



glen affric

faile do'n
gleann asfaraig

Even a fleeting visit to Glen Affric will leave an indelible memory of inviting pinewoods, shimmering lochs, enchanting islands and tumbling burns. Stay longer, let the glen feed your soul, and your cares will fly off with the eagles.

You will tread in the steps of folk who have lived here over aeons, who have harvested the woodlands, herded cattle and sheep, fished the waters and made their own whisky. You will see where plantings of spruce have given way to native Scots pine and where the pent-up power of the lochs lights the lives of far-off people. This is where Bonnie Prince Charlie hid after Culloden, and where Clan Chisholm ruled until the land was given over to stalking and shooting.

and where the wild red deer roam and watch over today's visitors.



The woods are alive
with pine martens
and red squirrels
– you might get a
glimpse of one!

Climb up the path above Dog Falls car park and drink in the view. In the distance are the great 'Munros' of Tom a' Choinich – (hill of the moss, say *tome-a-honich*) and Toll Creagach – (rocky hole) – which you can reach from the car park at Chisholm Bridge. Look over the islands of Loch Beinn a' Mheadhoin – (middle hill – say *ben-a-vey-un*) – and up into the pinewoods. Grazing animals have been well managed to allow young trees to grow. Below you, hardly noticeable, is the dam holding back the waters that feed Fasnakyle power station.

