



highland
holiday cottages

Guest Information

WELCOME TO HIGHLAND HOLIDAY COTTAGES



Welcome to Highland Holiday Cottages! We hope that you enjoy your stay with us. Everything you should need to know about your cottage, the grounds and the local area are included in this pack. However, if you need to you should be able to find us around the cottages or in the house (Fernlea) most days, or call us on 07906 105941, 07359 222610 or 01540 580058.

Please don't forget to complete your guest feedback form at the back of your information pack before you leave so we can continue improving! If you enjoy your stay we would greatly appreciate your comments on www.TripAdvisor.co.uk.

LATEST NEWS

EV Charging

We are pleased to announce that we are now able to offer guests with electric vehicles an EV charging station. We have had two chargers installed by Voltshare and they are up and running and ready for use.

We hope that this offers our guests with EV's an easy option for charging their vehicles overnight rather than trying to find charging stations during the day whilst they are out and about enjoying the area.

SITE MAP



CONTENTS

Welcome to Highland Holiday Cottages	2
Latest News	3
Site Map.....	4
Contents.....	5
1. Essential Information	8
1.1. Fire Safety.....	8
1.2. Key Phone Numbers.....	8
1.3. Some Key Things to Know!.....	9
1.4. Departure Checklist	10
1.5. Terms and Conditions	10
2. Cottage Instructions	11
2.1. Electricity.....	11
2.2. Heating.....	11
2.3. Hot Water	12
2.4. Fuse Box.....	12
2.5. Wood Burner	13
2.6. Wi-Fi.....	13
2.7. TV	13
2.8. DVD Player	13
2.9. Wireless Speaker.....	13
2.10. Electric Blankets & Extra Bedding	13
3. On Site Facilities	14
3.1. Gym	14
3.2. Sauna.....	14
3.3. Games Room.....	14
3.4. Play Area.....	14
3.5. Mountain Bikes	14
3.6. Golf Practice Area	15
3.7. Laundry	15

3.8. Ice Machine.....	15
3.9. Barbecues.....	15
3.10. Extra Fridge/Freezer Capacity.....	15
3.11. Travel Cot/High Chair.....	15
4. Local Services.....	16
4.1. Petrol.....	16
4.2. Food.....	16
4.3. Pharmacy.....	16
4.4. Bank.....	16
4.5. Post Office.....	16
5. Tourist Information.....	17
5.1. On Site.....	17
5.2. Tourist Information Centres.....	17
5.3. Useful Websites.....	17
6. Places to Visit.....	18
6.1. Cairngorm Mountain Funicular.....	18
6.2. Strathspey Steam Railway.....	18
6.3. Cairngorm Reindeer Herd.....	18
6.4. Highland Wildlife Park.....	18
6.5. Highland Folk Museum.....	19
6.6. Dalwhinnie Distillery.....	19
6.7. Landmark Forest Adventure Park.....	19
6.8. House of Bruar.....	19
6.9. Laggan Beach.....	20
6.10. Uath Lochans.....	20
7. Activities.....	21
7.1. Walking & Hiking.....	21
7.2. Mountain Biking & Cycling.....	23
7.3. Skiing & Snowboarding.....	24
7.4. Golf.....	24
7.5. Fishing.....	25

7.6. Sailing, Canoeing & Windsurfing	26
7.7. Canyoning, Gorge Walking & White Water Rafting.....	26
7.8. Zip-Lining	26
7.9. Archery & Clay Pigeon Shooting.....	27
7.10. Horse Riding & Pony Trekking	27
7.11. Quad Biking & 4x4 Off Road Driving.....	27
8. Road Tours	28
8.1. Cairngorm Circular via Balmoral	28
8.2. West Coast Circular via Mallaig	28
8.3. West Coast Circular via Oban.....	28
9. Eating Out.....	29
9.1. Ralia	29
9.2. Newtonmore.....	29
9.3. Kingussie	29
9.4. Kincraig	30
9.5. Aviemore	30
9.6. Boat of Garten.....	30
Local Walks Map	31

1. ESSENTIAL INFORMATION

1.1. Fire Safety

1.1.1. Fire Action

Leave the cottage by the nearest available exit.

Raise the alarm by shouting “Fire Fire” and knock loudly on all the cottage doors (including Fernlea).

Report to the assembly point by the bin store.

Contact the Fire Brigade on 999.

Do not return to the cottage until authorised to do so by the Fire Brigade.

1.1.2. Instructions for using the Fire Extinguisher

Only tackle a fire if you feel confident to do so.









Keep small children away from the fire extinguisher.




Check the explanation plate with pictures before using and follow the instructions.

Do not direct the jet of extinguishing agent directly at another person unless a person is on fire.

Never use water or powder extinguishers on chip pans/oil fires, use the fire blanket in the kitchen.

1.2. Key Phone Numbers

Adam		07359 222610
Leanne		07906 105941
Office		01540 580058
Police/Fire/Ambulance		999
Kingussie Medical Practice		01540 661233
Dentist Kingussie		01540 661280
Hospital - Raigmore, Inverness		01463 704000
Taxi Service - Aviemore		01479 810141

Vet		01479 872252
ScotRail: Customer services		0344 811 0141
Bus: Citylink Inverness		01463 233371
Garage: McCormacks, Newtonmore		01540 661381

1.3. Some Key Things to Know!

Occupancy: is from 4.00pm on day of arrival until 10.00am **at the latest** on day of departure.

