

Surprise yourself!



Discover Scotland's Great Trails...

...there's a surprise
around every corner



Year of Natural
Scotland 2013



Scottish Natural Heritage
Dualchas Nàdair na h-Alba

All of nature for all of Scotland
Nàdar air fad airson Alba air fad



Visit
Scotland™

visitscotland.com/surprise

EXPLORE

SCOTLAND'S GREAT TRAILS

Scotland's Great Trails are nationally promoted trails for people-powered journeys. Each is distinctively waymarked, largely off-road and has a range of visitor services. At least 25 miles in length, they are suitable for multi-day outings as well as day trips. Collectively the 26 different routes provide over 1,700 miles of well managed paths from the Borders to the Highlands, offering great opportunities to explore the best of Scotland's nature and landscapes, and to experience our amazing history and culture.

The fold-out map shows where the trails are, their start and end points and length. Turn over for a tantalising taste of some of the wildlife and landscapes that you could encounter as you journey along these trails.

Each of Scotland's Great Trails has a website (at the foot of the listing on the reverse of the map), where you can find out more about how to get started – such as route descriptions, transport options and accommodation.

Where will Scotland's Great Trails take you?

Front cover image: Bruce's Stone above Loch Trool, Dumfries & Galloway
Photography courtesy of Scottish Viewpoint, Scottish Natural Heritage, Aberdeenshire Council and Dava Way Association

Enjoy Scotland's outdoors responsibly

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



**KNOW THE CODE
BEFORE YOU GO**

outdooraccess-scotland.com



SCOTLAND'S GREAT TRAILS

Now it's your turn. Explore each trail for yourself and get ticking those boxes!




- | | |
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Check out www.scotlandsgreattrails.org.uk for links to further information on all the trails.

1

Annandale Way



River Annan


START: Moffat

FINISH: Newbie Barns, Solway Coast

LENGTH: 55 miles (88km)

8

Dava Way



Dive Viaduct, Moray

START: Granttown-on-Spey

FINISH: Forres

LENGTH: 24 miles (39km)

12

Great Glen Canoe Trail



Caledonian Canal

START: Banavie, nr Fort William

FINISH: Clachnaharry, nr Inverness

LENGTH: 60 miles (96km)

14

John Muir Way



Tantallon Castle


START: Fisherrow, nr Edinburgh

FINISH: Dunglass, nr Cockburnspath

LENGTH: 45 miles (72km)

16

Moray Coast Trail



Findhorn, Moray

START: Forres

FINISH: Cullen

LENGTH: 50 miles (80km)

20

Romans and Reivers Route



Hawick, the Scottish Borders


START: Ae

FINISH: Hawick

LENGTH: 52 miles (83km)

2

Ayrshire Coastal Path



Ardrossan Marina


START: Glenapp

FINISH: Skelmorlie

LENGTH: 100 miles (161km)

9

Fife Coastal Path



Firth of Forth

START: Kincardine

FINISH: Newburgh

LENGTH: 117 miles (187km)

13

Great Glen Way



Glen Mor (The Great Glen), Lochaber


START: Fort William

FINISH: Inverness

LENGTH: 79 miles (127km)

15

Kintyre Way



Saddell Bay, Kintyre

START: Tarbert

FINISH: Southend

LENGTH: 87 miles (140km)

17

Mull of Galloway Trail



Mull of Galloway


START: Mull of Galloway

FINISH: Glenapp

LENGTH: 36 miles (58km)

21

St Cuthbert's Way



Eildon Hills

START: Melrose

FINISH: Lindisfarne (England)

LENGTH: 62 miles (100km)

3

Berwickshire Coastal Path



Cliffs east of St Abb's Head National Nature Reserve

START: Cockburnspath

FINISH: Berwick-upon-Tweed

LENGTH: 28 miles (45km)

9

Fife Coastal Path



Firth of Forth

START: Kincardine

FINISH: Newburgh

LENGTH: 117 miles (187km)

13

Great Glen Way



Glen Mor (The Great Glen), Lochaber

START: Fort William

FINISH: Inverness

LENGTH: 79 miles (127km)

15

Kintyre Way



Saddell Bay, Kintyre


START: Tarbert

FINISH: Southend

LENGTH: 87 miles (140km)

18

River Ayr Way



Ayr Gorge Woodlands


START: Glenbuck

FINISH: Ayr

LENGTH: 44 miles (70km)