1. Viewpoint Walk
1.6 km / 1 mile. Allow 50 mins
A steady climb from the bridge up to the viewpoint



5. Plodda Falls

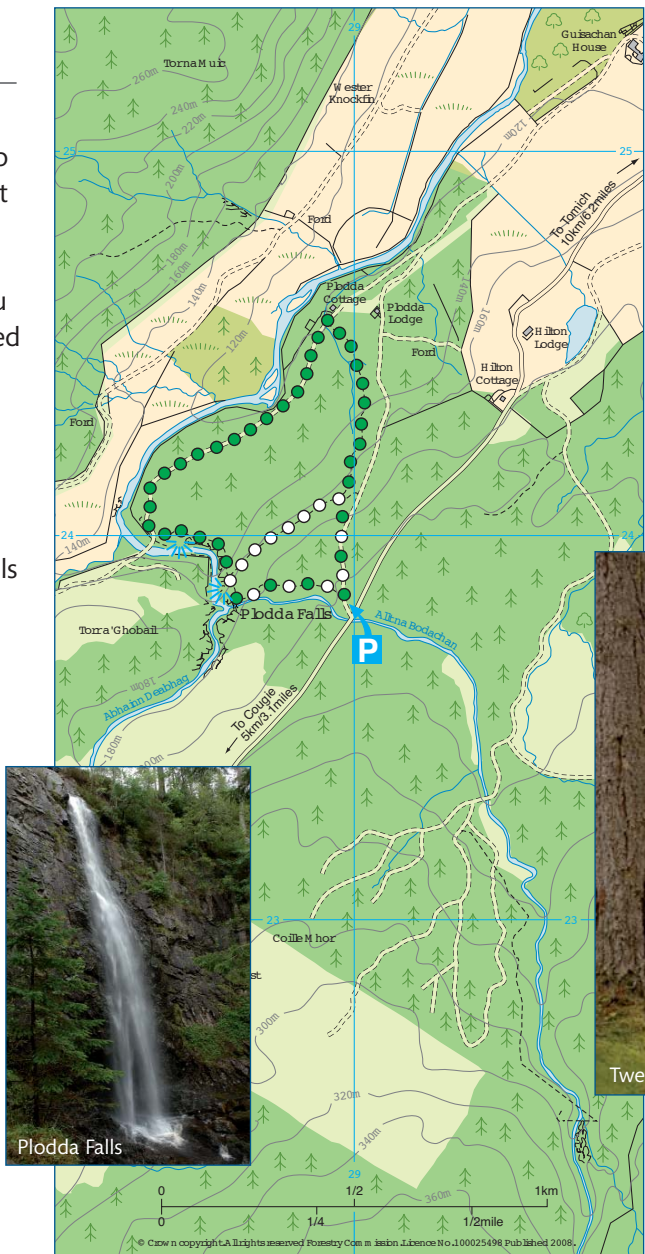
0.6 km / 0.4 mile. Allow 15 mins

A short loop situated on a gentle hillside

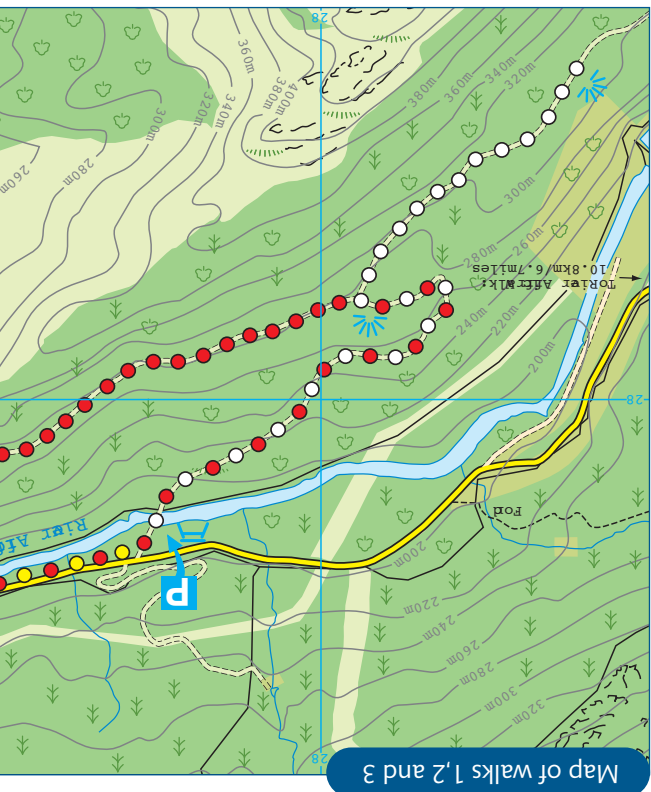
The first tumbling torrents you come to are just a magnificent taster for what's to come! Take care on the rising path as you pass the rocks covered in mosses and ferns.

In this mix of native woodland, Victorian planting and commercial forest, look out for cross-bills and crested tits high in the branches and secretive roe deer among the trees.

The glory of the Plodda Falls will amaze you as the burn cascades vertically with an awesome roar. And all around are soaring trees including three great firs planted by Lord Gladstone in the 1880s.



'These Douglas firs are real cathedral trees that inspire and captivate everyone who walks beneath them.'



Along the meandering trail, cheeky chaffinches will take food from your hand below the rowans and granny pines hanging with old man's beard. Feel the awesome power of the whisky-coloured river pouring over the falls; watch for a silent otter slipping into a dark pool searching for eels and brown trout greedily waiting for passing insects. Fungus like penny buns and fly agarics appear magically overnight in the damp woodland.

2. Dog Falls
3.2 km / 2 miles. Allow 1 hour
The path surface is made up of natural features and can be muddy at certain times of the year



