

Badenoch and Strathspey Active Travel Map

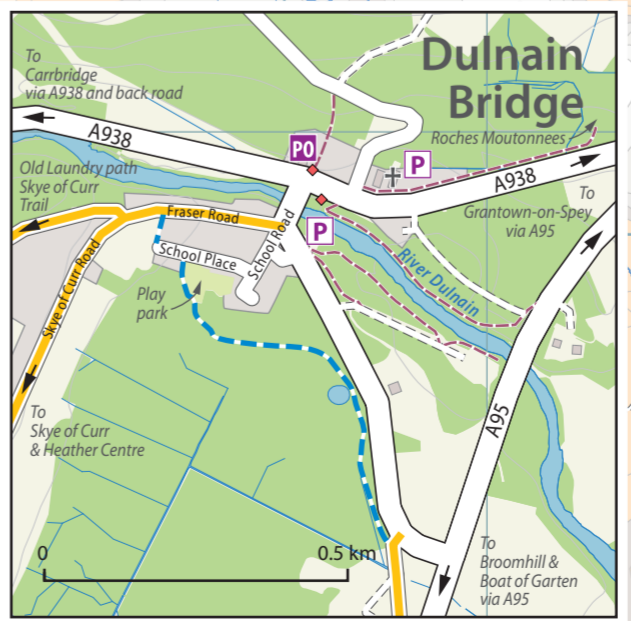
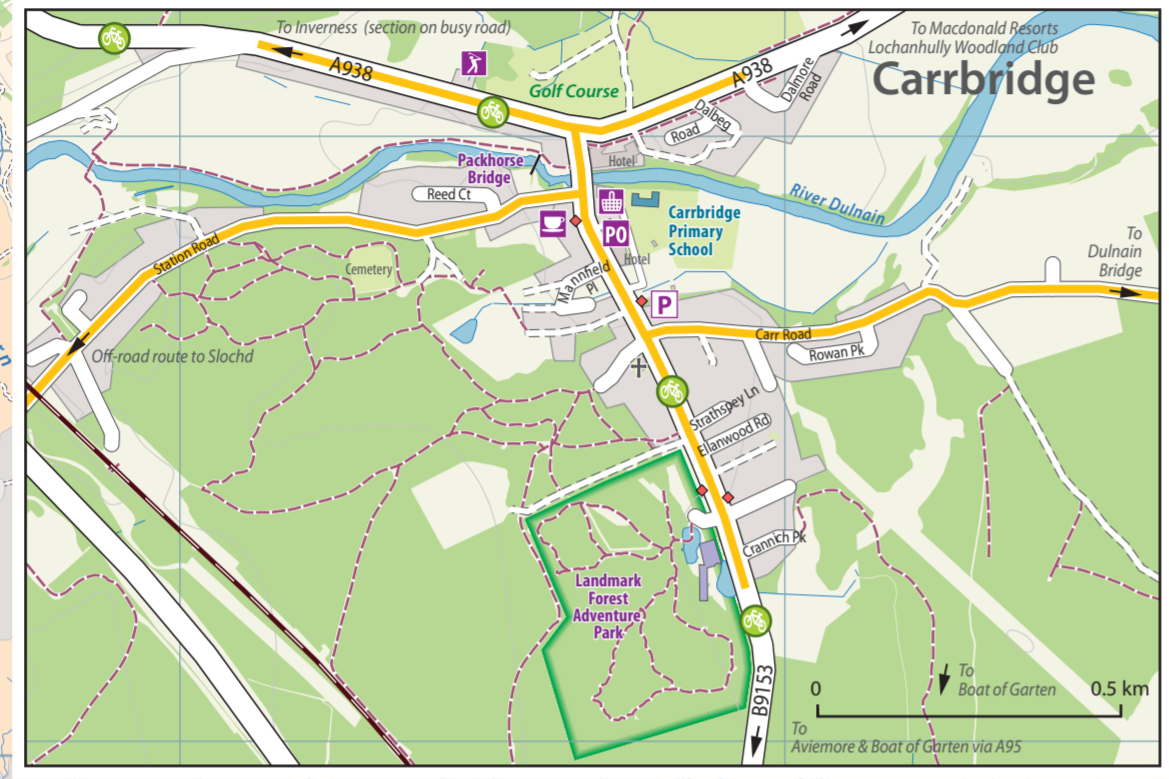