22

Southern Upland Way



Loch Trool, Dumfries & Galloway


START: Portpatrick

FINISH: Cockburnspath

LENGTH: 212 miles (340km)

4

Borders Abbeys Way



Jedburgh Abbey

CIRCULAR: Kelso-Jedburgh-Hawick-Selkirk-Melrose

LENGTH: 68 miles (109km)

9

Fife Coastal Path



Firth of Forth

START: Kincardine

FINISH: Newburgh

LENGTH: 117 miles (187km)

13

Great Glen Way



Glen Mor (The Great Glen), Lochaber

START: Fort William

FINISH: Inverness

LENGTH: 79 miles (127km)

15

Kintyre Way



Saddell Bay, Kintyre


START: Tarbert

FINISH: Southend

LENGTH: 87 miles (140km)

18

River Ayr Way



Ayr Gorge Woodlands


START: Glenbuck

FINISH: Ayr

LENGTH: 44 miles (70km)

23

Speyside Way



River Spey

START: Buckie

FINISH: Aviemore

LENGTH: 65 miles (105km)

5

Cateran Trail



Alyth

CIRCULAR: Blairgowrie-Kirkmichael-Spittal of Glenshee-Alyth

LENGTH: 64 miles (103km)

9

Fife Coastal Path



Firth of Forth


START: Kincardine

FINISH: Newburgh

LENGTH: 117 miles (187km)

13

Great Glen Way



Glen Mor (The Great Glen), Lochaber


START: Fort William

FINISH: Inverness

LENGTH: 79 miles (127km)

15

Kintyre Way



Saddell Bay, Kintyre

START: Tarbert

FINISH: Southend

LENGTH: 87 miles (140km)

18

River Ayr Way



Ayr Gorge Woodlands

START: Glenbuck

FINISH: Ayr

LENGTH: 44 miles (70km)

24

Three Lochs Way



Balloch to Helensburgh section of Three Lochs Way


START: Balloch

FINISH: Inveruglas

LENGTH: 31 miles (50km)

6

Clyde Walkway



The Falls of Clyde


START: Glasgow

FINISH: New Lanark

LENGTH: 40 miles (65km)

10

Formartine and Buchan Way



Mormond Hill White Horse

START: Dyce, nr Aberdeen

FINISH: Fraserburgh & Peterhead

LENGTH: 53 miles (86km)

13

Great Glen Way



Glen Mor (The Great Glen), Lochaber

START: Fort William

FINISH: Inverness

LENGTH: 79 miles (127km)

15

Kintyre Way



Saddell Bay, Kintyre


START: Tarbert

FINISH: Southend

LENGTH: 87 miles (140km)

18

River Ayr Way



Ayr Gorge Woodlands


START: Glenbuck

FINISH: Ayr

LENGTH: 44 miles (70km)

25

West Highland Way



Loch Lomond on the West Highland Way


START: Milngavie, nr Glasgow

FINISH: Fort William

LENGTH: 96 miles (155km)

7

Cross Borders Drove Road



Kailezie Hill, the Scottish Borders

START: Little Vantage

FINISH: Hawick

LENGTH: 52 miles (83km)

11

Forth-Clyde/Union Canal Towpath



Bowling, Dunbartonshire

START: Bowling

FINISH: Fountainbridge, Edinburgh

LENGTH: 66 miles (106km)

13

Great Glen Way



Glen Mor (The Great Glen), Lochaber

START: Fort William

FINISH: Inverness

LENGTH: 79 miles (127km)

15

Kintyre Way



Saddell Bay, Kintyre

START: Tarbert

FINISH: Southend

LENGTH: 87 miles (140km)

19

Rob Roy Way



Falls of Acharr


START: Drymen

FINISH: Pitlochry

LENGTH: 77 or 94 miles (124 or 151km)

26

West Island Way



Kilchattan Bay

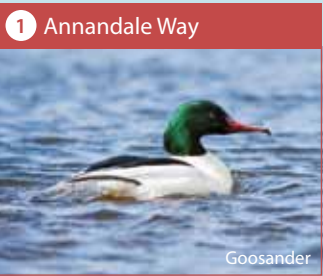
START: Kilchattan Bay

FINISH: Port Bannatyne

LENGTH: 30 miles (48km)



In this, the Year of Natural Scotland 2013, what better way to explore the breathtaking natural beauty and thriving natural environment, than getting out and about and enjoying Scotland’s Great Trails. With 26 to choose from, you will be spoiled for choice!