4. River Affric

1.6 km / 1 mile. Allow 50 mins

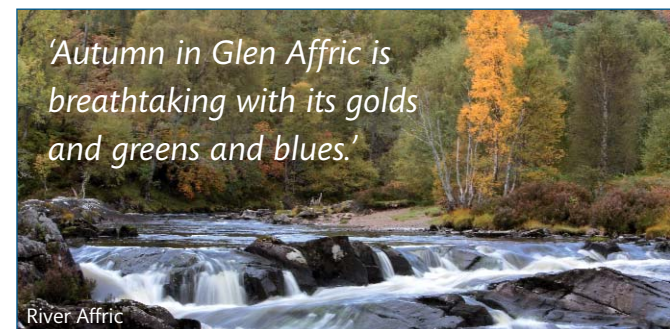
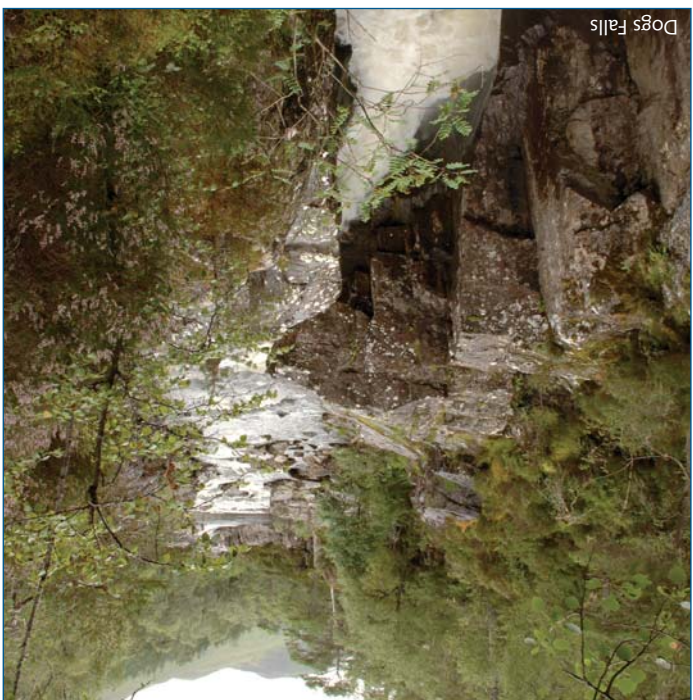