- ### Suggested Cycle Routes
- On a minor road
 - On shared cycle / pedestrian path
 - On other path suitable for cycling
 - Speyside Way
 - Dava Way
 - Lochs and Glens cycle route / NCN7
 - Bike shop
 - Bike hire
 - Bike repair

- ### Map Key
- Trunk road
 - Dual carriageway
 - 'A' road road
 - 'B' road
 - Minor roads
 - Track
 - Path
 - Railway / station
 - Bus stop
 - Settlement
 - Woodland
 - Cairngorms National Park
 - Parking
 - Toilets
 - General store
 - Supermarket
 - School
 - Medical centre
 - Camp / caravan site
 - Visit Scotland iCentre
 - Wildlife Park
 - Steam railway
 - Distillery
 - Outdoor centre
 - Museum
 - Visitor Centre
 - RSPB Reserve
 - Cairngorm Mountain
 - Waymarked walks
 - Other place of interest
 - Detailed map sections

PLEASE NOTE:
This map should NOT be used to navigate the mountain paths.
Please refer to O.S. Landranger sheet 35 and 35 and O.S. Explorer sheets 402, 403, 404 and 418.

Further information on walking and cycling routes can be found at:
Family Friendly Cycle Route Cards:
www.cairngorms.co.uk/authority/publication/465/
Walking and mountain biking: www.trailmaps.biz
Walking routes: www.walkhighlands.co.uk/cairngorms
Speyside Way: www.harveymaps.co.uk



Map scale 1:125,000

How long will it take?

- 30 minutes of cycling will take you this far or this far
- if you cycle at 6 miles per hour
- if you cycle at 10 miles per hour
- 1 hour of walking will take you this far
- if you walk at about 3 miles per hour