The Annan river is home and hunting ground for heron, kingfisher and otter – wily fishers all. In autumn, saw-billed goosander flock to Castle Loch, mid-way along the trail through the Annan Valley, for a spot of fishing too. And for the finale, where the river flows into the Solway Firth, there’s a wonderful black and white minstrel show of thousands of Barnacle geese every winter.

www.annandaleway.org



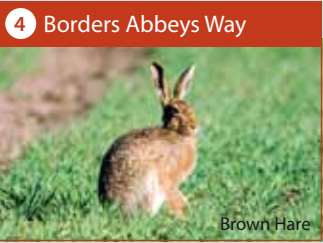
The Ayrshire coastline is a hot-spot for wildlife enthusiasts. Seals basking on inshore rocks are a common sight, and with luck you may see otters too. Look out for long-billed waders probing the estuary muds, cormorants standing like statues as they soak up the sun and gannets plunging at break-neck speed into the offshore waters. How many of the 135 birds listed in the Guide Book can you spot?

www.ayrshirecoastalpath.org



The coastal cliffs burst into colour in spring – thrift (sea pink), early purple orchid, yellows of the bird’s-foot trefoil, gorse and rockrose; visited by equally brightly-attired butterflies – common blue, northern brown argus and painted lady to name a few. Add the cacophony of noise from the cliff-nesting guillemots, kittiwakes and fulmars, and it’s sure to put a spring in your step too.

www.scotborders.gov.uk/berwickshirecoastalpath



Between the Borders Abbeys towns and villages, wildlife thrives. Look out for salmon and dippers in the rivers between Kelso and Jedburgh, goosander and grey heron on the way to Hawick. Buzzard and brown hare frequent the hill farms between here and Selkirk, and Selkirk Hill is a hot-spot for wild flowers such as mountain pansy and butterwort. On summer days check the country lanes around Melrose for ringlet and meadow brown butterflies.

www.scotborders.gov.uk/bordersabbeyway



On the heathery hills around Glenshee, you may be rewarded with a glimpse of a red deer or a golden eagle soaring overhead. Oystercatchers are often seen close to rivers, and dippers may be spotted bobbing on the rocks before disappearing underwater to catch insects. In late autumn look out for salmon leaping up the falls of the River Erich as they head upstream to their spawning grounds. Then of course there are the beavers and wild boar near Alyth and even llamas near Glenshee.

www.caterantrail.org



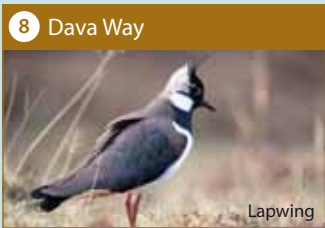
Woods and water are a winning combination when it comes to wildlife, and the Clyde Valley is no exception. Woodpeckers and tree creepers, bluebells and primroses, beetles and badgers, all live in the woodlands that border the trail. But the top trump must surely be the opportunity to see peregrine falcons nesting on the cliffs above the river at the Falls of Clyde.

www.visitnarkshire.com/things-to-do/walking/Clyde-Walkway/



This trail, which follows the route used by drovers taking their beasts to market, takes you into hidden valleys such as Fingland Burn and Gypsy Glen and across the glorious Borders countryside. The heathery hump of Kirkhope Law, crested with its double dykes, is resplendently dressed in purple in summer – it’s like walking or riding along a dinosaur’s back.

www.southofscotlandcountrysidetrails.co.uk/where-to-ride/cross-borders-drove-road/



From the woodlands and pastoral landscape of the Moray plain, this trail heads to the wild moor where golden plover, curlew, lapwing and snipe are regularly seen and heard. In summer bog asphodel, gentians and orchids abound. The old railway sidings at Dunphail have been developed as a wildlife-friendly Breathing Place, from where the trail leads south through a beautiful birch wood to the spectacular Divie viaduct.

www.davaway.org.uk



Experience the vast variety of natural and cultural heritage as you explore the Kingdom of Fife’s spectacular coastline. Ponder on the forces that created the sculptured sandstone crags and fossil-rich limestone cliffs. View the wealth of wildlife from wild flowers to pods of dolphins as you pass through nature reserves and past rich seas. Listen out for eider cooing and wigeon whistling, as each changing season brings its own special charms.

www.fifecoastalpath.co.uk



The wildlife along this old railway route can be secretive, so make an early start or dawdle at dusk and you might be rewarded by the sight of a fox, badger, roe deer or red squirrel. A rich variety of bird and insect life lives amongst the natural vegetation that flanks the route, including beautiful butterflies in the secluded cuttings.