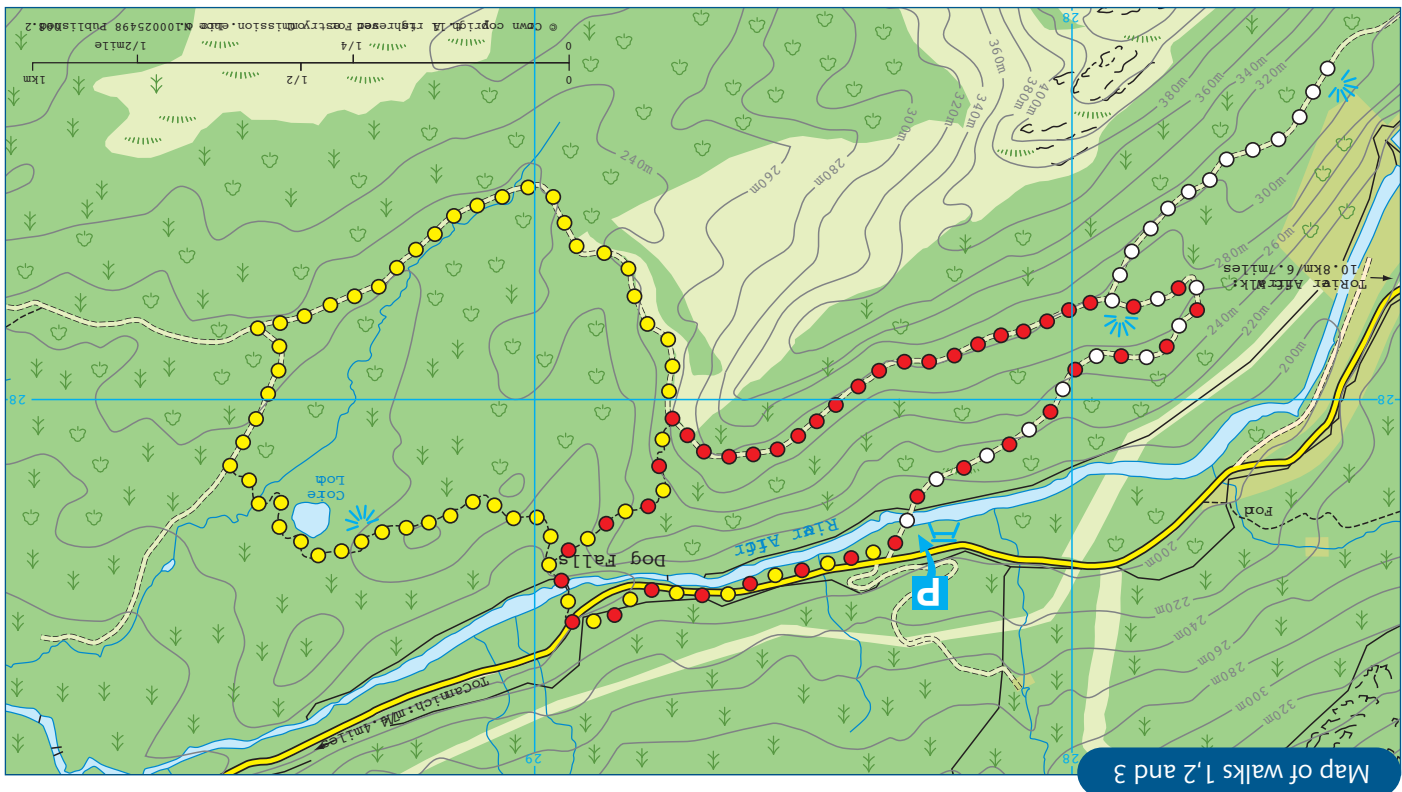
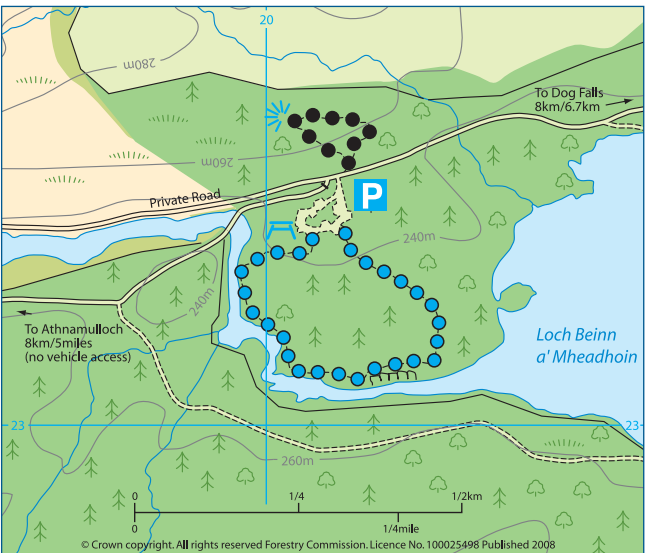
Take care on the rocky sections alongside the river, which can be slippery when wet