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PUBLIC TRANSPORT

Traveline Scotland – www.travelinescotland.com

ScotRail – www.scotrail.co.uk

Stagecoach – www.stagecoachbus.com

Citylink – www.citylink.co.uk

Badenoch & Strathspey Community Transport Company – www.ct4u.co.uk

OTHER USEFUL WEBSITES

Sustrans Scotland – www.sustrans.org.uk/scotland

Cycling Scotland – www.cycling.scot

Paths for all – www.pathsforall.org.uk

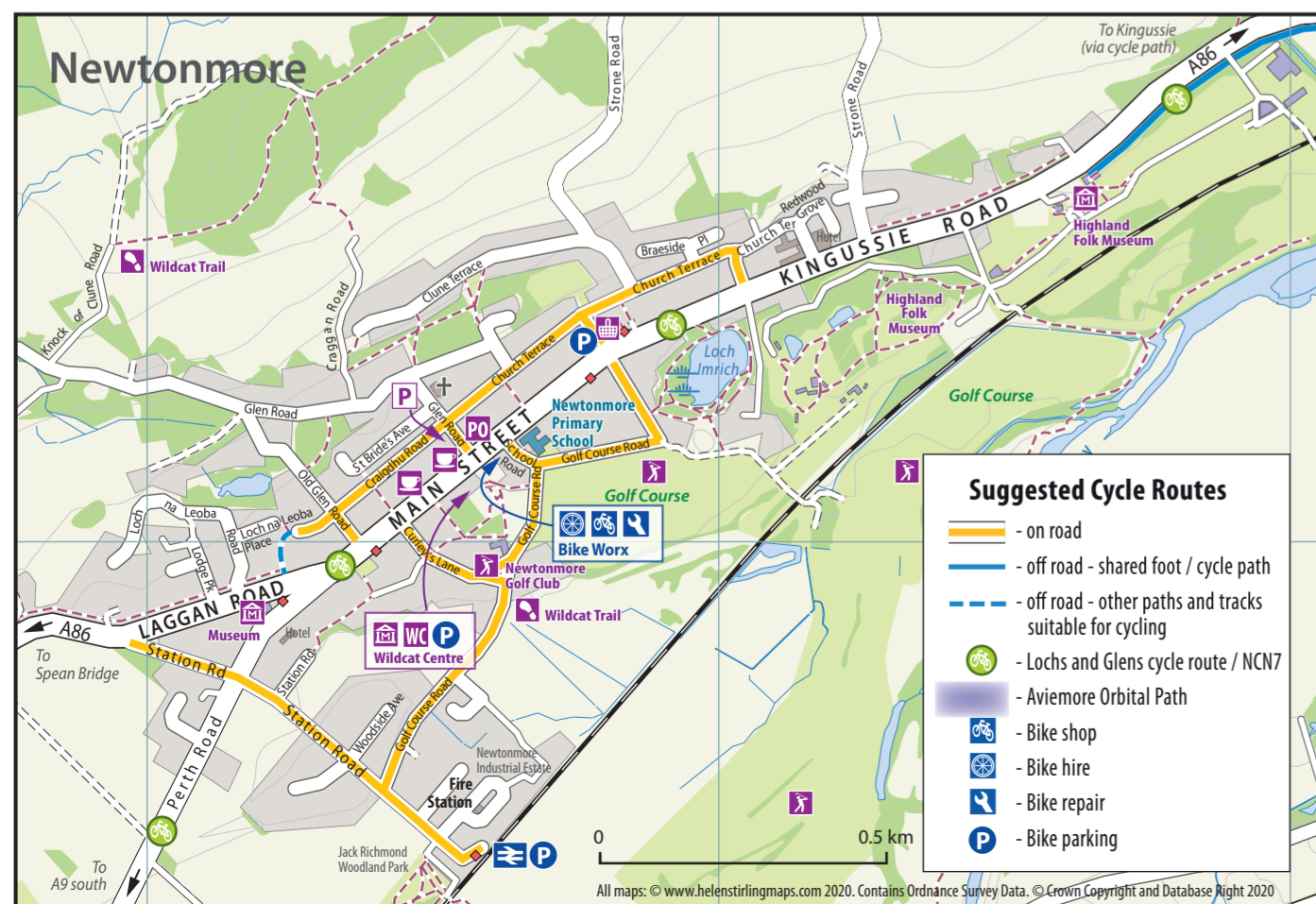
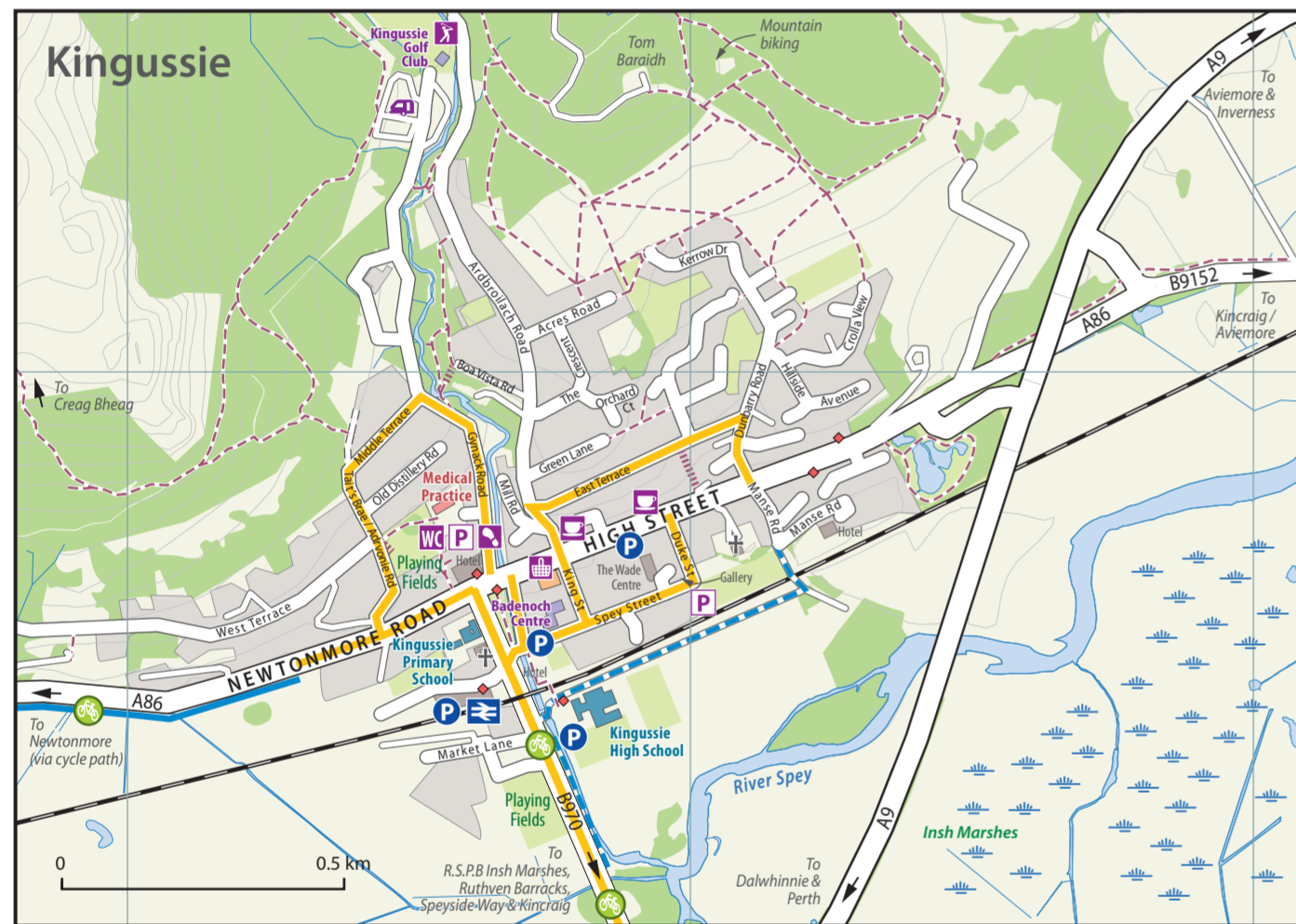
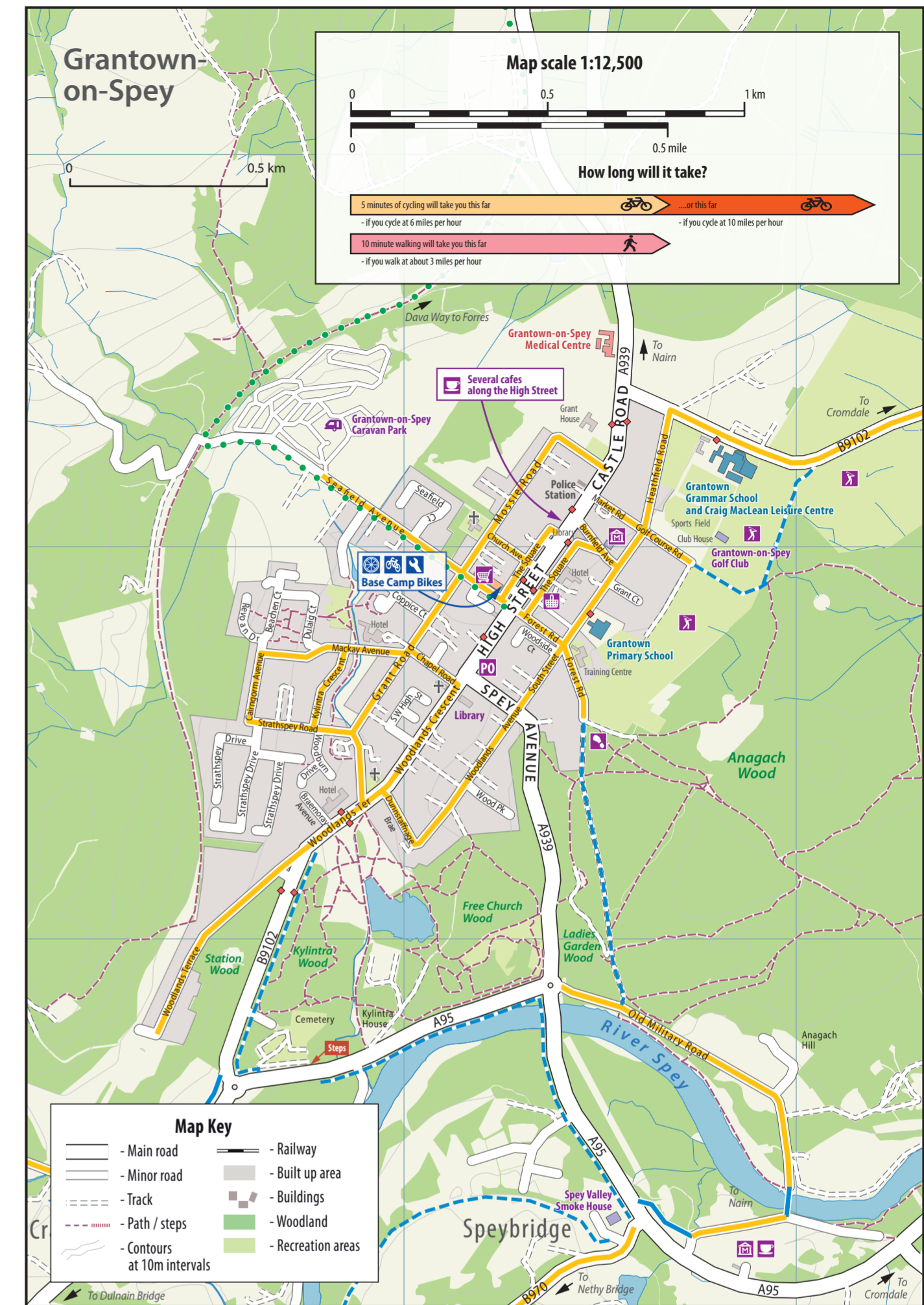
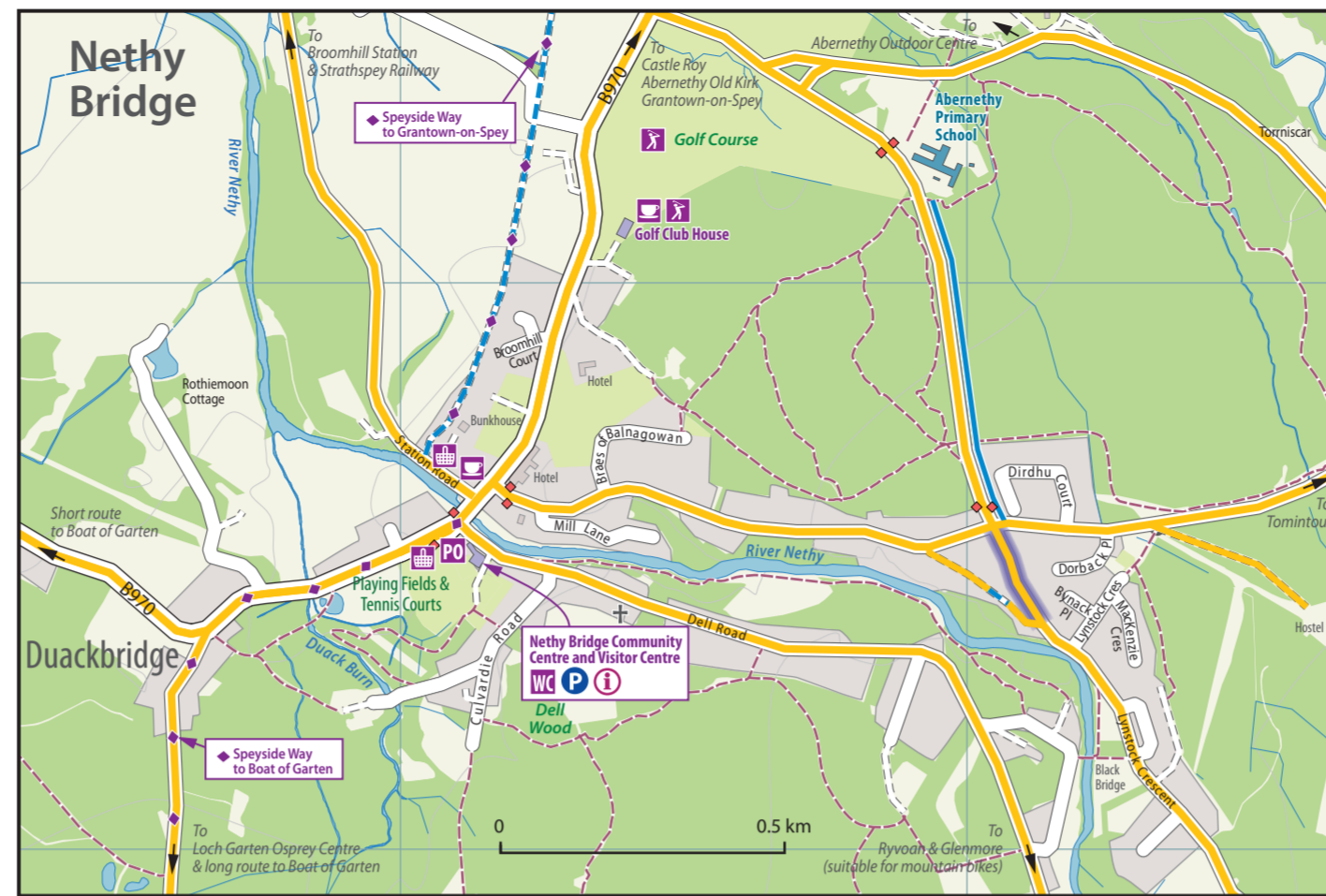
Energy Saving Trust – www.energysavingtrust.org.uk/scotland

