515 Barts 54 29h & 55 1h 7miles R.S. 7miles R.R.

A rideable track starts at the level crossing at Craig (locked gate) and soon enters the forest. If in doubt, keep left, uphill, at any forks. It continues to be mostly rideable over the top to Glenuaig Lodge. Just beyond the lodge, the path has been obliterated in places by masses of boulders brought down in recent flash floods (feb. 1990?), but it is not known how far east this devastation continues. Apart from this the path is fairly easy going, rideable in places, with a few easy fords and some bog to Scardroy, the start of the road along Strathconon. Allow about 5 hours. If starting up Strathconon, note to fork R. before the bridge to Corrie Feol, at grid ref. NH203511, soon after the end of the metalled road.

RD RED POINT TO LOWER DIABAIG 143m.
 OS 24 NG 732688 to NG 790606 Barts. 54.20e, 8miles R.S.



This is a very hard route. It is easy enough to the fishing station, but the three long miles to Craig hostel along the cliff top need much lifting and carrying due to the extreme boulder strewn nature of the terrain.



The bridge over the Craig River is near the hostel, not where it is shown on OS. 19 or 24. After the initial steep climb above the hostel, the path becomes a little easier to Lower Diabaig. Allow 7 or 8 hours. See R.S.I.s Vol. 29 No. 2 p. 39 & Vol. 29 No. 5 p. 119. & Vol 37 No. 1 p. 9 etc.

The continuation of the cliff path from Lower Diabaig round to Inveralligin is a fine walk, but definitely not recommended for a bike.

BC BEALACH NA CROISE 424m. *(460m.)

Dundonnell to Kinlochewe: 9 miles R.S. 10 miles R.R.

or Braemore to Kinlochewe: 11 miles R.S. 6 miles R.R.

O.S. 19 & 20 NH 114850 or NH 162760 to NH 034618 Barts. 58 11w & 54 28b

A jeep road climbs up from Corrie Hallie over the Dundonnell Forest (390m. at g.r. 095816) and descends to the river in Strath na Sealga (125m). Much of it is rideable where gradients permit. On reaching the river, a path follows its East bank southwards, fairly easily wheelable to and along Loch an Nid. Beyond the loch the path bends round eastwards past Loch a' Bhraoin to the A832 near Braemore. This path past Loch a' Bhraoin is again easily wheelable and almost level, and forms the alternative start to the crossing of the Bealach na Croise. (The first 3 miles of this route are on O.S. 20.). There used to be a good bothy at Lochivraon — not available in the stalking season.

For the bealach na Croise, leave the path about half a mile South of Loch an Nid, and make across rather rough and boggy moorland for the obvious gap in the hills to the S.W. A faint path may be picked up later on the drier ground, grassy with boulders, leading up by the stream to the bealach. After passing the top keep on climbing gradually in the same S.W. ly direction; this is necessary so as to be able to cross the stream coming down from Coire Mhic Fhearchair above a deep ravine with waterfalls, (not obvious from the 1:50,000 map). Once across this, turn South to Loch Meallan an Fhuidair, and pass along the N.W. side of this loch, rather boggy hereabouts. One is now heading S.W. again, taking any easy looking line down the hillside to meet the stalkers path from Lochan Fada. A couple of miles on this easy path brings one to the start of the rough track down Gleann na Muice, which improves after the Heights of Kinlochewe and is rideable down to Kinlochewe itself. Allow 9 or 10 hours. Since it is over 50 miles by road from Dundonnell to Kinlochewe, whether one goes via Gairloch or Garve, the time saved by road is not great. Carrying is virtually unnecessary, and no major river crossings are involved. (Note *: the highest point of the route is about half a mile S.W. of the bealach.)

FL BRAEMORE to LOCHLUICHART a 560m.

O.S. 20 NH 162760 to 312625 Barts. 5814w x 551b 6m.les R.S. 14miles R.R.

No details. According to Butterfield's book, the path is grassy to the bealach, but with several fords, notably at g.r. 161741. The track along Loch Fannich becomes a good rideable estate road after Fannich Lodge.

UD ULLAPOOL to DUNDONNELL BY THE FERRY 236m.

O.S. 19 NH 115930 to 100919 Barts. 58.12s. 1½ miles R.S.

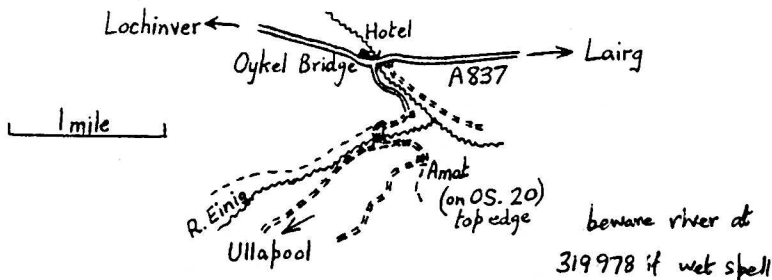
The track up from the ferry at Allt na h-Airbhe is very rough and eroded on the steep climb, and quite unrideable. The road from the top is now metalled down to Dundonnell. See R.S.T. Vol. 26 No. 5 p.117.

UO ULLAPOOL to OYKEL BRIDGE a 350m.

O.S. 20 NH129949 to NC 388004 Barts. 58.17s. 2.1 miles R.R. or....
6miles R.S. 14 miles R.R. by Loch an Daimh. (1mile on O.S. 19, 1mile on O.S. 16)

Leave Ullapool by the good rideable estate road starting just East of the bridge over the Ullapool River. This leads past Loch Achall to East Rhidorroch Lodge (Old Rhidorroch Lodge on Barts.), and continues, rougher, to Loch an Daimh. According to Hamish Brown, the path up Allt nan Caorach is now a jeep road, which presumably links up with the track in Strath Mulzie. If so, this way will probably be easier than the path by Knockdamp, (good bothy), which is very boggy in places and mostly only wheelable * best and mostly rideable now (2000)

The two ways meet again at Duag Bridge (g.r. NH339974), after which a good rideable estate road leads to Oykel Bridge.



VA STRATH VAICH TO AMAT a370m.

O.S.20 NH 355736 to 473909 Barts. 59 7n 16 miles R.R.

A good road, presumably metalled, goes to the Loch Vaich dam. A good jeep road turns off at g.r. 355736, along the East side of Loch Vaich. There is a rideable estate road after Deanich Lodge down the Gleann Mor. No path to 5* bathy at Glenbeg 313834

SC CROICK TO OYKEL BRIDGE a230m.

O.S.20 NH 454914 to NH 352979 Barts. 59 7k 2miles R.S. 6miles R.R.

No details. The public road up Strathconon ends near Croick church, and an estate/jeep road continues up Strath Cuileannach, becoming a path down to the Ullapool - Oykel Bridge track near Duag Bridge. See page 15.

AA AMAT LODGE TO ARDROSS CASTLE 437m.

O.S.20 & 21 NH 473909 to 567780 Barts. 59 11m 14 miles R.R.

No details. There is a good road to Glencalvie Lodge, then an estate or jeep road to Ardross, with a stiff 2 mile climb up the West side.

R CULNACRAIG TO STRATHKANAIIRD (ROCK PATH) a190m.

O.S.15 NC 064040 to 136013 Barts. 58 12q 6miles R.S.

It is very strongly advised that this cliff path is not attempted with a bicycle. One or two bikes have reputedly ended up in the sea, and at least one R.S. member has got into difficulties here, being rescued by his companion.

