



25 HIGHLAND NETHY BRIDGE TO GLENMORE

▶ Distance: 10 miles/16km ▶ Time: 4½ hours ▶ Grade: Moderate



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FEATURE
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Views to the Cairngorm plateau from point 5.



PHOTO: JENNY GILLIES



CHOSEN BY...

JENNY GILLIES

This route explores the Abernethy

National Nature Reserve, near Aviemore. The location for BBC Two's Springwatch in 2019, these ancient woodlands are teeming with flora and fauna. Using Aviemore as a base, this route uses service buses to facilitate a fabulous linear route usually reserved for those with either two cars or two wheels. For an extra special start to the walk, take the Strathspey Steam railway from Aviemore to Broomhill Halt, situated only a short walk from Nethy Bridge.

1 Start

From the bus stop in Nethy

Bridge walk up Dell Road southwest beside the River Nethy past several interpretation boards to join the signposted 'Riverside Path'. Follow path for 1km then bear L onto gravel road and through houses to rejoin the Dell Road.

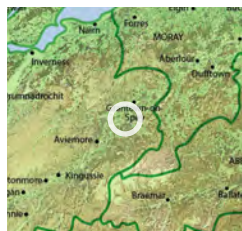
2 ¾ mile/1.3km

Turn L onto Dell Road and continue along road. If you spot a tipi pitched in a small woodland on your L this is Springwatch HQ! Road enters Dell Woods and turns into a forest track.

3 2 miles/3.3km

Turn L at a junction then and at the top of the hill bear R onto a grassy forest road

PLAN YOUR WALK



ROUTE

Start/parking Park in Aviemore. Bus to Nethy Bridge, bus stop in village centre, grid ref NJ002206

Is it for me? Forest and grassy track, minor road, one rough and steep section

Stiles None

PLANNING

Nearest town Aviemore

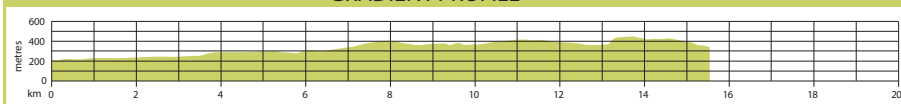
Refreshments Nethy House Café, Nethy Bridge 07963 217793; Cobbs at Glenmore Visitor Centre 01479 861700; Pine Marten Bar, Glenmore 01479 861257

Public toilets Nethy Bridge Community Centre, Glenmore Visitor Centre

Public transport Catch bus 34 from Aviemore to Nethy, then bus 31 from Glenmore to Aviemore (stagecoachbus.com). Aviemore accessible by Scotrail and Citylink buses.

Maps OS Explorer OL57; Landranger 36

GRADIENT PROFILE



25 HIGHLAND NETHY BRIDGE TO GLENMORE

► OS Explorer map OL57 ► Buy maps at: ordnancesurvey.co.uk/shop

amongst pine forest. Go straight on at a junction.

4 3½ miles/5.7km

Turn R after a building and polytunnel, following the sign to Glenmore via Ryvoan. Pass kennels on your R then head straight across broad gravel area keeping a small brown building to your L. Pass through gate and onto a track, again signposted for Glenmore. Straight on at next junction.

5 5 miles/8km

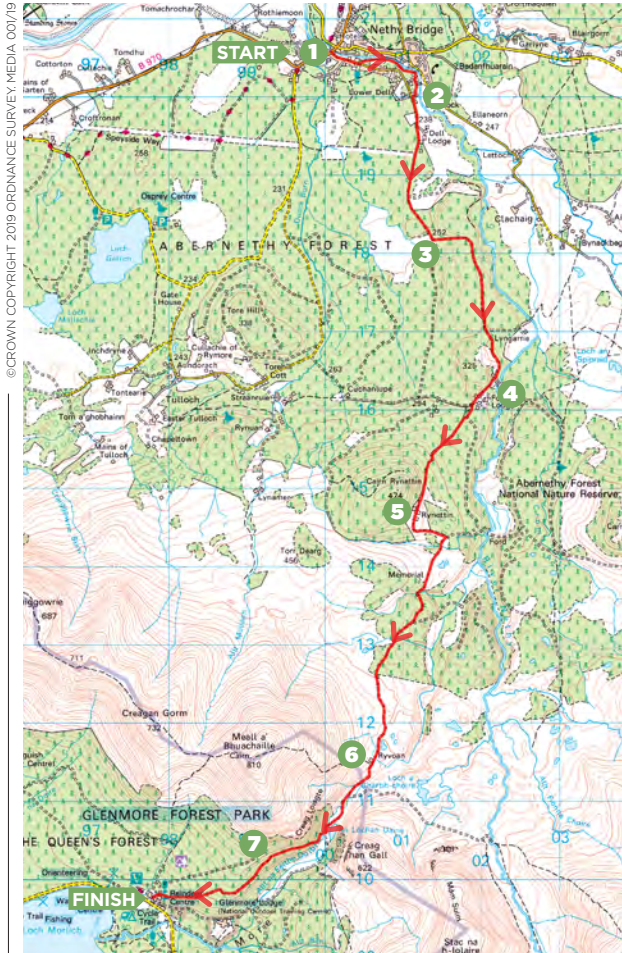
At top of hill pass through gate between two houses and follow grassy track back down hill, turning R onto forest track at the junction at the bottom. Continue on track through forest and up onto open moorland.

6 7½ miles/12km

At Ryvoan Bothy continue straight on past the cottage and at next junction. After approximately 0.5km reach the Green Lochan and turn R onto the small path off the main track just before a blue topped marker post. Path climbs steeply through some rough ground before reaching a forest road.

7 8½ miles/14km

Descend on forest track, turning L after house onto metalled road. Take next R to arrive at Glenmore Visitor



Centre. The bus stop for Aviemore is on the opposite side of the main road, near the entrance to Glenmore Campsite. If you walk the Old Logging Way back to Aviemore this will add 6 miles/10km to the route. **CW**

VIEW THE WALK ON OS MAPS ONLINE:
lfto.com/cwroutes

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