www.aberdeenshire.gov.uk/outdooraccess/long_routes/formartine_buchan.asp



The canals provide a vital corridor for wildlife, through the city and into the countryside. On the water you’re likely to see mute swans, mallard, little grebe and tufted duck. You might also spot characters from ‘Wind in the Willows’ – Ratty (water vole), Toad and Weasel. On summer days look out for swifts on the wing, while at dusk keep an eye out for Daubenton’s bats flitting over the water hovering up insects.

www.scottishcanals.co.uk/our-canals



The Great Glen is formed by a gigantic fault line and is one of the most geologically active parts of the UK, but don’t worry most earth tremors are too faint to be recorded. However, in 1901 an earthquake caused a 600 foot crack to open in the towpath at Dochgarroch Lock! The broom and whin (gorse) that you’ll find lining some of the towpaths were originally planted on the orders of Thomas Telford as their roots help to bind the sand and gravel of the canal’s embankments.

www.greatglencanoetrail.info



The top ten creatures to keep an eye out for in the Great Glen are red deer, red squirrel, pine marten, wild boar, osprey, peregrine falcon, raven, black grouse, Scottish crossbill and wood ant. You can download free Spotter’s Guides from the website to help you identify and learn more about these and the many other creatures that live here.

www.greatglenway.com



The coastal sections of the trail are ideal for viewing seabirds such as gannets and oystercatchers, while inland there are opportunities to spot brown hares and roe deer and the rivers are home to kingfishers and otters. In John Muir’s home town of Dunbar, look out for kittiwakes nesting on the castle and seals scavenging for fishy scraps in the harbour.

www.eastlothian.gov.uk



Wind your way down this remote peninsula and you’re likely to encounter deer, red squirrels and grouse in the woods and moor above Tarbert, and seals, seabirds and basking sharks along the coast. During winter and spring, Lussa Loch is a haven for flocks of white-fronted Greenland geese. Wildlife of the hooked beak and talon variety thrives on the Mull of Kintyre – the domain of kestrels, peregrines and golden eagles.

www.kintyreway.com



With its marvellous landscapes of rugged cliffs, sheltered coves and sweeping stretches of sand, Moray’s coastline is alive with wildlife. The resident population of bottlenose dolphin in the Moray Firth is a big draw, as is the chance to see an osprey plunging for fish. But don’t overlook the fulmars soaring effortlessly overhead, stonechats calling loudly from the whins, ducks dabbling in the estuaries and lichens carpeting the pinewood.

www.morayways.org.uk/moray-coast-trail.asp



This is a trail for all seasons for wildlife. In summer it’s seabird city at the Mull of Galloway, where guillemots and razorbills, kittiwakes and fulmars are all busy raising their chicks. From autumn through to spring there’s plenty to see at Luce Bay and Loch Ryan – from graceful mute swans to energetic turnstones. At any time of year, look out for roe deer at Glenapp.

www.mullofgallowaytrail.co.uk



Glenbuck Loch, the start of the trail, is famous for its fossilised fish. The good news for wildlife watchers is there’s still salmon and other fish living in the River Ayr, and these attract kingfishers, heron and otter. Also look out for grey wagtail and dippers. Badger, roe deer and red squirrel live in the nearby woods, while raptors reign over the moor above Muirkirk.

www.theriverayrway.org



This scenic trail travels through the heart of Scotland, and its centrepiece is the spectacular Glen Ogle. Large lochs feature prominently along the way, as do dramatic cascades of water such as the Falls of Leny, Dochart, Acharn and Moness. Look out for the ‘king of the river’ jumping in the River Tay at Strathtay and at the famous fish ladder in Pitlochry where 5,000 salmon pass upstream to Loch Faskally.

www.robroyway.com



This trail follows old Roman roads, sheltered forest tracks and quiet lanes. While you no longer need to keep an eye out for the notorious Reivers, livestock raiders of the Middle Ages, do look out for birds of prey such as short-eared owl, buzzard and goshawk which regularly nest and hunt in the forest. Also listen out for the elusive water vole plopping into small streams as you pass.

www.southofscotlandcountrysidetrails.co.uk/where-to-ride/romans-and-reivers-route/



The hills of the Scottish Borders are alive to the sound of music in spring – the song of the skylark, the plaintive note of the golden plover, the bubbling trill of the curlew and the throaty cackle of the red grouse. And Lindisfarne, at the end of the trail, is a mecca for long-distance avian travellers in autumn, as well as a colourful canvas of dune flowers in summer.