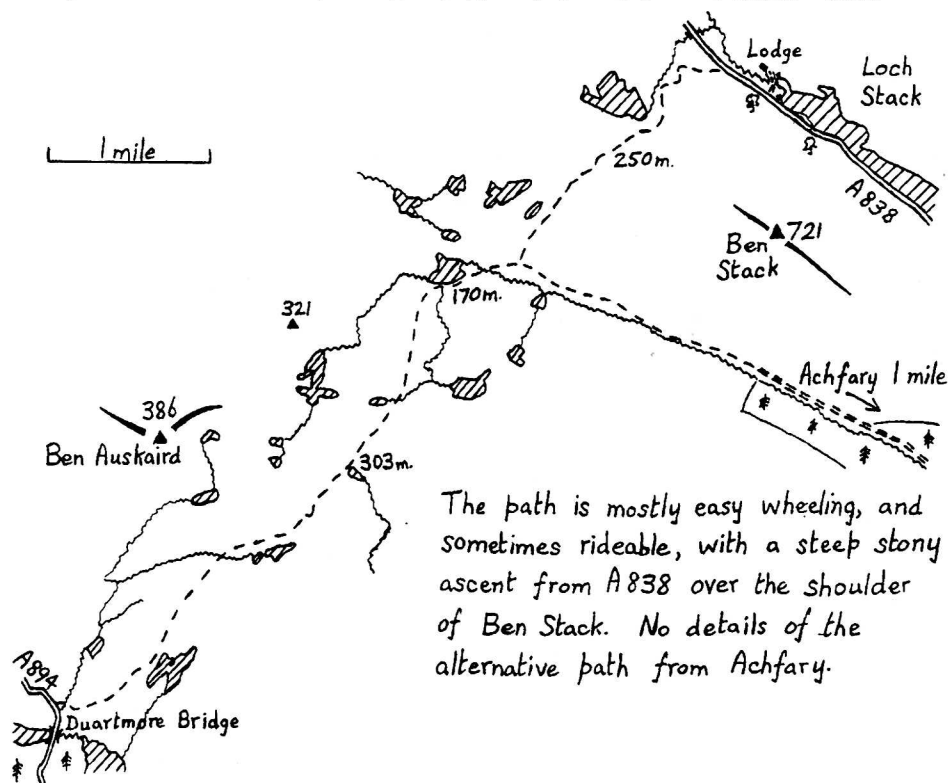
LE LOCHINVER TO ELPHIN a255m.

O.S.15 NC 094222 to 230121 Barts 58 14n 11miles R.S. 2miles R.R.

A road from the South end of Lochinver goes up to Glencanisp Lodge, beyond which a very good and mostly rideable stalkers path climbs gradually to Loch na Gainimh. No further details, but see RSJ. Vol.36 p.148

BL BEALACH LEIREAG (LOCH ASSYNT TO NEDD) 263m.
 O.S. 15 NC 184267 to 156314 Barts. 58 141 4½ miles R.S. No details,
 but See R.S.J. Vol 33 No. 2 p. 39.

SD LOCH STACK LODGE TO DUARTMORE BRIDGE 302m.
 O.S. 9 & 15 NC 265437 to 200378 Barts. 58 15h 6 miles R.S.

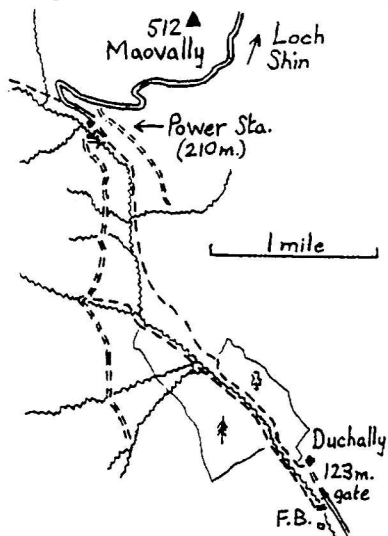


LK LOCHMORE LODGE TO KYLESTROME 407m.
 O.S. 15 NC 300388 to 217347 Barts. 58 16j 7 miles R.S.

A good path starts behind Lochmore Lodge and climbs through the woods below a line of cliffs. There is a ruined building at the Bealach nam Fiann, with fine views to Foinaven and Arkle. The descent is gradual and mostly rideable for a mile to a rough cairn at g.r. 264370, where the path forks. Both paths are fairly easy going and both lead to Kylestrome. The more northerly one especially is rideable at times. Allow about 3 hours. See R.S.J. Vol. 32 No. 2 p. 39 for the N. route, and R.S.J. Vol. 26 No. 2 p. 30 for the Southern route.

GC GLEN CASSLEY TO LOCH SHIN a 410 m.

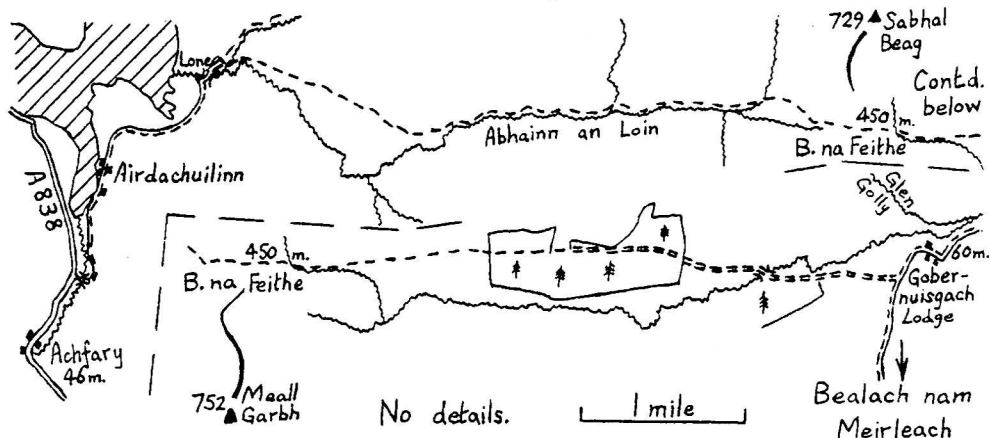
O.S. 16 NC 389166 to 399254 Barts. 59 to 2 miles R.S. 1 mile R.R.
See R.S.J. Vol. 36 No. 5 p. 124.



The metalled road up Glen Cassley ends at a locked deer gate at Duchally, at g.r. 389167. A path (no details) crosses the river here and follows its S.W. bank. After 2 miles this crosses an aqueduct (pipe) with a track alongside leading to the power station, from where a metalled Hydro road continues round the shoulder of Maovally to meet A838 near the N.W. end of Loch Shin. See R.S.J. Vol. 32 No. 1 p. 16 for a brief description of the alternative path on the N.E. side of the river.

BF BEALACH NA FEITHE (ACHFARY TO ALLNABAD) 450 m.

O.S. 9 NC 297402 to 462422 Barts. 58 19g & 60 11 6 miles R.S. 6 miles R.R.



BM BEALACH NAM MEIRLEACH (W. MERKLAND TO ALLNABAD) 266 m.

O.S. 9 & 16 NC 384329 to 462422 Barts. 58 20j & 60 2n 10 miles R.R.

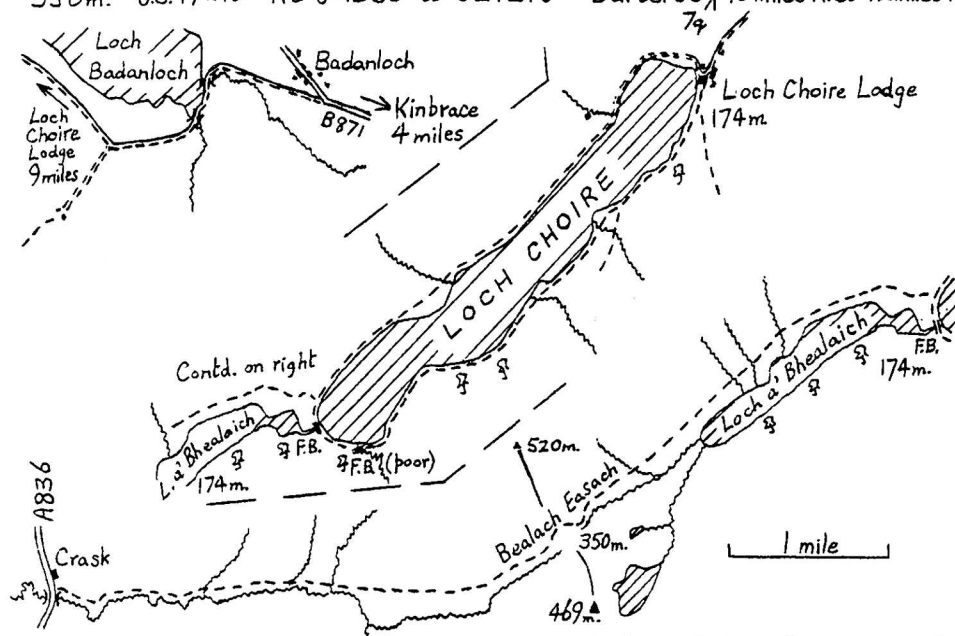
No details. An estate road, probably mostly rideable.* It was briefly mentioned in R.S.J. Vol. 32 No. 1 p. 15. * Rideable throughout, 1994.