Parking: please feel free to unload/unload your car outside your cottage. We would be grateful if you could park your car in the parking area at all other times.

Wi-Fi: the cottages have access to a free high speed unlimited broadband service and has been configured to be compatible with most Wi-Fi enabled devices.

Electricity: in line with our Environmental Policy and commitment to reduce our carbon footprint, your electricity usage is monitored during your stay. Please refer to section 2.1 below for further details of where to find the electricity monitor.

Water: our water comes from a spring on Cruben Beag and is treated in our water treatment system.

Wood: you can purchase extra logs, kindling and firelighters from our woodshed by contacting Adam or Leanne.

Pets: your pets are welcome, but please refrain from having pets in the bedroom. Pets must not be left alone at any time in or near the accommodation. If there is livestock around the cottages please keep your dog on a lead, particularly during lambing (15 April to 1 June).

Breakages/Faults: please report any breakages or faults by leaving a note.

Noise: please consider other guests when setting your noise level at night.

Refuse/Recycling: refuse and recycling bins can be found in the bin store. Highland Council recycles all glass, tins, paper, cardboard and hard plastics (but not black plastic).

Valuables: we take no responsibility for valuables left within the cottages; guests do so at their own risk.

Cleaning Products: we provide Eco cleaning products and refill the relevant bottles so please save them for a refill if empty.

Smoking: please smoke outside and dispose of your cigarette ends responsibly in the ash trays provided.

1.4. Departure Checklist

We would be grateful if you could depart **by 10:00am at the latest** leaving the cottage as you found it so that we can prepare the cottage for future guests. We will, of course, do a full clean after your departure, but we would appreciate it if you would:

- Wash up after your last meal and clean the kitchen to the extent you would after every meal
- Empty all the rubbish bins in your cottage and put in the appropriate bin in the bin store
- Check drawers/cupboards to make sure that you have all your belongings
- Strip the beds (excluding the pillow and mattress protectors) before departure
- If your party were in more than one cottage, make sure you leave each cottage with its original number of glasses, crockery and cutlery
- Leave us a note of any breakages
- Leave the key on the coffee table

1.5. Terms and Conditions

Guests agree to keep the property and all fittings, furniture, equipment and other contents in or on the property in a like state of repair and good condition, other than fair wear and tear, as at the commencement of the letting and will pay for any loss, damage or breakage that may occur during the period of occupation.

Pets that are well behaved are welcome. Owners must supply pet bed(s) and under no circumstances must pets be allowed on the furniture or enter bedrooms. Pets must not be left alone at any time in or near the accommodation. Dogs must be house trained and kept on a lead during lambing time.

No sub-letting is allowed and guest numbers must not exceed the numbers agreed with Highland Holiday Cottages.

Highland Holiday Cottages reserves the right to make a charge for extra cleaning of £35.00 if the accommodation is not left reasonably clean and tidy.

2. COTTAGE INSTRUCTIONS

2.1. Electricity

In line with our Environmental Policy and commitment to reduce our carbon footprint, your electricity usage is monitored during your stay.

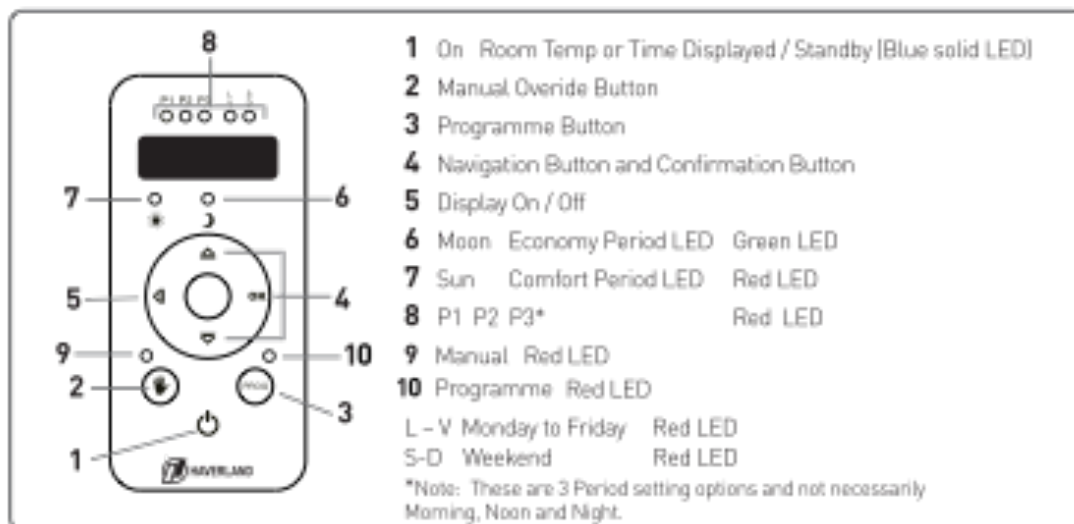
The OWL Mirco+ electricity monitor (right) displays the total cost of the electricity used during your stay. We would be grateful if you do not remove the monitor from its mount or attempt to adjust the display.



