

Aviemore to Boat of Garten

Begin your ride just north of the railway station in Aviemore - take the subway under the railway line and turn left onto National Route 7. Follow a quiet road for a bit and then wind your way through a residential estate, before joining a shared-use path for walkers and cyclists, which takes you all the way to the village of Boat of Garten.

This journey offers excellent wildlife spotting opportunities as you cross heather covered moorland, surrounded by spectacular mountain ranges and dense forests. The village of Boat of Garten is known as the 'Osprey Village', as, after the species had been driven to near extinction, a pair of Ospreys reappeared at Loch Garten in the 1950s.

When you come into the village, keep cycling to the north side and you will see a sign for the RSPB reserve at Milton Loch, where you can get up close and learn more about these majestic birds of prey which migrate here to breed every year.

- Start/finish points:** Aviemore / Boat of Garten.
- Nearest main railway station:** Aviemore.
- Parking:** Aviemore and Boat of Garten.
- Refreshments:** Aviemore and Boat of Garten.
- Public toilets:** Aviemore and Boat of Garten.

And since you start and finish at either end of the Strathspey Railway, you can return by steam train if your legs are too tired. Find out more at www.strathspeyrailway.co.uk

Who'd enjoy this ride? Everyone, families and individuals alike. This route is mainly on a shared-use path for walkers and cyclists, but a certain amount of road sense is needed as there is a small section on-road.

Attractions:

Loch Garten Reserve has viewing points, nature trails, guided tours and a café. Please check on the website www.rspb.org.uk for full information on the osprey migratory times and all the other species that make their home here, including red squirrels and tree pips.

This whole area is a natural attraction and there are a couple of great websites to help you plan your trip, www.visitaviemore.com and www.boatofgarten.com

Good to know:

You can extend the trip by another five miles by following National Route 7 from Boat of Garten to Carrbridge where there is a railway station (you can choose between an on-road route and a track through the forest).

From the RSPB reserve in Boat of Garten, instead of returning the way you came, you can make it a circular route by following the B970 south back to Aviemore - National Route 7 on-road alternative.

You can visit www.kelloggs.co.uk/cycling or www.kelloggs.ie/cycling where you can download more guides and share your experiences with others.

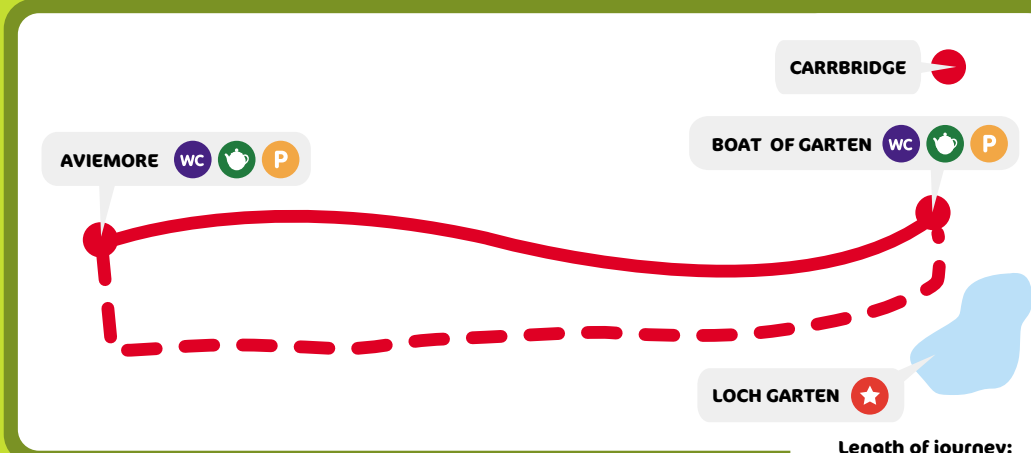
- P** PARKING
- I** PUBS
- C** CAFÉS/TEA ROOMS
- WC** TOILETS
- ★** ATTRACTION



When you are on the National Cycle Network look out for these signs.

The numbers on the signs relate to the route you are following.

Length of journey:
6 miles (one way)



This map is a representation of the route, use the signage on route or OS maps for further detail if required.

TIME TAKEN: **DISTANCE COVERED:**

NOTES:

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Did you know 20 minutes of gentle cycling burns up to 100 calories? There are no emissions from cycling so you are being good to yourself and the planet!

Enjoyed your ride on the National Cycle Network? Sustrans is the charity behind the National Cycle Network. For more information visit www.sustrans.org.uk



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Whatever images you have of the Highlands, the real thing may surpass them. This is an amazing short route, steeped in natural beauty.

www.kelloggs.co.uk/cycling
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