EC ERIBOLL TO CASHEL DHU a 230m.

O.S. 9 NC 428562 to 459493 Barts. 60 2h 6 miles R.R.

No recent details. An old rough road, with a wide ford at Cashel Dhu.
only usable in dry spells

BE BEALACH EASACH (BADANLOCH TO LOCH CHOIRE LODGE TO CRASK)
350m. O.S. 17x16 NC 801330 to 524246 Barts. 60 10 miles R.S. 12 miles R.R.



A land rover track goes from Badanloch to Loch Choire Lodge. One can go either side of Loch Choire; the North side is easier, the South side more scenic, but with an awkward dilapidated bridge at the S. extremity of the loch. g.r. 616269. The path along Loch a' Bhealaich and over to Crask is *excellent. See R.S.J. Vol. 32 No. 1 p. 14. Allow 5 or 6 hours. * W. side v. boggy and indistinct, 1994
* " Vol. 36 No. 4 p. 103.

KL A' CHASG (KILDONAN STA. TO LOTHBEG) a 345m.

O.S. 17 NC 901217 to 943102 Barts. 59 24 10 miles R.R.

This is a rough road throughout, even with a little tarmac in places, with heather down the middle, gravel in places, and mostly rideable. See R.S.J. Vol. 29 No. 5 p. 122. 2-2½ hrs. From Kildonan station, the track keeps W. of and close to railway for 1½ miles. From Lothbeg, track follows W. side of Glen Loth. Shown metalled on latest A.A. road atlas.

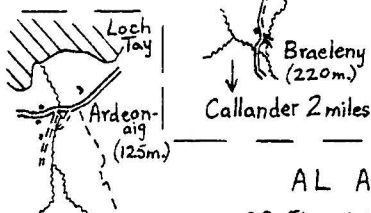
GAC GLEN ARTNEY TO CALLANDER 350m.

OS. 57 NN 693154 to 636108 Barts. 48 17p 6 miles RR.

17p

1 mile

The metalled road up Glen Artney ends below the lodge, and a signpost points to a ford and landrover track climbing S.W. wards, alongside a new forestry plantation. The track is rideable with bridges over the various streams, and with a wet bit before the bothy at Arivuricardich (642138). Road from Braeleny.

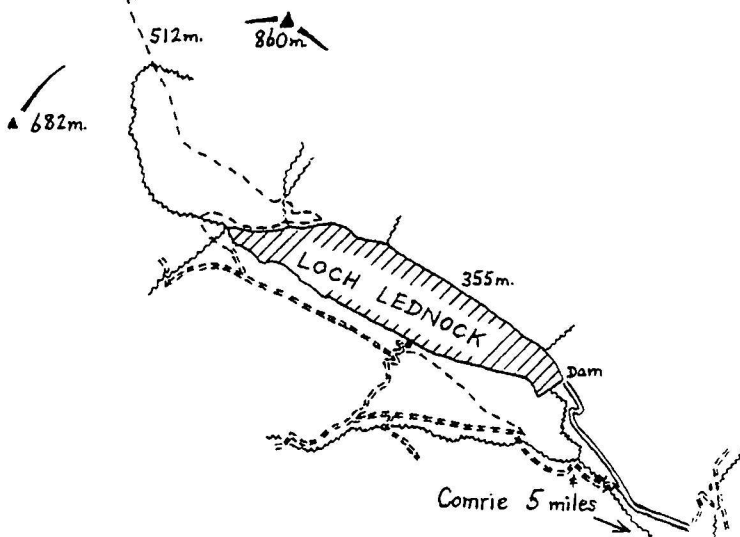


AL ARDEONAIG TO GLEN LEDNOCK 562m.

OS. 51 NN 670358 to 733279 Barts. 48 17k 5 miles R.S.

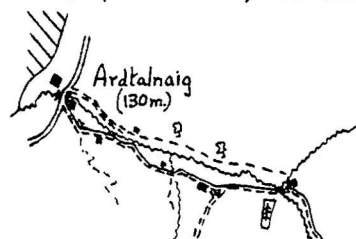
4 miles RR.

No details; an easy enough path before the reservoir was built.



A GLEN ALMOND TO ARDTALNAIG a440m.

O.S.52 (x most on O.S.51) NN 888315 to 702392 Barts. 48 19j, 1 mile R.S. 14 miles R.R.



A mostly rideable rough road goes up Glen Almond from the North side of Newton Br. on A822 for about 9 miles, to turn suddenly South across the river at a ford. Continue here along the North side of the river along a boggy path, or look for drier ground higher up. A long mile of this brings one to Dunan, an old house used by sheep, from where another rough road starts down the valley to Ardtalnaig.

See R.S.I. Vol. 34 No. 2 p. 40. Allow 4 hours.

1 mile

759m.

440m.
Dunan

Ford

Man.

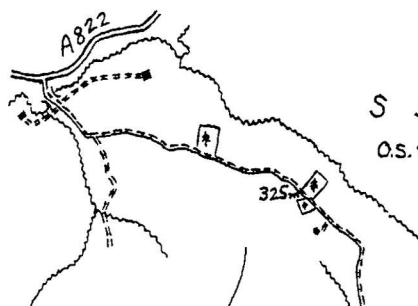
(310m)

A822 7miles

S STRATH BRAAN TO GLEN SHEE a325m.

O.S.52 NN 938386 to 987341 Barts. 48. 25h
5 miles RR.

No details. Probably a mostly rideable rough road of easy gradients. Leave A822 a long mile East of its junction with A826 from Aberfeldy.



485m.

1 mile

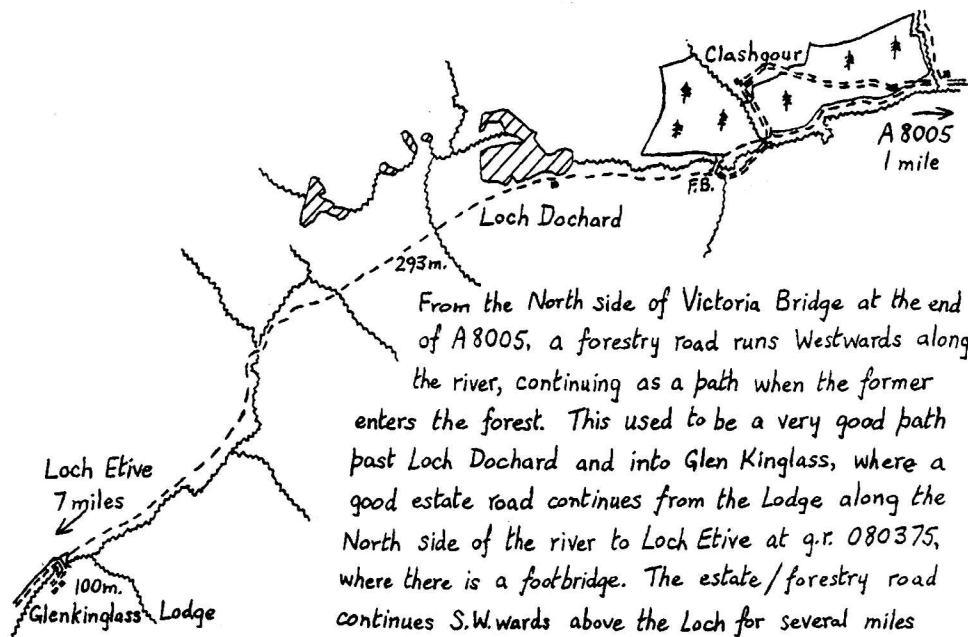
455m.