We please ask that you turn off the lights when you are not in your cottage and be conscious of your electricity usage when you are in your cottage.

2.2. Heating

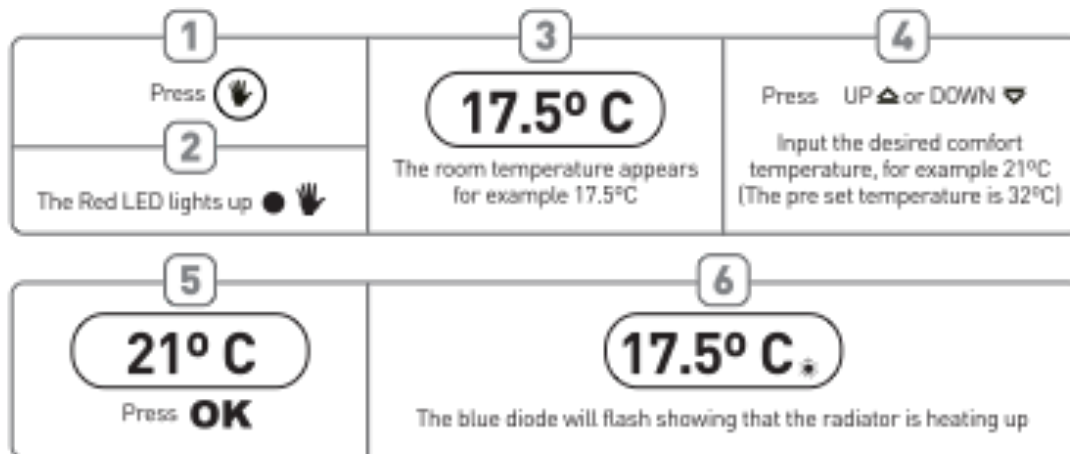
Haverland electric radiators provide the heating in the cottage. Each radiator has a control panel (see below), which by default displays the room temperature.



The radiators are pre-programmed as follows:

- Comfort setting (19.0°C): 07:00 to 10:00 and 15:00 to 22:30 daily
- Economy setting (14.0°C): 10:00 to 15:00 and 22:30 to 07:00 daily

If the pre-programmed settings do not meet your needs please either turn the radiator off (by pressing the On/Off button [1], or enter the manual mode and adjust the temperature as follows:



Note: To cancel the Manual override, Press the Hand button again to return to the chosen Plan.

Please refrain from making other adjustments to the radiator settings or turning the radiator off at the plug.

2.3. Hot Water

The water is heated overnight by an immersion heater using cheaper electricity.

The water heater is on a timer (right), which is located in the cupboard under the stairs (Douglas Fir and Elm), outside the downstairs bedroom (Hazel), or kitchen (Ash, Birch, Cedar, Larch and Pine).

If you would like hot water outside these times and there isn't any, you can boost the water heater by turning the dial (or press the BOOST button) until the BOOST light comes on. The clock will tick round and turn off the boost after one hour.



2.4. Fuse Box

The fuse box is in the airing cupboard in the bedroom (Ash, Birch, Cedar and Larch), cupboard under the stairs (Douglas Fir, Elm and Hazel), or airing cupboard in the bathroom (Pine). As the system is sensitive the manual fuse switch may activate if a bulb goes. Please just locate the fuse box and see if a

switch has gone. If required flick the switch back. Remember to take care when dealing with electricity.

2.5. Wood Burner


Please refer to the laminated card on the mantelpiece for instructions of how to light and regulate the fire.

If required, you can purchase extra baskets of logs, kindling and firelighters from the wood store (behind the laundry room) by contacting Adam or Leanne.

2.6. Wi-Fi

The cottage has its own wireless access point providing access to a free high speed unlimited broadband service (connect to “Crubenbeg Guest”). The wireless network has been configured to be compatible with most Wi-Fi enabled devices and is managed so that no single device can consume more than 8Mbps of the 20Mbps total capacity.

2.7. TV

Turn on the TV by pressing the red on/off button at the top left of the TV remote control. Use the input button  to change between live TV and any other input source (e.g. DVD player via one of the HDMI input channels).

2.8. DVD Player

The DVD player has its own remote control. Turn on the DVD player by pressing the red button at the top left of the remote control. Once you turn off the DVD player the TV should resume.

2.9. Wireless Speaker

When you turn on the speaker it will automatically go into search mode. Enable Bluetooth on your audio device and select ‘JLPW502’ from the list, then open your music app to play your music.

2.10. Electric Blankets & Extra Bedding

The bed will typically be made up with a 9 tog duvet. A separate 4.5 tog duvet and an electric blanket are stored in the bedroom cupboard. Please feel free to make use of the spare duvet and/or electric blanket if you wish.

3. ON SITE FACILITIES

3.1. Gym

The gym can be found in the large steel framed building behind the steading. The gym is equipped with a range of strength and conditioning equipment including squat rack, dumbbells, kettle bells, rowing machine, exercise bike and Crossover Symmetry shoulder exercise bands. Please read the notice on the gym door before using the gym and do not allow children under 18 to use the gym unsupervised.