Cycle Streets – Journey planning – www.cyclestreets.net



Walking and cycling routes
in Badenoch and Strathspey

**Badenoch and Strathspey
Active Travel Map**



SAFETY AND COURTESY

When you're cycling make sure you're easily visible to other road users – wear bright or reflective clothing and use front and rear lights when riding in the dark.

Check the Highway Code or information on walking, cycling and safe driving around cyclists. www.highwaycodeuk.co.uk

LOCAL BIKE SHOPS

Bike Worx
Ashdown, Main Street, Newtonmore, PH20 1DN
t: 01540 673791

Aviemore Bikes
5A Myrtlefield Shopping Centre, Aviemore, PH22 1SB
t: 01479 810478 w: www.aviemorebikes.co.uk

Bothy Bikes
5 Granich Way, Dalnaber, Aviemore PH22 1UQ
t: 01479 810111 w: www.bothybikes.co.uk

Base Camp Bikes
5 The Square, Grantown-on-Spey, PH26 3HG
t: 01479 870050 w: www.basecampmtb.com

Ride Cairngorm
Railway Station, Boat of Garten, PH24 3BH
t: 01479 831727 w: www.ridecairngorm.com

www.hitrans.org.uk
2nd Floor, 7 Ardross Terrace, Inverness, IV3 5NQ
(Highlands and Islands Regional Transport Partnership)



This map was produced by:



This active travel map highlights suggested routes for cycling in Strathspey. Where possible, it identifies traffic-free routes which are recommended for walking too. The map also shows quieter roads which people may prefer for cycling. Badenoch and Strathspey is a great place to walk and cycle, where many people choose to make their journeys actively. This map shows how easily you can reach key destinations by bike or on foot.