Bankfoot

Perth

OE BRIDGE OF ORCHY TO LOCH ETIVE AND TAYNUILT 293 m.

O.S. 50 NN 271423 to 025317 Barts. 48 2h x 47 30g 7 miles R.S. 13 miles R.R.



From the North side of Victoria Bridge at the end of A8005, a forestry road runs Westwards along the river, continuing as a path when the former enters the forest. This used to be a very good path past Loch Dochard and into Glen Kinglass, where a good estate road continues from the Lodge along the North side of the river to Loch Etive at q.r. 080375, where there is a footbridge. The estate/forestry road continues S.W. wards above the Loch for several miles before eventually turning S. and SE in the forest to

emerge on A85 at q.r. 037294 about 3 miles S.E. of Taynuilt. From the footbridge at q.r. 080375, the track N. wards along Loch Etive soon becomes a footpath by the Loch for about 7 miles to Coileitir in Glen Etive. No details of this path, but the path on the other side of the Loch is very hard going, and is described in R.S.J. Vol. 33 No. 2 p. 44. Allow about 5 hours.

CB MAM UCHDAICH GLEN CRERAN TO BALLACHULISH 396 m.

O.S. 41 NN 035488 to 081579 Barts. 47 26c 3 miles R.S. 4 miles R.R.

No recent details since the spread of forestry in Glen Creran. Coming from Loch Creran, the track continues straight on from the road end, easy going to a deer fence (with stile) at the col. See R.S.J. Vol. 20 No. 6 p. 144.

EG LAIRIG EILDE GLEN ETIVE TO GLENCOE 495 m.

O.S. 41 NN 170513 to 188562 Barts. 47 29c 4 miles R.S.

No details, but boulder strewn and unrideable. Definitely not a short cut.

KB KINGSHOUSE TO BRIDGE OF ORCHY a 445 m.
O.S. 50 & 41 NN 268530 to 271423 Barts. 48 Se 8 miles R.R.

No recent details, but this used to be an excellent rideable track throughout.
From the South, continue straight on from the end of A8005 at Victoria Bridge.

DS DEVILS STAIRCASE ALTNAFEADH TO KINLOCHLEVEN 549 m.
O.S. 41 NN 221563 to 188619 Barts. 51 2s 4 miles R.S. 2 miles R.R.

No recent details; the climb from Glencoe is very steep on the zig-zags near the top, and looks badly eroded (seen from A82); a late 1960's report indicated that it was possible to ride down much of the Kinlochleven side, with good brakes.

KF KINLOCHLEVEN TO FORT WILLIAM 332 m.
O.S. 41 NN 175623 to 100666 Barts. 50 269 8 miles R.R.

Take the estate road up to Mamore Lodge; a contouring jeep track leads W. from just above the Lodge. Very little of this is rideable. A recent R.S.J. report said that big rocks had been thrown on the track to repair it, but there were new bridges. In 1965 there were a number of places where boulders had been washed down the hillside by torrential rains. Apart from being quieter than the main road, the route is hardly worth the effort, with few long views.
See R.S.J. Vol. 28 No. 2 p. 39.

GN GLEN NEVIS TO LOCH TRIEG a 375 m.
O.S. 41 NN 168691 to 309689 Barts. 51 30 11 miles R.S. (+5 miles R.R. to YH.)

The path through the Glen Nevis gorge (q.r. 175690) is popular, but steep, and needs care; it is best taken in this the uphill direction. The Steall waterfall is a fine sight. After this first spectacular mile the path turns East up the long lonely valley of Upper Glen Nevis, rather boggy for the most part, but fairly easy wheeling. At Luibeilt (q.r. 264684), at the end of the jeep track from Mamore Lodge (an alternative link), one has to ford the stream, to pick up another easily wheelable path along the Amhainn Rath to join the Lairig Leacach route (see next route) at Creaguaineach Lodge.

For Loch Ossian Y.H. the track along the S. end of Loch Treig is rough but mostly rideable, becoming stony, then boggy to Corrour station, then good to the hostel.
See also R.S.J. Vol. 26 No. 5 p. III.

SBC LAIRIG LEACACH SPEAN BRIDGE TO CORROUR 503 m.

O.S. 41 NN 252807 to 356664 Barts. 51 m 5 miles R.S. 8 miles R.R.

From Corriechoille, a good gravel road climbs to and through the forest, deteriorating somewhat as it approaches the Lairig and the bothy at 282736. There is a ford here, then a rather boggy path gradually descends the West bank of the Allt na Lairige, improving towards the top of a rocky gorge at q.r. 303696. The gorge is short but boulder strewn. Near the bottom, at Creaguaineach Lodge, a rough jeep track, just about rideable, follows the South shore of Loch Treig, but becomes stonier, then rather boggy as it approaches Corroul Station. See also R.S.J. Vol. 31 No. 5 p. 123: this article describes the path on the east side of the river between bothy and gorge, and also mentions a locked deer gate into the forest at q.r. 256788.

D BEALACH DUBH CORROUR TO DALWHINNIE a 725 m.

O.S. 42 NN 356664 (O.S. 41) to 633846 Barts. 51 m 11 miles R.S., 12 miles R.R.

Take the rideable estate road past the hostel along the S.E. side of Loch Ossian to Corroul shooting lodge. Bear right here, i.e. crossing the River Ossian twice in quick succession, and soon also the Uisge Labhair (all bridged). The path along the North side of the latter is poor, rough, boggy going, not like a well made stalkers path, and becomes ever fainter till the stalkers path from Ben Alder cottage can be seen contouring the opposite hillside. Cross up to this when convenient and follow it over the Bealach Dubh, fairly easy wheeling.

Recent flash floods (? Feb 1990) have created a small boulderfield at the stream coming out of Loch an Sgoir (and maybe at other spots also). Approaching Culra bothy, parts of the paths on both sides of the Allt a' Chaoil-reidhe have also been washed away, but the path beyond the footbridge at q.r. 525764 to the hut at 548787 is still intact, and still easier than the track past the South side of Loch Pattack. From the hut at 548787, one can either go along the good estate road to Dalwhinnie (all rideable) or follow another good estate road down the River Pattack (again rideable) to meet A86 at q.r. 554898, about a mile east of Kinlochlaggan. Either way there may be a deer gate or two, not always kept locked, though. A fine route: allow about 8 hours from the hostel at Loch Ossian to either A86 or A9.

CF CORROUR TO FERSIT OR LOCH LAGGAN ETC. a525m.

O.S. 41 & 42 NN 356664 to 350782 or 432830 Barts. 51 7m 4½ miles R.S.
7 or 15 miles R.R.

At Corrour shooting lodge (see previous route), follow the main river N.wards to Strathossian House, by a good rideable estate road. About half a mile after the house the track forks right (at g.r. 401740) and continues (no details) eventually through the forestry to Loch Laggan. The path straight ahead at 401740 used to be easy to follow but rather boggy in places, but there are no recent details of how the forestry development has affected it.

Having reached Luiblea (434827) on the track mentioned earlier, One might even continue along good estate roads by Lochan na h-Earba to Kinloch Laggan, a further ten miles in this fine lonely country.

See also R.S.J. Vol. 31 No. 4 p. 94.

LC LAIRIG GHALLABHAICH (CHALBHATH) INNERWICK TO CARIE a490 m.

O.S. 51 (N. side on 42 also) NN 588476 to 617572 Barts. 48 14d 7 miles R.R.



Leave Innerwick opposite the church, up the East side of the river, and bear right in about half a mile at a fork, up the East side of the more easterly stream. The climb continues through some new forestry, steep and rough, easing off above the forest for the last mile to the top. It is a bit boggy for a short way near the top, before a good rideable forestry road leads down to Carie on Loch Rannoch. See R.S.J. Vol. 31 No. 6 p. 155. & 21 No. 2 p. 32.