3.2. Sauna

The traditional sauna can be used by up to 4 people at a time (£8 per session) and is located in the gym. Please contact Leanne or Adam if you would like to borrow robes. Please read the notice on the sauna door before using the sauna. The sauna is not suitable for children under 18.

3.3. Games Room

The small communal games room is equipped with a football table and an air hockey table. It can be found in the large steel framed building behind the steading. Please make sure that it is left tidy with heating and lights switched off.

3.4. Play Area

The play area to the left of the entrance has a double swing. Please make sure that children are appropriately supervised and that other guests are not unduly disturbed.

3.5. Mountain Bikes

There are a small number of mountain bikes of various sizes with locks available to borrow on a first come first served basis. Please let us know the day before you would like to borrow a bike so we can get them prepared and ready for you. Unfortunately we are unable to supply helmets due to our insurance policy. Please also check each bike before use, look after them when out and about and cycle safely as we cannot accept liability for injury or accidents.

If you would like bike storage for your own bikes we have a dedicated storage area which is located in the front wooden storage shed by the entrance gate with a coded padlock.

3.6. Golf Practice Area

Our golf practice area, clubs and balls are free to use. However please do not remove the practice balls and do not hit any balls into the surrounding fields or lochan. The golf clubs and balls are stored in the Games Room.

3.7. Laundry

Linen and towels are provided as standard, if you need more just ask. If you fancy a warm bed you can use the electric blankets.

Laundry facilities are available in the Laundry Room opposite Fernlea at £6.00 for a wash (includes powder) and £6.00 for a dry. Please put correct money in the honesty box located in the laundry room on the wall for the tumble dryer. The washing machine is coin operated so you will need to put your money into the coin box on top of the machine for it to work. There is a communal washing line in the far corner of the garden. Pegs are in your entrance hallway or in the laundry room.

3.8. Ice Machine

The Laundry Room has an ice-making machine. Please feel free to fill up the ice bucket in your cottage from the ice-making machine.

3.9. Barbecues

We have a few barbecues, which are kept in the wood shed and you can borrow on a first come first served. Please clean and return the barbecue when you have finished with it. There are a range of cleaning materials in the wood shed that you are welcome to use.

3.10. Extra Fridge/Freezer Capacity

If you need additional fridge or freezer space please feel free to use the fridge/freezer in the Laundry Room.

3.11. Travel Cot/High Chair

We can provide a travel cot or high chair on request, subject to availability.

4. LOCAL SERVICES

4.1. Petrol

The nearest petrol station is on the way in to Newtonmore and is open 7.00am – 10.00pm every day.

4.2. Food

The Co-Op in Newtonmore is open 7.00am – 10.00pm every day.

The petrol station in Newtonmore also has a small Spar with basic food goods and alcohol.

We recommend the butcher in Kingussie for local organic quality meat (they make their own steak pie, haggis and sausages), milk, eggs and locally grown vegetables. Take a right at the first lights and the shop is on your right.

4.3. Pharmacy

The nearest pharmacy is The Strathspey Pharmacy in Newtonmore Main Street and is open 9.00am – 6.00pm Monday to Friday and 9.00am - 1.00pm Saturday.

There is also a Pharmacy in Kingussie High Street and is open 9.00am - 5.30pm Monday to Saturday.

4.4. Bank

Newtonmore: ATM cash machine – in the Co-Op (no charge) or next to the Village Hall (charge) or at the Newtonmore Petrol Station (charge).

Kingussie: Bank of Scotland – 10.00am – 4.00pm Monday to Friday; closed on Wednesday.

4.5. Post Office

Newtonmore: 9.00am - 4.00pm Monday to Saturday

Kingussie: 9.30am - 5.30pm Monday to Saturday


5. TOURIST INFORMATION

5.1. On Site

In your cottage you will find a Cairngorm National Park tourism booklet and a selection of tourist leaflets. There are also a number of additional tourist leaflets in the Telephone Box.

5.2. Tourist Information Centres

Aviemore: Grampian Road

 01479 810 930

Inverness: Castle Wynd

 01463 252 401

5.3. Useful Websites

www.highlandholidaycottages.com

Our web site

www.cairngorms-park.com

Cairngorms Info

www.visitscotland.com

General Scottish info

www.newtonmore.com

Local info/what's on

www.cairngormmountain.org

More than just skiing

www.cairngorms.co.uk

General park info

www.rothiemurchus.net

Great place/activities


www.visitscotland.com/see-do/activities/skiing/ All Scottish ski resorts

6. PLACES TO VISIT

6.1. Cairngorm Mountain Funicular

Cairngorm Mountain is home to Scotland's only funicular railway. This unique experience allows people of all abilities to reach the Top Station, with panoramic views from over 3,500ft. There is also an exhibition, shop and the highest post box in the British Isles. (28 miles from Crubenbeg; 40 minutes by car)


 <https://www.cairngormmountain.org/funicular-railway>

 01479 861 261

6.2. Strathspey Steam Railway

Spectacular views are available on board as you steam through the Cairngorms National Park. Departing from Aviemore Station, visitors can travel on to Boat of Garten, before heading on to Broomhill Station. (20 miles from Crubenbeg; 25 minutes by car)