0.5 km / 0.3 mile. Allow 20 mins
A gradual climb on a short loop

Stand on the rock, which resembles a whale's back, as the peaty waters surge into the loch. Watch for dippers searching for larvae below the foaming waters. Make sure you're wearing proper footwear as the river in spate can rage past before settling into deep dark eddies.

When the wind changes direction, you may see a heron, with his unmistakable lazy wingbeat, heading for quieter fishing grounds. In winter, whooper swans hold icy vigils on the lochs.

The car park half way down Loch Beinn a' Mheadhoin is good for picnicking and wildlife watching. Or walk down the road a little and up the path alongside the 'burn of the flitting', Allt na h-Imrich. It's quite steep but you get memorable views from the moorland.



Take care of your pinewoods!

When you camp, gas stoves are better, quicker and safer than fires. If you must light a fire, make sure it's properly sited; put it out when you leave.

If you're walking in the hills, take a map, compass, protective clothing and food. There is no mobile phone reception in the glen.

The weather can change very quickly; always carry warm, wet-weather gear and wear strong footwear even on low-level walks.

Trail Grades

Forestry Commission Scotland trails and walks are graded according to the degree of difficulty, gradients and type of conditions visitors can expect.



Easy
Sensible
footwear



Moderate
Waterproof
footwear



Strenuous
Hillwalking
boots



Easy
Muscle
Loosener



Moderate
Muscle
Stretcher

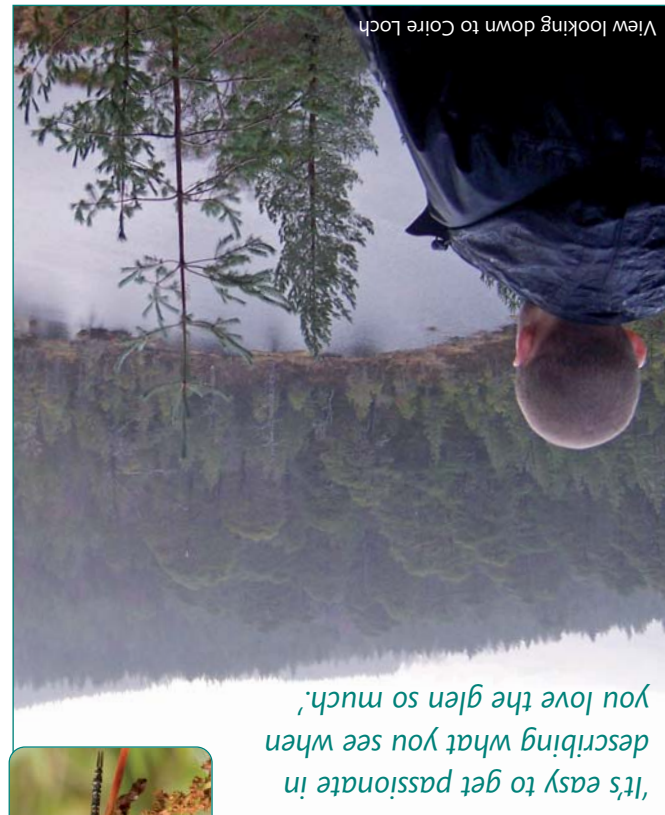


Strenuous
Muscle
Builder

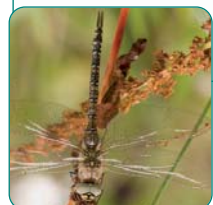
Enjoy Scotland's outdoors responsibly

- take responsibility for your own actions
- respect the interests of other people
- care for the environment.

SCOTLAND'S
OUTDOOR ACCESS CODE
KNOW THE CODE
BEFORE YOU GO
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It's easy to get passionate in
describing what you see when
you love the glen so much;

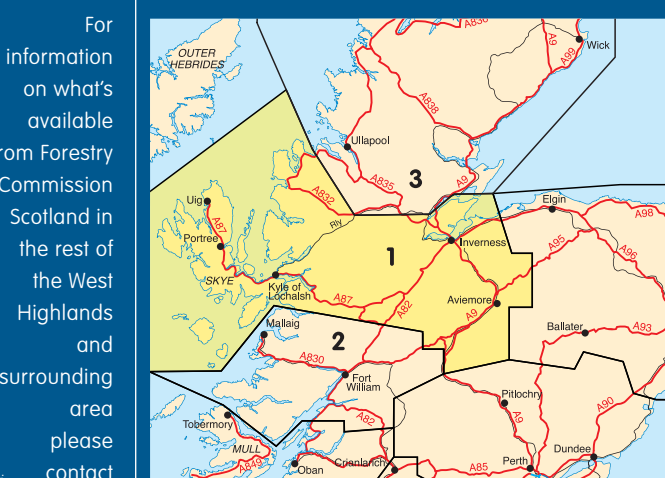


Climb past ancient Scots pine and birch, which shield a carpet of seedlings, and along the steep trail lined with blaeberries and mossy boulders. Look out over the crowns of the great pines and the hills in the distance and get a first glimpse of Coire Loch. Little gribes fish in summer among the water lilies and dragonflies hover above the boggy margins. Follow the trail as it sweeps through the heather and look for butterworts and insect-eating sundews.

3. Coire Loch
5.2 km / 3.25 mile. Allow 1.5 hours
Natural path surface, steep in places



Contact 1
Forestry Commission Scotland
Inverness, Ross & Skye Forest District,
Tower Road, Smithton, Inverness, IV2 7NL
Tel: 01463 791575
E-mail: invernessross&skye@forestry.gsi.gov.uk
Web: www.forestry.gov.uk/scotland
Public enquiry line 0845 FORESTS [367 3787]



2
Forestry Commission Scotland, Lochaber Forest District
Tel: 01397 702184
lochaber@forestry.gsi.gov.uk

3
Forestry Commission Scotland, North Highland Forest District
Tel: 01408 634063
northhighland@forestry.gsi.gov.uk

If you need this publication in an alternative format, for example, in large print or in another language, please contact:

The Diversity Team
Tel: 0131 314 6575
E-mail: diversity@forestry.gsi.gov.uk

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West Highlands

Explore
Enjoy
and
Discover

The Forest walks of
Glen Affric
National Nature Reserve



glen affric

gleann afaraig

'the glen of the dappled woodlands'

'Everywhere is special in its own way, but Glen Affric is more special than most!'