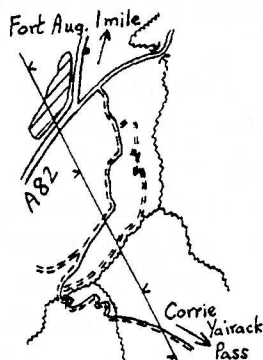
LRD LOCH RANNOCH TO DALNASPIDAL a465m.

O.S. 42 NN 610590 to 646733 Barts. 51 14p 1½ miles R.S. 8 miles R.R.

Leave B846 at Aulich, and follow the estate road North up the East side of the river, usually rideable. Just before the bothy at Duinish, near the end of the track, the O.S. map shows a path leading N.W. to a bridge. Going this way is probably drier than a direct crossing of the bog to Loch Garry from the end of the track. There is a rideable road along Loch Garry to A9. Allow about 3 hours.

See R.S.J. Vol. 34 No. 3 p. 70.

C CORRIEYAIRACK PASS FORT AUGUSTUS TO MELGARVE FOR LAGGAN
 O.S. 34 NH 373072 to NN 522947 Barts. 51 8f 16 miles R.R. 777m.

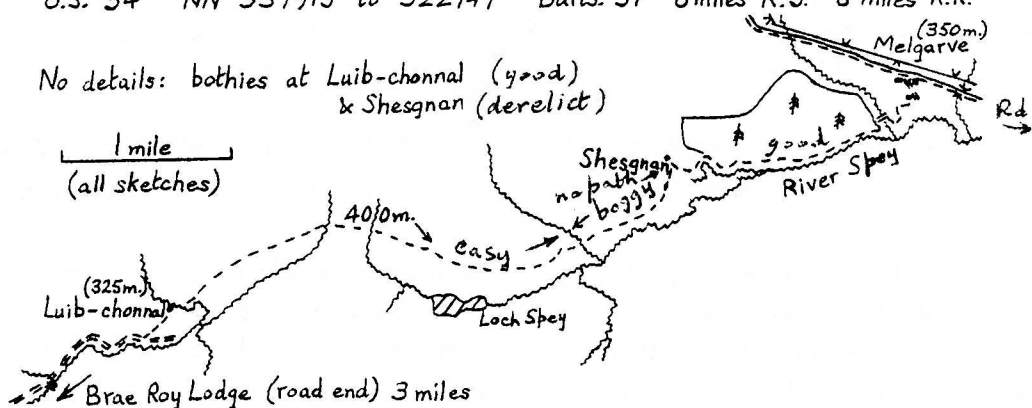


A mostly rideable rough road follows the pylon line all the way to Melgarve and beyond, but there are several steep climbs in addition to the famous zig-zags at the top of the East side. These are especially rough and steep, and hardly rideable, as are some of the shorter climbs on the West side. The bridge over the Allt Lagan a' Bhainne at g.r. NH 389008 had been washed away in the late 70's. Allow at least 4 hours. See R.S.T. Vol.25 No.6 p.154.

RM GLEN ROY TO MELGARVE FOR LAGGAN a 400m.

O.S. 34 NN 337915 to 522947 Barts. 51 6 miles R.S. 8 miles R.R.

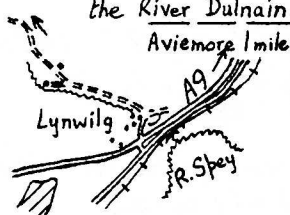
No details: bothies at Luib-chonnal (good)
 & Shesqnan (derelict)



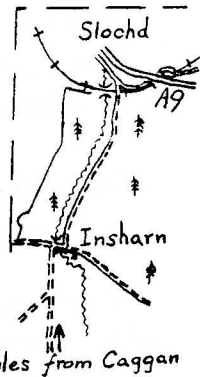
AD AVIEMORE TO SLOCHD a 695m.

O.S. 35 NH 881105 to 848239 Barts. 55 22r 2½ miles R.S. 11 miles R.R.

The jeep road from Lynwilg soon climbs steeply through the heather, over the top and down to Caggan, an old house (bothy) on the River Dulnain. An easy path or track follows the river



for about 3 miles, past a locked deer gate, before turning N.W. again towards Slochd. See R.S.T. Vol.24 No.5 p.113.



According to a 1990's report, the Corrieyairack track has been badly cut up by 4WD vehicles in a number of places, and rocks thrown into the deeper ruts; bridge at 389008 presumably intact.

SC CROICK TO OYKEL BRIDGE (June 1995 report)
Good rideable track throughout; one or two short wet patches near top. Four 7ft. high deer gates (locked) en route. Fork R. at spot height 135, grid ref. 363981. Allow 2 hours.

G GAICK PASS DALNACARDOCH TO TROMIE BRIDGE 510m.
O.S. 42 (w35) NN 723703 to 790994 Barts. 51 17k 1½ miles R.S. 15 miles R.R.

Leave the A9 just East of Dalnacardoch Lodge, and go through a locked gate into the wood, and continue up the rideable estate road to the locked Sronphadruig Lodge. A little further on, keep East of the river at a ford, and look for a small cairn marking the start of the narrow undulating path along the West side of Loch an Duin. A jeep road has been bulldozed up to the North end of the loch from Gaick Lodge, potholed and unrideable, with a ford over the Allt Gharbh Ghaig. A good rideable estate road continues from the lodge along Loch an t-Seilich. Lower down in Glen Tromie this road was being graded, gravelled, and finally tarmaced (1988). Allow 4 hours. See R.S.J. Vol. 34 No. 4 p. 105 and Vol. 31 No. 3 p. 75, and Vol. 23 No. 1 p. 8. * path poor and scary, 1996. Wide ford at 757835—avoid wet spells

Mi MINIGAIG CALVINE TO GLENS TROMIE OR FESHIE 832m.
O.S. 43 etc NN 805659 to 790994 etc. Barts. 51 19j 8½ miles R.S. 14 miles R.R.

No details. A very long route with several alternatives (to Glen Feshie or from Blair Atholl.) The path to Glen Tromie follows the N. bank of the Allt Bhran from 800886.

GF GLEN FESHIE KINCRAIG TO LINN OF DEE 570m.
O.S. 43 NN 841998 to NO 061897 Barts. 51 23h 6 miles R.S. 15 miles R.R.

Leave B970 at Balnespick; there is no bridge across the River Feshie at Achlean (as shown on Barts.), and the ford at g.r. 851954 can be difficult if one takes the path on the East side of the Feshie. The good estate road on the West side ends at Carnachuin, where one crosses the river and continues up a rough rideable track. This had fallen into the river at one point (1988), and needed an awkward diversion. (2 River fords; dry spell needed / GR 862901.)

A cairn near the end of the track indicates the start of the path across the moors. If the river Eidart is low, it is better to ford it, rather than take the awkward detour across steep slopes if one uses the footbridge. (bridge best 1999) The whole path across the moors can be very boggy in wet weather. After six miles of path one meets the rough track along the Geldie Burn (barely rideable). This improves to a rideable estate road from g.r. NO 005868. See R.S.Js Vol. 34 No. 5 p. 131 or Vol. 28 No. 5 p. 124. or Vol. 26 No. 3 p. 58. * Vol 50 No. 4 p. 104 Allow about 7 hours.

GT GLEN TILT BLAIR ATHOLL TO LINN OF DEE 505m.
O.S.43 NN 874663 to NO 061897 Barts.51 25k 7miles R.S. 15miles R.R.

A good estate road, rideable, starts up the West side of the river near Old Bridge of Tilt. About 3 miles after Forest Lodge this road suddenly climbs away from the river and becomes very rough. Ignore this climb; a cairn marks the spot where the path, narrow and eroded in places, continues through the heather near the river, past the Bedford memorial bridge below the falls of Tarf. Four miles of this narrow path take one to the watershed, where the path continues to climb a little to avoid the worst of the bogs. One fords the Bynack burn just beyond the ruined lodge, and a mile later the much wider and deeper Geldie burn has to be crossed (the bridge is completely wrecked), to join the track from Glen Feshie, a good estate road for the last 4 miles to Linn of Dee. Allow 7 or 8 hours. See R.S.I. Vol. 27 No. 6 p. 128. & Vol. 20 No. 2 p. 47.