 <https://www.strathspeyrailway.co.uk>

 01479 810 725

6.3. Cairngorm Reindeer Herd

The Cairngorm Reindeer Herd is Britain's only free-ranging herd of reindeer. There are around 150 reindeer in the herd, mostly ranging on the Cairngorm Mountains with the remainder on the Glenlivet Estate. The shop and paddocks are open daily and there are guided hill trips to see the reindeer. (26 miles from Crubenbeg; 35 minutes by car)


 <http://www.cairngormreindeer.co.uk>

 01479 861 228

6.4. Highland Wildlife Park

Discover animals of the world's mountains and tundra in a spectacular setting, including polar bears, Amur tigers, wolverine, red panda and many more. Drive around the Main Reserve in your own car and then investigate the walk-round area on foot. There is a café serving local food and a gift shop too. (12 miles from Crubenbeg; 20 minutes by car)

 www.highlandwildlifepark.org.uk

 01540 651 270

6.5. Highland Folk Museum

The Highland Folk Museum is 80 acres of living history fun for all the family. There are over 30 buildings for you to visit - ranging from a 1700s Township at one end through to a working croft at the other. The pinewood is a recognised hot-spot for red squirrel spotting. (5 miles from Crubenbeg; 15 minutes by car)

 <https://www.highlifehighland.com/highlandfolkmuseum/>

 01540 673 551

6.6. Dalwhinnie Distillery

Dalwhinnie Distillery is a VisitScotland five-star attraction and the home to a famous Highland Single Malt Whisky renowned for its gentle flavours. Visitors can enjoy a tour of the distillery - the tour lasts approximately 45 minutes and offers visitors a detailed explanation of the traditional art of malt whisky distilling. (5 miles from Crubenbeg; 10 minutes by car)


 <https://www.malts.com/engb/distilleries/dalwhinnie?type=redirect>

 01540 672 219

6.7. Landmark Forest Adventure Park

Year-round theme park based in Carrbridge, which provides an amazing day full of fun, discovery, exploration and adventure. It has a huge range of attractions to suit all ages, including the wild water coasters, the bamboozeleum and wonder wood. (27 miles from Crubenbeg; 35 minutes by car)


 <https://www.landmarkpark.co.uk>

 0800 731 3446

6.8. House of Bruar

House of Bruar is known as the Harrods of the North. The food Hall and Butcher is the best in the Cairngorms, although a little expensive and there is a wide range of clothing, furnishings and other goods. In addition, there is a beautiful walk up behind the House of Bruar where you can walk the dog or just marvel at the famous Bruar Water Falls. (26 miles from Crubenbeg; 30 minutes by car)

 www.houseofbruar.com

 01796 483 236

6.9. Laggan Beach

Laggan beach is the largest fresh water beach in the UK and it is truly beautiful with sand dunes and views to Ardverikie Castle. Head towards Spean Bridge and a few miles past the Mountain Bike Centre “Wolf Trax” you will see a bridge across the river and a gate house. Park in one of the designated parking areas on the main road after the gate house and walk back to cross the bridge and pass the gate house. There is a barrier but don't be put off; it's only there to prevent hundreds of people driving up to the Ardverikie Castle (aka Glenbogle House), made famous by the BBC's once popular Monarch of the Glen. Walk up the road for about half a mile and you'll find one of the Cairngorms Park's best-kept secrets. (14 miles from Crubenbeg; 25 minutes by car)

Note: Parking spaces are limited and there may not be space to park at busy times.

6.10. Uath Lochans

Finally, there are a couple of small lochs called Utah Lochan (pronounced Oo-aaath) that are about 25 minutes' drive from the cottages. The car park and picnic site at Uath Lochans at Glen Feshie near Kincaig is one of the most scenic locations in the Cairngorms National Park, but it remains a little-known secret. If you're looking to get away from it all in beautiful Highland surroundings, this is the place to come. Head on the back road to Coylumbridge on the B970. (11 miles from Crubenbeg; 30 minutes by car)

For more secret places check out www.Cairngorms-Park.com/activities/Cairngorms-Park-Secrets/

7. ACTIVITIES

7.1. Walking & Hiking

Highland Holiday Cottages is only 1 mile from the stone marking the geographic centre of Scotland and close to both the A9 north/south arterial road and its east-west counterpart, the A86. This makes Crubenbeg the perfect base from which to explore the almost unlimited range of walks and hikes available in the local and wider Highland area. The best site for information on walks in the Highlands is www.walkhighlands.co.uk.

There are maps in the cottage and we are more than happy to provide you with suggested routes and guidance. If you wish, we can also arrange for the services of an experienced guide for the more adventurous walks and for small group or individual tuition in Mountaineering, Winter Skills, Climbing & Ice Climbing.