Eagles soaring over Glen Affric for eight thousand years have seen the pinewoods suffer a wet period when swamped trees formed peat and then return to healthy growth, only to be cut down for timber and fuel. The land was overgrazed by the big sheep that replaced tenants and used by Victorian sportsmen.

The Forestry Commission bought much of the estate in 1951 and the early foresters fenced off important remnants of native pine forest, the first steps in a major regeneration project. They were led by Findlay MacRae, then head forester whose dedication and custodianship set the pattern for today's foresters.

He ensured that deer were culled to reduce damage to young trees and the seeds of a Caledonian Forest Reserve were literally sown. Today, because the woods are actively conserved, wildlife is abundant and the forest is now a National Nature Reserve.

'One colour dominates – the reddish-pink of the Scots pine trunks, the fox, the deer, the squirrel, the pine marten and the chests of bullfinches.'

'The wooded islands in the loch come straight out of a fairy tale'

The glen of a thousand whispers

Gleann nan mile cogaran

You'll hear the rustle of leaves on birch and aspen, and the murmur of wind through pine needles. You might catch the bark of a roe deer or the chatter of crossbills as they split open pine cones for their seeds. You can't miss the mewing of a buzzard, the call of a sandpiper searching for a missing chick, the songs of warblers or the curious clicking of a stonechat.

There is always a whirl of summer insects and the tinkling of burns. Thundering waterfalls will bring shivers of excitement and the honking of greylag geese will remind you of long journeys to come.

At dusk, you might hear the yelp of a fox or the haunting cry of an owl.

'When you stand still, silent and patient, the glen is alive with fascinating sounds.'



Looking towards Loch Affric



Stag and pine above Beinn a' Mheadhoin



View towards Athnamulloch bothy

The glen of alluring aromas

Gleann nan boltrachan tàladhan

You'll never forget the fresh fragrance of the juniper and the bog myrtle. Many woodland plants were used for herbal remedies by people who lived close to the land.

The glen adds to our larder from the lean meat of venison and the seasonal pleasure of chanterelles to the many different berries and fruits. Blackbirds fly from Norway for the rowan berries!



Bringing back the pines

For thousands of years, people cut the Caledonian Pinewoods for timber and cleared them for grazing land. Only remnants survived across the Highlands. The regeneration and conservation of the native woodland in Glen Affric and elsewhere is a successful and rewarding endeavour that is returning great swathes of the noble Scots pine to the landscape and providing new habitats for wildlife.

Key to the map

	Forestry Commission Land		Main Road		Car Park
	Forestry Commission Woodland		Secondary Road		Toilet
	Other Woodland		Minor Road		Information/Visitor Centre
	Walk Route Location Numbers		Road/Track		Forest Walk
			NNR Boundary		Picnic Place
			Forest Trail		Viewpoint

The glen of countless colours

Gleann nan dathan dò-aireamhan

Examine the ancient rocks where volcanic fire painted streaks of different colours. Look for brown bracket fungus on trees, golden chanterelle mushrooms, red fly agaric with its white spots and grey-green old man's beard hanging from branches.

Come and see hazy bluebells and marsh violets, bright yellow bog asphodel, pimpernel, tomentil and anemone, pale yellow primrose, pinky-white wood sorrel and dark-spotted orchids. Then there are black crowberries, red cowberries, blueberries, orange rowan berries and red wild raspberries. The hues and tints of Glen Affric are amazing.

'Ghost-like Woodcock in search of worms fly darkly against the long grey shadows cast by Autumn moons.'

Scotland's National Nature Reserves

Scotland has more than 50 National Nature Reserves. In 2002, Scottish Natural Heritage declared Glen Affric as an NNR because its precious native woodlands are home to an astonishing variety of plants and animals. Discover more about Scotland's national treasures by visiting www.nnr-scotland.org.uk



'In the clean air, you can smell the glen – the resin of pine, the perfume of bog myrtle, the hints of deer and musky traces of fox in early morning.'

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0 1 2 3 4 5 kilometres
0 1 2 3 miles

'You can see why this place is called the speckled glen – the sun constantly lights up different scenes.'