FF GLEANN FEARNACH TO FEALAR LODGE & GLEN TILT 660m.
O.S. 43 NO 052638 to NN 986798 Barts.51 25m 2miles R.S. 12miles R.R. to Gl. Tilt

The first $2\frac{1}{2}$ miles of the long, mostly rideable estate road to Fealar Lodge go up the East side of Gleann Fearnach; there is no track on the West side as shown on Barts. There is a wheelable path through the heather from Fealar to Glen Tilt, a little awkward before the ford adjacent to the Glen Tilt path. Allow 3 or 4 hours to Glen Tilt, and a similar time on that route. See also R.S.I. Vol. 28 No. 2 p. 41.

KG ENOCHDHU (KIRKMICHAEL) TO SPITTAL OF GLENSHEE 650m.
O.S.43 NO 063628 to 110699 Barts.51 28n 2miles R.S. 4miles R.R.

Rideable where not too steep

No details, but see R.S.I. Vol. 32 No. 6 p. 160. Rideable where gradients permit (2005)

MN RYVOAN PASS LOCH MORLICH TO NETHY BRIDGE 405m.
O.S. 36 NH 978097 to NJ 012194 Barts.51 25b 9miles R.R.

A very easy route on good rideable estate or forestry roads. Fine views of the Cairngorms, and An Lochan Uaine is in a pretty setting.

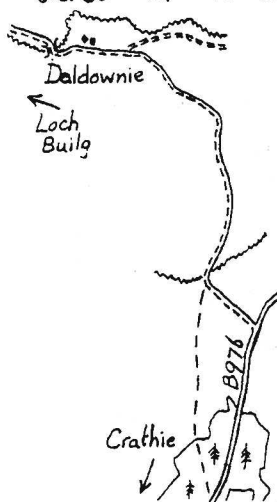
LG LAIRIG GHRU LINN OF DEE TO COYLUMBRIDGE 833m.
O.S.36 (part on 43 also) NO 068898 to NH 915107 Barts.51 24e 14 miles R.S. 6 miles R.R.

This is the most famous of all Scottish R.S. passes, and probably the hardest. The rideable estate road to Derry Lodge starts just east of the Linn of Dee, a fine gorge. Turn left at the lodge up Glen Luibeg, rideable for a mile or so, but soon becoming the boulder strewn path that continues for many miles. From Luibeg bridge, or even before, it is a question of pushing, lifting and sometimes carrying the bike, gradually climbing into the heart of the Cairngorms. One can also approach from White Bridge on the glens Feshie or Tilt routes, an even longer push. Some remove pedals, which can save bruised ankles as well as pedals. A long carry is inevitable when one reaches the summit boulderfields, which last off and on for a mile or so. The long descent to the Rothiemurchus can be hard on the ankles too, even without the encumbrance of a bike. Note to turn left at a cairn at cross paths about a mile after entering the forest, the finest area of ancient woodland in Scotland. The last 2 or 3 miles to Coylumbridge are mostly rideable. Allow 12 hours or more; it is quicker to walk! See R.S.T. Vol.34 No. 6 p.151 or Vol.25 No. 3 p.71.

LL LAIRIG AN LAOIGH LINN OF DEE TO LOCH MORLICH a790m.
O.S.36 (part on 43 also) NO 068898 to NH 978097 Barts.51 26c 10 miles R.S. 10 miles R.R.

Turn right at Derry Lodge (see above) along a land rover track for 3 miles up the East side of the Derry Burn, which gives way to a boulder strewn path over the Lairig an Laoigh, 745m. and down to the stepping stones over the River Avon. Because of this river crossing the route should not be attempted soon after heavy rain, especially in spring when melting snow adds to the volume of water coming out of Loch Avon. There is a refuge hut on the North side of the river here, not marked on Barts. Nearly four miles further on, the long boulder strewn, sometimes boggy path passes the highest point of the crossing, 790m. at g.r. NJ 042082, before dropping down to Bynack stable, a rather primitive bothy just across a rickety footbridge. From the bothy a rough jeep track crosses the moor to join the Ryvoan pass route (code MN) a little way above An Lochan Vaine (the green lake). This final part of the crossing is rideable either to Loch Morlich or Nethy Bridge. See R.S.T. Vol.31 No.2 p.41. and Vol.26 No.3 p.56. Allow about 12 hours.

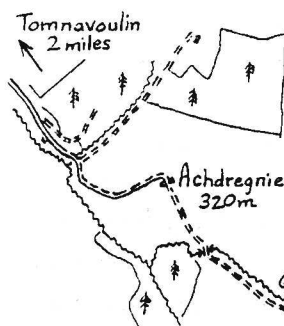
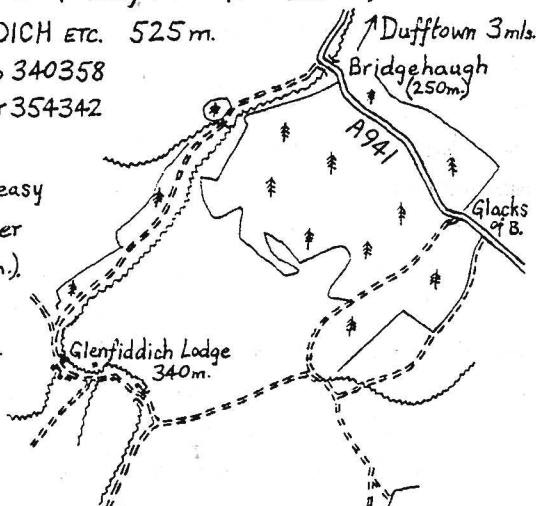
LB LOCH BUILG THE STRONE TO TOMINTOUL 495 m.
 O.S.36 & 37 NO 261982 to NT 166149 Barts. 52 7e 1 mile R.S. 15 miles R.R.



Leave B976, The Strone, about 2½ miles from Crathie, a little before the top of the hill, on a good estate road to the left, which is rideable past Daldownie to the South end of Loch Builg. An easy path follows the East side of the loch, with two fords at its Northern outlet. A rough jeep road down the glen soon improves to a good gravel estate road from Inchroy. This in turn becomes metalled at Birchfield, for the last few miles down to Tomintoul. A very easy R.S. alternative to the very hilly A939 over the Lecht, etc. Allow 3 or 4 hours. See R.S.J. Vol. 34 No. 6 p. 161, & V. 36 p. 102. No details of the hilly track from Invercauld (Braemar) to L. Builg. Going N-S., keep E. of Builg burn after Inchroy

TF TOMNAVOULIN TO GLEN FIDDICH ETC. 525 m.
 O.S.37 & parts on 28 & 36 NJ 236249 to 340358
 Barts. 56 6n 13 miles R.R. or 354342

No details, but presumably a fairly easy jeep road throughout. There is a higher alternative via Blackwater Lodge, (595 m.). Both routes could also end at Glacks of Balloch on A941 (q.r. 354342).



6 miles

(390m.)
 Blackwater Lodge
 6 miles 1½ miles
 (Just S. of the lodge the track follows the East bank of the R. Blackwater.

After a mile heading South, turn West across a ford for Suie and Tomnavoulin.)

M MONEGA GLEN ISLA to GLEN CLUNIE 1020m.
O.S. 43 NO 191696 to 145807 Barts. 52 7m 6 miles R.S. 3 miles R.R.

The Monega path leaves the rideable track up Glen Isla just beyond a small forestry plantation above Tulchan Lodge; a good wide path, grassy but steep up Monega Hill. Later it passes a hut on Little Glas Maol, before flanking Glas Maol itself about 150 feet below its summit. Still a fairly good path, it descends the northern spur of Glas Maol and eventually ends suddenly on the slopes of Sron na Gaoithe, about half a mile above the valley. The slope below is grassy and easy enough, but one has to ford the stream at the bottom. Allow about 5 or 6 hours.

J JOCKS ROAD GLEN DOLL to GLEN CALLATER 905m.
O.S. 44 & 43 NO 279763 to 156882 Barts. 52 8l 9 miles R.S. 4 miles R.R.

