

CUAICH CIRCUIT

Distance	Ascent	Time	Difficulty
23.9km	356m	1.5-2.5 hours	Moderate

Surface

The route follows the back road to Dalwhinnie before heading across the Truim valley on a farm track to Cuaich. The route beyond Cuaich is all on land rover track.

Hazards

None - the route should be rideable in most reasonable conditions ,but the section along Loch Cuaich has numerous puddles and the surface of the track for top 150m of the pass in both directions can be soft after heavy rain or lying snow.

Start

Crubenbeg

Finish

Crubenbeg

Route

Turn right at the end of the road to the cottages and follow the back road towards Dalwhinnie. Approximately 7km from the cottages turn left to follow a farm track, which crosses the River Truim and the railway, to arrive at Cuaich and its small cluster of estate houses and outbuildings.

Follow the track through Cuaich, keeping right until it ends at the A9. Turn right on the A9 (care required) and after 50m turn left to pass through a gate and pick up another track heading into the moor. Keep straight ahead and climb across the moor to arrive at a T-junction next to an aqueduct.

Turn right and follow the track on the left bank of the aqueduct. After c.2km the track crosses the aqueduct and passes the Cuaich hydro-electric power station. Ignore all tracks to the right and continue steadily uphill crossing two bridges to arrive at the Loch Cuaich dam.

Cross the dam and continue along the deteriorating track along the side of Loch Cuaich avoiding the numerous puddles that characterise this part of the route.

Pass through the gate at the head of Loch Cuaich and follow the steeply rising track for 2km to its summit. The view across the Spey valley to Kingussie and the Monadhliath mountains beyond is a good excuse to have a brief rest after the exertions of the climb. From the summit the track sweeps down across moorland all the way to Phoinés Lodge. The surface of the track is generally good, but there are a few rougher sections (e.g. where it crosses the Allt Phoinés) and the surface of the initial section of the descent can be soft after heavy rain or lying snow.

Turn left at Phoinés Lodge to follow the land rover track along the side of Glen Fernisdale and past Loch Etteridge. Turn right at the painted steading and follow the track down to the A9. Cross the A9 (care required) and drop down the bank and turn left on National Cycle Network route 7 to return to the cottages.