7.1.1. Local Munros

Meall Chuaich: Meall Chuaich (951m) is our nearest Munro (only 6km away) and can be seen from the cottages (14km 610m ascent)

 <https://www.walkhighlands.co.uk/cairngorms/meall-chuaich.shtml>

East Drumochter Hills: Carn na Caim (941m) and A'Bhuideanach Bheag (936m) can be climbed in a day from the A9 near Drumochter (19km 824m ascent)

 <https://www.walkhighlands.co.uk/cairngorms/carn-na-caim.shtml>

West Drumochter Hills: A' Mharconaich (975m) and Geal Charn (917m) can be climbed together from Drumochter (11.5km 731m ascent) as can Beinn Udlamain (1011m) and Sgairneach Mhor (991m) (15.8km 783m ascent) or combined in a longer day (25km 1143m ascent)

 <https://www.walkhighlands.co.uk/cairngorms/a-mharconaich.shtml>

 <https://www.walkhighlands.co.uk/cairngorms/beinn-udlamain.shtml>

Monadh Liath: Carn Dearg (945m), Carn Sgulain (920m) & A'Chailleach (930m) can be climbed in a fine circuit from Glen Banchor (24.5km 946m ascent)

 <https://www.walkhighlands.co.uk/cairngorms/monadhliath.shtml>

Geal Charn: Geal Charn (926m) is the westernmost of the Monadh Liath Munros and is usually ascended on its own (12.5km 625m ascent).

 <https://www.walkhighlands.co.uk/cairngorms/geal-charn.shtml>

7.1.2. Other Local Hills

Meallach Mhor: Meallach Mhor (769m) is our nearest Corbett and is a grand viewpoint (22.3km 968m ascent)

 <https://www.walkhighlands.co.uk/cairngorms/meallach-mhor.shtml>

The Fara: The Fara (911m) is among the biggest and highest of the Corbetts and rises above the local village of Dalwhinnie (19.8km 775m ascent)

 <https://www.walkhighlands.co.uk/corbetts/the-fara>

Dun-da-Lamh Fort: An impressive Pictish fort with massive ramparts on a hill 2 miles south west of Laggan. Pronounced 'dun da larve' its name means 'fort of the two hands'. Superb views (8.5km 436m ascent)

 <https://www.walkhighlands.co.uk/cairngorms/dundalamh.shtml>

7.1.3. Lower Level Walks/Trails

The Badenoch Way runs nearby, the spectacular Corrieyairack Pass is just a short drive away and the more challenging Speyside Way starts (or finishes if you prefer) just 20 minutes up the road in Aviemore.

7.1.4. Local Walks

In the immediate area there is also a whole host of very fine, lower level forest trails and short walks including:

Farleitter Crag and Uath Lochans: The longer of two walks taking in the beautiful Uath Lochans in the ancient Caledonian Pine forest around Glen Feshie (4km 162m ascent)

 <https://www.walkhighlands.co.uk/cairngorms/uath-lochans.shtml>

Creag Bheag and Tom Baraidh: An excellent circuit from Kingussie taking in a hill walk across the summit of Creag Beag with excellent views (7km 273m ascent)

 <https://www.walkhighlands.co.uk/cairngorms/creagbheag.shtml>

The Wildcat Trail: A circular walk around Newtonmore passing through a wide range of different habitats: river bank, fields, woodland and moorland (11km 122m ascent)

 <https://www.walkhighlands.co.uk/cairngorms/wildcattrail.shtml>

7.1.5. From the Cottages

Falls of Truim Circular: From the gate at the bottom of the site, walk north into the field below the cottages and to its far right hand corner. Go through the deer fence gate on the right and down through the coppice of old scot pine trees. Head down the steep bank and you will find a small pebble beach and on the other side of the river, a small cave. A good place to swim...weather permitting! Return along the rough path above the river giving great views of the falls to join the road to the cottages at the bridge over the river. Walk back to the cottages along the road. Sheep may be present in the fields and woods so please keep your dog under close control and follow any signs. (1.5 km; 25m ascent)

See **BLUE** route on the map on p31. Please note that during the lambing season the gate between the field and the river may be locked.

Glentruim Forest Walk: From the gate beside the gym, walk west up the track and across the field above the cottages (the track becomes less distinct but keep heading uphill) to a sign post in a gap in the wall. Turn right and follow the track across the hillside and through a gate into a recently felled area of forestry. At the junction of tracks pause to take in the stunning view up the Spey valley west towards Laggan before turning right to follow an obvious track to the right of the obvious knoll. The track gradually descends and turns to the left and ~1km joins the Glentruim road close to a small house. Turn left and follow the Glentruim road uphill past the Main of Glentruim farm to a layby and memorial stone. Turn left and follow a track uphill, which after 250 metres leads back to the junction of tracks. From here the walk follows the outward path back to the cottages. (6km; 150m ascent)

See **RED** route on the map on p31.

A local map, for reference only, is hung in the porch of your cottage. Maps to take with you are available at the office, please just phone us or find us and we can lend you them for your stay.