From the hostel at Glendoll Lodge, a forestry road follows the river. Bear right after about half a mile along a track following the North side of the White Water, rideable at first, but soon becoming ever steeper. The track ends at a bothy a little below the watershed. From there onwards there is (or was 20 years ago) virtually no sign of a path until one gets well down into Glen Callater. The way over the moor is marked by iron posts for a little way, then nothing. The route is very difficult to find in mist, the country featureless. Eventually one reaches the top of the very steep grass, heather and boulder slope down into Glen Callater; this would be a brutal slope to ascend. Even down in the glen the going is still hard and pathless. If one can find a place to cross the river flowing into Loch Callater, one can get on to an estate road along the S.W. side of the loch; the path on the N.E. side is too narrow to ride. Allow about 7 or 8 hours for this very hard route. See R.S.J. Vol. 19 No. 5 p. 122.

SB SPITTAL OF GLEN MUICK to BACHNAGAIRN 728m.
O.S. 44 NO 308850 to 285760 Barts. 52 10l 1½ miles R.S. 8 miles R.R.

There is a jeep track along the S.E. side of Loch Muick; halfway along the loch it zig-zags steeply up the hillside and continues high above the loch towards Broad Cairn. After a slight drop to a wooden shelter at the col (q.r. 257808) the track goes on up the hill ahead. Look for a path descending South from the shelter, steeply down to the larches at Bachnagairn, a pretty spot. Another landrover track now continues down the valley towards Glen Doll. Allow about 2½ hours.

CM CAPEL MOUNTH LOCH MUICK TO GLEN CLOVA 695 m.
O.S. 44 NO 308850 to 285760 Barts. 52 11i 2 miles R.S. 4 miles R.R.

Fork left off the Loch Muick track $\frac{1}{4}$ mile beyond the Spittal up a jeep track climbing steeply to an undulating plateau. There is a fair zig-zag path down the very steep drop down to Glen Clova; this would be a brute to ascend. Allow 3 to 4 hours; it is harder than the Bachnagairn route. See R.S.J. Vol. 19 No. 5 p. 120. One can reach the Spittal by track(s) from the Balmoral area; eg. from NO 272938 or 325957.

K MOUNTH ROAD GLEN ESK TO GLEN TANAR 765 m.
O.S. 44 NO 444804 to 475958 Barts. 52 14j $2\frac{1}{2}$ miles R.S. 11 miles R.R.

Take the good estate road up to Glenmark (g.r. 419831) on the N.E. side of the river. From here a rough jeep track climbs steeply for a couple of miles; the original path continues along the W. side of Mount Keen, but now the path over the munro is more often used. At 404886 one meets another bulldozed track which descends to ford the Water of Tanar, and meet the good rideable estate road down Glen Tanar. See R.S.J. Vol. 35 No. 2 p. 43. & Vol 36 No. 4 p. 102.

FM FIR MOUNTH GLEN TANAR TO TARFSIDE 723 m.
O.S. 44 NO 505972 to 492797 Barts. 52 16j 6 miles R.S. $7\frac{1}{2}$ miles R.R.

From Bridge of Ess, near Aboyne, a forestry road goes up the South side of Glen Tanar, starting to climb steeply soon after passing Glen Tanar House on the other side of the river. Or one can, presumably start from the House itself. There is a deer gate at the end of the forest, then a rough but mostly rideable path to the top. No details of the South side. See R.S.J. Vol. 29 No. 1 p. 10.

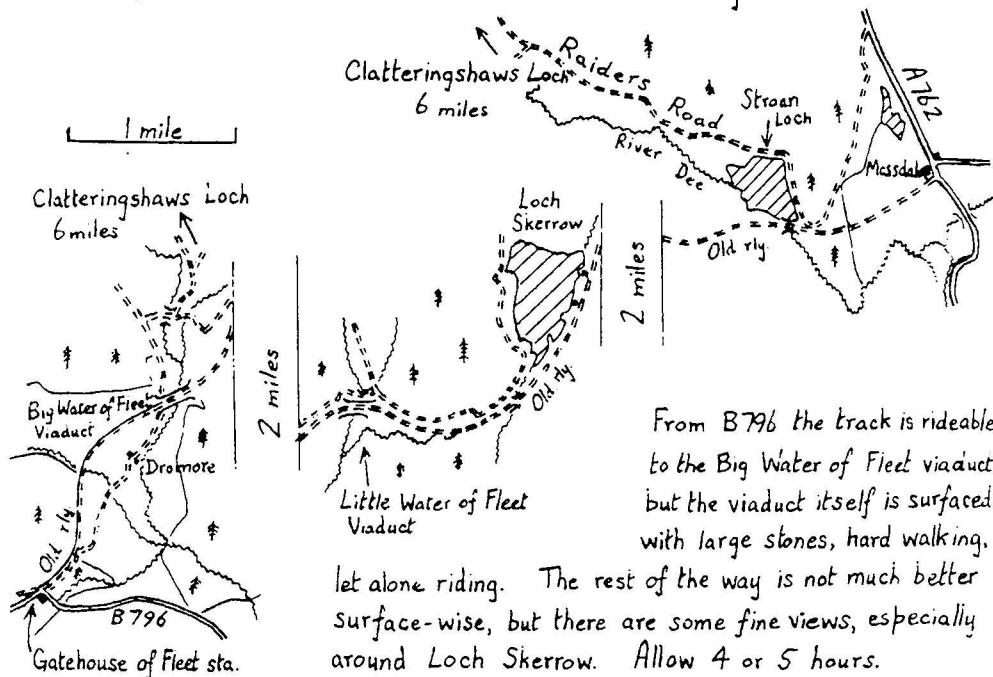
F FUNGLE BALLOCHAN TO TARFSIDE 600 m.
O.S. 44 NO 532906 to 492797 Barts. 52 17j 6 miles R.S. $2\frac{1}{2}$ miles R.R.

No details. The article in R.S.J. Vol. 33 No. 6 p. 158 etc. takes a different route altogether. No details either of the section of the Fungle between Aboyne & Birse Castle.

Q GLEN QUHARITY BALINTORE TO GLEN PROSEN 380 m.
O.S. 44 NO 285592 to 339631 Barts. 52 11q 7 miles R.R.
No details, but presumably very easy.

OR, OLD RAILWAY: GATEHOUSE OF FLEET STA. - NEW GALLOWAY STA. (A762)

O.S. 83 & 77 NX 545624 - 660705 Barts. 37 18; 10 miles R.R.



Sec R.S.J. Vol. 32 No. 6 p. 158, & Vol 23 No. 5 p. 111.
& Vol. 38 No. 2 p. 46

TC GLEN TROOL - CLATTERINGSHAW'S LOCH 265m.

O.S. 77 NX 396791 - 503779 Barts. 37 15c 3 miles R.S. 6 miles R.R.

No details since the forestry has spread in the area. The route is now part of the Southern Upland Way, boggy for a spell over the top, and rather boulder strewn in places, according to R.S.J. Vol 23 No. 5 p. 112.

CD CLATTERINGSHAW'S LOCH TO LOCH DOON a 375m.

O.S. 77 NX 503779 - 481945 (Barts. 37 15c) 1½ miles R.S. 12 miles R.R.

The latest O.S. map shows a forestry road past Backhill of Bush bothy ending at a hut (?) at NX 485884. The path shown starting to N. before this is presumably the one mentioned in R.S.J. Vol. 32 No. 6 p. 159. If this is difficult to follow, the best alternative could be to go WNW down a forest ride from 480882, and turn R. at the third cross ride, at 469890. This latter meets the track to Loch Doon at 473902.

CPP CARSPHAIRN TO PENPONT 355m.

O.S.77 NX662993 - NS 686023 Barts. 40 160 1½ miles R.S. 1 mile R.R.

A very easy link between the Water of Ken and Scar Water valleys.
mostly rideable. See R.S.J. Vol. 33 No.5 p.127.

PR POLSKEOCH RIG POLSKEOCH TO SANQUHAR OR KIRKCONNEL 550m.