www.stcuthbertsway.info



For a route that stretches over 200 miles from coast to coast, it’s no surprise that the wildlife is as diverse as the countryside along the way. Seabirds clamouring on the cliffs, woodpeckers hammering in the forests and mountain hares bounding across the hillsides are just a few of the Southern Uplands’ secrets it shares with those who journey across it.

www.southernuplandway.gov.uk



Some of Scotland’s most iconic wildlife can be seen along this trail – seals basking on the rocks at Portgordon, while otters and osprey fish the waters of the River Spey. Keep an eye out for red squirrels and elusive pine martens in the native pinewoods of the Cairngorms National Park – and if you’re really lucky you’ll catch a glimpse of a capercaillie. Find out more about these fascinating creatures by visiting the Spey Bay Wildlife Centre and the RSPB reserve at Abernethy.

www.speysideway.org



Great views over Loch Lomond, Gare Loch and Loch Long are the defining features of this trail, though your eye will also be drawn to the craggy Arrochar Alps and majestic Ben Lomond. Focus in closer as the trail passes through Glen Loin and you’ll see that the oak trees are cloaked in mosses and ferns, and you’ll maybe spot some deer sheltering or a sparrowhawk hunting.

www.threelochsway.co.uk



The landscapes are forever changing as this trail passes through woodland and rolling farmland to Loch Lomond, crosses the open expanse of Rannoch Moor and traverses the imposing mountain scenery of the Highlands. The wildlife also gets wilder as you head north - feral goats frequent the bouldery terrain north of Rowardennan, red deer are regularly seen near Kingshouse and, if you’re lucky, you might see a golden eagle.

www.west-highland-way.co.uk



Follow this trail through the Isle of Bute and there’s a good chance of seeing grey seals around the coast, and maybe even an otter. Stop at the bird hide at Loch Fad, and in summer you could be rewarded with an osprey fishing and in winter you might spy a goldeneye or a gaggle of greylag geese.

www.visitbute.com/Walking+on+Bute/



There’s a fun-packed programme of events to celebrate the Year of Natural Scotland throughout 2013. Find out about the many ways you can get involved by visiting the Scottish Natural Heritage website and the Year of Natural Scotland page.

Some of the fantastic things on offer include:

- Scotland’s Big 5 celebrations – vote for your favourite Big 5 wildlife
- View from the train – discover more about Scotland’s iconic natural landscapes with our mp3 audio guide, App and leaflets
- Celebrate John Muir – join in activities at Scotland’s protected places to celebrate the life and work of the “father of National Parks”
- Scotland’s Outdoor Challenge – inspiring young people to share their special stories of the great outdoors via a new Facebook App and photographing their feet!



Images © SNH, Lorne Gill, Laurie Campbell and Patricia and Angus Macdonald

Surprise yourself!

WIN
a break to the
Scottish Borders

To celebrate the opening of the new Cross Borders Drove Road trail, we are offering you the chance to experience this fascinating route stretching 52 miles (83km) from south west Edinburgh over the Cauldstane Slap – the pass over the Pentland Hills – it continues through West Linton to Peebles and Traquair, and onward via the Yarrow Valley to Hawick. On the way, you'll explore hidden valleys such as Fingland Burn and Gypsy Glen and across the glorious Borders countryside.

Experience this all for yourself and WIN a break to the Scottish Borders

Stay for two nights at the 4 star gold Glede Knowe Guest House nestled in the picturesque village of Innerleithen. Situated close to the town of Peebles – you will be perfectly positioned to explore the many surprising sights and sounds of the Cross Borders Drove Road trail. What's more, you will savour a delicious breakfast on each morning to set you up for the day ahead.

Enjoy one full day of bike hire courtesy of bspoke cycles, and you will also be invited to experience the thrills and spills of Go Ape – the UK's number one forest adventure. Fly down zip-wires, leap off the Tarzan Swing and tackle crossings whilst enjoying some of Scotland's most breathtaking scenery.

And with up to £100 towards travel and spending, you'll be free to discover the many surprising things to see and do on the Cross Borders Drove Road.

Enter now: visitscotland.com/surprisetrails



Peebles, the Scottish Borders

Terms and Conditions: Draw closes 30.06.13. No purchase necessary. For full Ts and Cs go to: visitscotland.com/surprisetrails
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