7.2. Mountain Biking & Cycling

There are cycle routes too numerous to mention in the local area, but please take a look on the website and/or ask for suggestions. WolfTrax, a purpose built mountain bike centre with blue, red and black runs, is located in Laggan only a short cycle away.



www.scotland.forestry.gov.uk/visit/laggan-wolftrax



01479 861 220




http://www.mtbtails.info/Trail_Venue.aspx?VenueNumber=219

7.3. Skiing & Snowboarding

7.3.1. Cairngorms

Cairngorm Mountain is the UK's most popular ski area, home to Scotland's only funicular railway which takes passengers up to the country's highest restaurant, shop, mountain exhibition and viewing terrace. There are 11 ski lifts, including the funicular railway, serving 35 runs giving a total of 30km of piste (31% green, 29% blue, 31% red and 9% black). The longest run stretches for around 3km from top to bottom. There are several freestyle setups scarred across the mountain that compliment the snowpark at the top. (28 miles from Crubenbeg; 40 minutes by car)


 <https://www.cairngormmountain.org>

 01479 861 261

7.3.2. Nevis Range

Nevis Range has skiing up to 1190 meters (3900ft) on the mountain of Aonach Mor. This is Scotland's newest and most modern ski area, located next to Britain's highest mountain, Ben Nevis. There are 12 ski lifts serving 35 runs giving a total of 20km of piste (20% green, 35% blue, 30% red and 15% black). (42 miles from Crubenbeg; 65 minutes by car)


 <https://www.nevisrange.co.uk>

 01379 705 825

7.3.3. The Lecht

Composed of largely parallel roadside drag lifts, the Lecht has also invested in snow making technology in recent seasons, paying dividends in snow cover through unpredictable Scottish winter weather. There are 14 ski lifts serving 21 runs giving a total of 25km of piste (25% green, 45% blue, 25% red and 5% black). (54 miles from Crubenbeg; 75 minutes by car)

 www.lecht.co.uk

 01975 651 440

7.4. Golf


There are several world-class golf courses within easy reach; all different and each with its own unique challenges.

7.4.1. Newtonmore

Our local course lies along the banks of the River Spey in the heart of Monarch of the Glen country. The course is relatively flat, but is surrounded by some of the most dramatic and beautiful highland scenery. The golf course

plays to 6,041 yards, with a premium on keeping the ball in play. (6 miles from Crubenbeg; 10 minutes by car)


 www.newtonmoregolf.com

 01540 673878

7.4.2. Kingussie

Very close to Crubenbeg, Kingussie golf course offers moderately easy walking on upland terrain, with a few hard climbs. In general, the fairways are generous, but the course is deceptive and position off the tee is key to a low score. The course is kept in immaculate order. (10 miles from Crubenbeg; 15 minutes by car)


 <https://www.kingussie-golf.co.uk>

 01540 661 600

7.4.3. Spey Valley Championship Course

The Spey Valley Championship course, is set in some of the most breathtaking scenery in the Scottish Highlands. The course is predicted to be one of Scotland's leading golf venues and is one of the best and hardest Golf Course you are ever likely to play. (23 miles from Crubenbeg; 30 minutes by car)


 <http://www.macdonaldhotels.co.uk/our-hotels/macdonald-aviemore-resort/golf/>

 01479 815 100

7.4.4. Boat of Garten

"The Boat", established in 1898 and designed by one of the grand masters of golf course architecture, James Braid, is not only a demanding test of sporting skill but also a magnificent setting for the game. (27 miles from Crubenbeg; 35 minutes by car)

 www.boatgolf.com

 01479 831 282

7.5. Fishing

The fishing season for Salmon and Sea Trout is 11 February to 30 September and for Brown Trout and Pike is 15 March to 6 October. Badenoch Angling Association permits are available to buy at the craft shop in Newtonmore and the outdoor shop in Kingussie (next to the Post Office). The shop in Kingussie also hires rods and can give advice about the local fishing.


7.6. Sailing, Canoeing & Windsurfing

There are water sports aplenty close at hand with Loch Inch Watersports just 20 minutes away on the old road to Aviemore, offering equipment hire and tuition for sailing, canoeing & windsurfing, together with kayak safaris on the River Spey. They have a great café and bar overlooking Loch Inch. (15 miles from Crubenbeg; 20 minutes by car). Alternatively, there is a second watersports centre at Loch Morlich (25 miles from Crubenbeg; 30 minutes by car)

 <https://www.lochinsh.com>

 01540 651 272

 www.lochmorlich.com

 01479 861 221


7.7. Canyoning, Gorge Walking & White Water Rafting

Fantastic pool jumps, natural water flumes, abseils through waterfalls and stunning scenery. Canyoning is fast becoming Scotland's must do outdoor activity and there are a number of different canyons in the area. A minimum age of 13 is recommended.

Canyoning's little brother, gorge walking is still an exciting rush for adventurous families and groups of friends and is a mix of rock scrambling and white water fun with plunge pools and water shoots.

White Water rafting can be done on exciting sections of the river Spey to sections of one of the best white water rivers in Britain, the mighty Findhorn.

 <https://www.g2outdoor.co.uk>


 01540 651 784

 <https://www.activeoutdoorpursuits.com>

7.8. Zip-Lining

Fancy flying through the trees on an exhilarating ride through the Scottish Highlands? Alvie Estate is home to the UK's first zip line course, with stunning scenery of the Scottish Highlands near Aviemore. The park is made up of 14 zip wires over a 2km course, the zips start off nice and easy and get bigger and faster as you go along the course with the last big one at 550m long at 40mph! (16 miles from Crubenbeg; 20 minutes by car)

 www.zippark.co.uk


 01540 651 777

7.9. Archery & Clay Pigeon Shooting

Archery provides something for everyone, a great sport, a fun social recreation or competition. The Highlands are a great place to enjoy this outdoor activity with plenty of wide-open spaces. (Alvie Estate: 16 miles from Crubenbeg; 20 minutes by car or Rothiemurchus Estate: 20 miles from Crubenbeg; 25 minutes by car)