O.S. 77 NS 686023 - 709065 Barts. 40 16n 6 miles R.R. or 11 miles R.R.

This is a fairly good forest road, mostly rideable where gradients permit.
At g.r. NS 686064 the track forks, right for Sanquhar, left for Kirkconnel.
No details of the latter. See R.S.J. Vol. 33 No.5 p.132.

GL LOWTHER HILL AND GREEN LOWTHER 725m. & 732m.

O.S. 78 NS 879131 - 890108 & 900120 Barts. 40 221 3½ miles each way

There is a road (? metalled) up to the Radio/T.V. masts on these hills.

DE DURISDEER - A702 405m.

O.S. 78 NS 895038 - 915083 or 926085 Barts. 40 23m 4 miles R.R.

No details. Probably an easy R.S. alternative to the Dalveen pass (A702).

ELLERGOFFE KNOWE KIRKCONNEL - NEW CUMNOCK 386m. (EK)

O.S. 71 NS 694145 - 667154 Barts. 40 16k 2 miles R.R.

No details. Probably an easy R.S. alternative to A76.

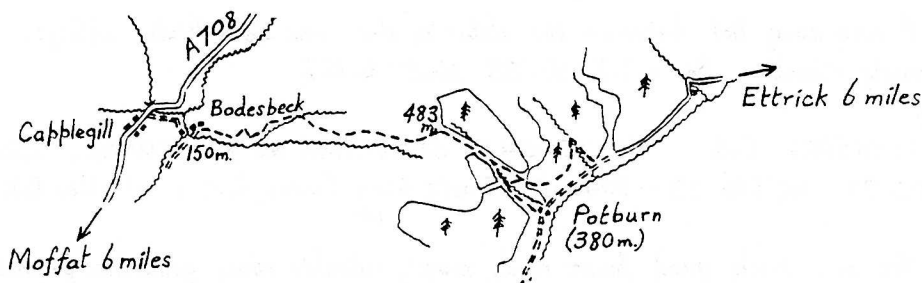
MUIRKIRK MOORS MUIRKIRK - SANQUHAR 412m. (MS)

O.S. 71 NS 695264 - 754176 Barts. 40 18k 3 miles R.S. 6 miles R.R.

A rough track climbs the moor past a cairn commemorating the site of MacAdam's original tar kilns, and over a very rickety bridge at the Garbel Water. Later, a boggy path crosses the summit fence, becoming worse for 2 miles to a gate into the forestry. A fire break soon becomes an improving track, and once more emerges on to the moors to Fingland. The ensuing road climbs to over 460m. before dropping down to Sanquhar.
See R.S.J. Vol.33 No.6 p.157.

ME MOFFAT TO ETTRICK 483m.

O.S. 79 NT 145097 - 189093 Barts. 41 50 3 miles R.S.



Turn right off A708 to Bodesbeck Farm. A well defined but steep green track climbs for a mile before levelling off near the top. The descent through forestry is rideable to Potburn Farm, whence metalled to Ettrick. Allow 1½ hours. From R.S.I. Vol. 24 No. 2 p. 38.

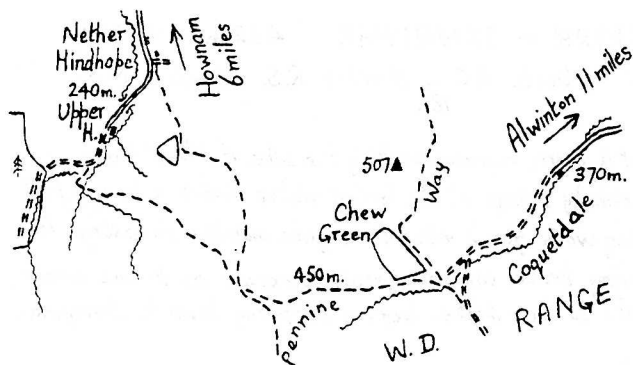
QM QUEENSMIRE HERMITAGE - PRIESTHAUGH 448m.

O.S. 79 NY 477967 - NT 467047 Barts. 41 14q 4 miles R.S. 2 miles R.R.

Leave the rough road to Old Braidlie just before the farm, and follow a rough cart track to and along the Braidlie Burn to Braidliehope, crossing the river four times. A steep climb starts here, and the track disappears in coarse grass soon after passing a large sheep pen on the right. There is a gate into the forestry at the top; it is not known how the latter has affected the path down through it. After the forestry, a track continues down the valley, improving after Priestthaugh-hill, and meeting tarmac again at Priestthaugh (for Hawick). Allow at least 3 hours. From R.S.I. Vol. 20 No. 2 p. 40.

CH COQUET HEAD HOWNAM TO COQUETDALE 450m.

O.S. 80 NT 760098 or 765104 - 803093 Barts. 41 3 miles R.S. 1 mile R.R. 22n



No details. Note that any alternative descents into England enter the W.D. ranges.

MR MINCHMOOR ROAD TRAQUAIR - BROADMEADOWS or SELKIRK
O.S. 73 NT 330346 - 411304 or 457286 Barts. 41 10g 4 or 8 mls. R.S. 2½ mls. R.R. 512 or 524 m.

No recent details. These used to be good tracks through heather or grass moorland.

HW CAULDSTANE SLAP HARPERRIG - WEST LINTON 435 m.

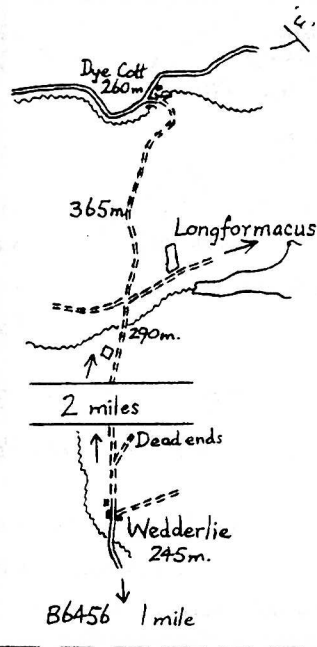
O.S. 65 NT 097622 - 126549 Barts. 45 24c 2½ miles R.S. 3 miles R.R.

No recent details. A well marked track, an old drove road, which used to be fairly rough going. See R.S.J. Vol. 29 No. 6 p. 157 which lists the parallel route by the Bore Stane (400 m.) to Carlops, amongst other routes in the Pentlands.

WL WESTRUTHER TO LONGFORMACUS 365 m.

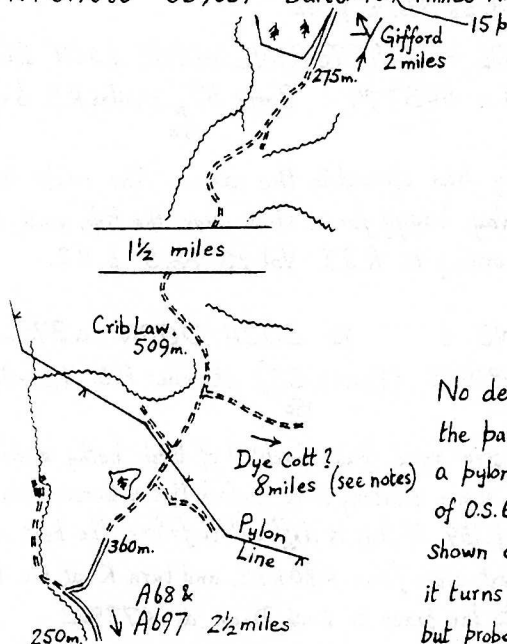
O.S. 67 or 74 NT 648580 - 643519 Barts. 46 18g 4 miles R.R.

No details. Ignore a 3rd track to NE in the part not shown in sketch. High point of this part is 345 m.



OG LAMMER LAW OXTON - GIFFORD 505 m.

O.S. 66 NT 519580 - 539637 Barts. 46 4 miles R.R.



No details. High point of route is in the part not shown. At g.r. NT 560590 a pylon line & track is shown to edge of O.S. 66. On O.S. 73 the pylon line is shown continuing East to 586592. where it turns NE; the track is not shown at all, but probably links up to the one at 587592.