Rothiemurchus Shooting Ground is one of the best natural sporting layouts in Europe. A wide variety of stands are suitable for new shots and challenging for crack shots. These include high pheasant tower, driven grouse layout, bolting rabbit, springing teal and other testing targets. (20 miles from Crubenbeg; 25 minutes by car)


 www.rothiemurchus.net/index.html

 01479 812 345

7.10. Horse Riding & Pony Trekking

Alvie Stables can arrange riding for all standards, from pony trekking for the relative novice to more challenging adventures for the more experienced rider. Our local stables at Newtonmore are also a great place to organise a ride. The rides they do for slightly more experienced riders take you through some of the lushest, most beautiful scenery in Scotland. (Newtonmore: 5 miles from Crubenbeg; 10 minutes by car; Alvie: 16 miles from Crubenbeg; 20 minutes by car)


 <http://www.highlandhorsefun.com>

 01540 670 000

7.11. Quad Biking & 4x4 Off Road Driving

Led by a fully experienced guide, your trek will take you along a network of tracks and trails through the Caledonian pine woodland and out across the heather moorland, with breath-taking views of the Cairngorms. The 4x4 experience takes you off-road over a diverse terrain with climbs, descents and steep slopes. (21 miles from Crubenbeg; 30 minutes by car)

 www.rothiemurchus.net

 01479 812 345

8. ROAD TOURS

8.1. Cairngorm Circular via Balmoral

Newtonmore → A9 → Aviemore → A95 → Grantown-on-Spey → A939 → Tomintoul → A939 → Cock Bridge → A939/B976 → Crathie → A93 → Braemar → A93 → Bridge of Cally → A924 → Kirkmichael → A924 → Pitlochry → A9 → Newtonmore

(4-5 hours)

8.2. West Coast Circular via Mallaig

Newtonmore → A86 → Spean Bridge → A82 → Fort William → A830 → Glenfinnan → A830 → Lochailort → A830 → Mallaig → A830 (back) → Lochailort → A861 → Salen → A861 → Strontian → A861 → Corran → Ferry → Onich → A82 → Fort William → A82 → Spean Bridge → A86 → Newtonmore

(5-6 hours)

8.3. West Coast Circular via Oban

Newtonmore → A86 → Spean Bridge → A82 → Fort William → A82 → N Ballachulish → A828 → Portnacroish → A828 → Creagan → A828 → Connel → A85 → Oban → A85 (back) → Connel → A85 → Dalmally → A85 → Tyndrum → A82 → Crianlarich → A85 → Killin → A827 → Aberfeldy → A827 → Ballinuig → A9 Pitlochry → A9 → Newtonmore

(~5 hours)

9. EATING OUT

9.1. Ralia

Ralia Café: Great coffee and fresh sandwiches just down the road. They have a lot of local information and there is a small gift shop.


 www.ralia.co.uk

 01540 670 066

9.2. Newtonmore


The Glen Hotel: Good value food and our first recommendation for a quick bite to eat, either in the bar or separate restaurant area.

 www.theglenhotel.co.uk

 01540 673 203


Balavil Hotel: Traditional bar meals with a wide range of vegetarian and vegan options.

 www.balavilhotel.com


 01540 673 220

The Letterbox: A small restaurant with good locally sourced food cooked from fresh.

 <https://letterboxrestaurant.co.uk>

 01540 673 231


Mehmood's: Indian takeaway; a good local curry house that delivers.

 01540 673 377


9.3. Kingussie

The Cross: Michelin standard fine dining located in an old mill by the river off Ardbroilach Road in the centre of Kingussie


 www.thecross.co.uk

 01540 661 166

New Kingussie Chinese Takeaway: What you would expect from a Chinese takeaway.

 01540 661 950


Joe's Chippy: On the corner of the crossroads on the high street; eat in or takeaway.

 01540 662 036

9.4. Kincaig


Old Post Office Café Gallery: Gallery and café serving excellent authentic Italian food. A firm favourite of ours and popular with locals. Daytime only; no reservations.

 www.facebook.com/kinraigartcafe/

 01540 651 779

The Rowan Tree: Built in the 1700's as a coaching inn, it is one of the oldest Inns in the Spey valley. Great food in a lovely rural setting.


 www.rowantreehotel.com

 01479 810 207


9.5. Aviemore

The Old Bridge Inn: This pub/restaurant has an open fire and outdoor seats for the summer. The restaurant serves excellent food and is child and dog friendly.

 <https://www.oldbridgeinn.co.uk>


 01479 811 137

The Skiing Doo: Small restaurant on the main street in Aviemore with an excellent atmosphere and great food. Good selection of veggie options.

 01479 810 392

Royal Tandoori: A better than average Indian restaurant with dine-in and takeaway options.


 <https://royaltandoorireataurant.co.uk>

 01479 811 199

9.6. Boat of Garten

Anderson's Restaurant: Forget pretence, the atmosphere here is relaxed and informal, but the food, using local produce where possible, is excellent.

 <https://andersonsrestaurant.co.uk>

 01479 831 466

LOCAL WALKS MAP

