

Badenoch and Strathspey Active Travel Map



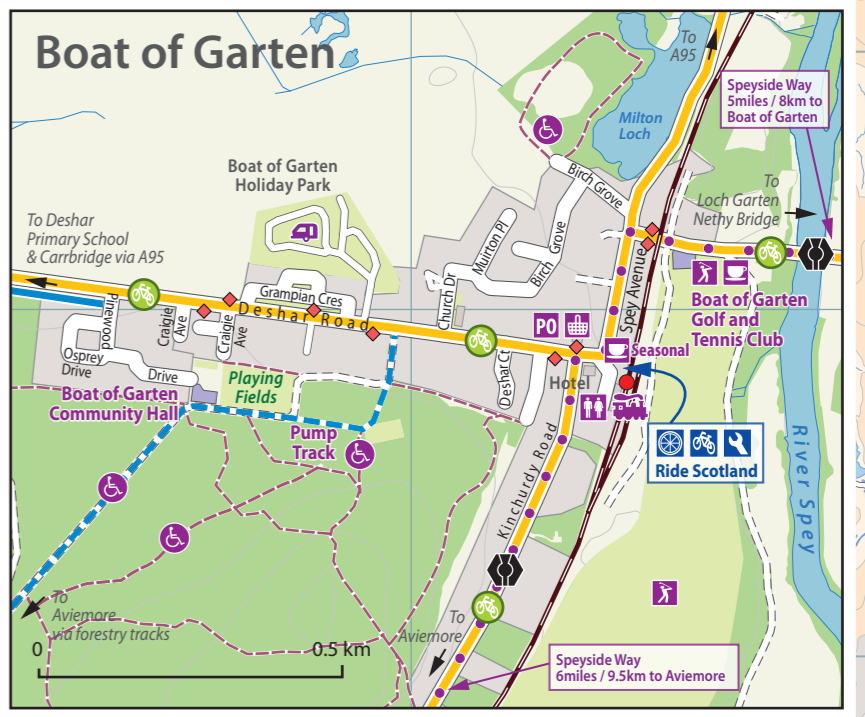
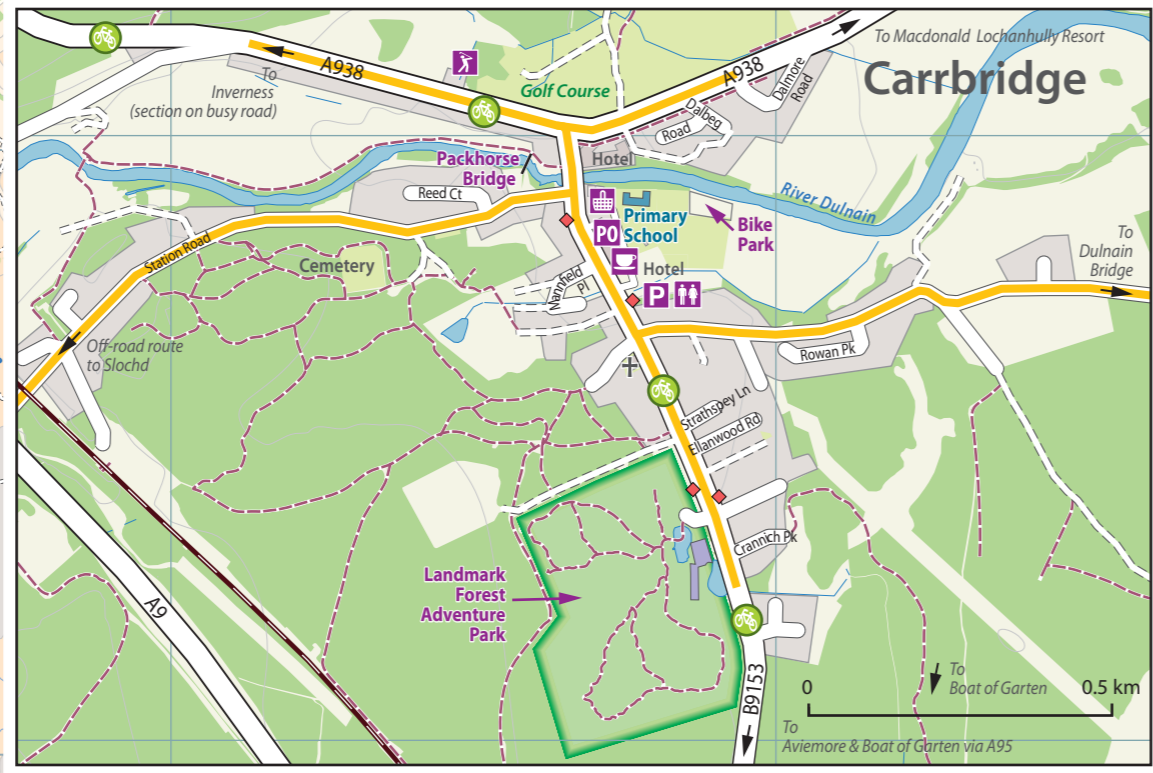
- ### Suggested Routes
- On a minor road
 - On shared cycle / pedestrian path
 - On other path suitable for cycling
 - Speyside Way
 - Dava Way
 - Long distance path
 - Lochs and Glens cycle route / NCN7
 - Bike shop
 - Bike hire
 - Bike repair
 - Bike parking

- ### Map Key
- Trunk road
 - Dual carriageway
 - 'A' road road
 - 'B' road
 - Minor roads
 - Track
 - Path
 - Railway / station
 - Bus stop
 - Settlement
 - Woodland
 - Cairngorms National Park boundary
 - Parking
 - Toilets (seasonal)
 - General store
 - Supermarket
 - School
 - Medical centre
 - Camp / caravan site
 - Cafe
 - Wildlife park
 - Steam railway
 - Distillery
 - Outdoor centre
 - Museum
 - Visitor centre
 - National Nature Reserve
 - RSPB reserve
 - Cairngorm mountain
 - Waymarked walks
 - All abilities path
 - 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 sheets 35 and 36 and O.S. Explorer sheets OL56, OL57, OL58, OL60 and OL61.

Further information on walking and cycling routes can be found at:
Walking and mountain biking: www.visitcairngorms.com/cycle
Walking routes: www.walkhighlands.co.uk/cairngorms
Speyside Way: www.speysideway.co.uk
Dava Way: www.davaway.org.uk

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Map scale 1:125,000

How long will it take?

- 30 minutes of cycling will take you 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



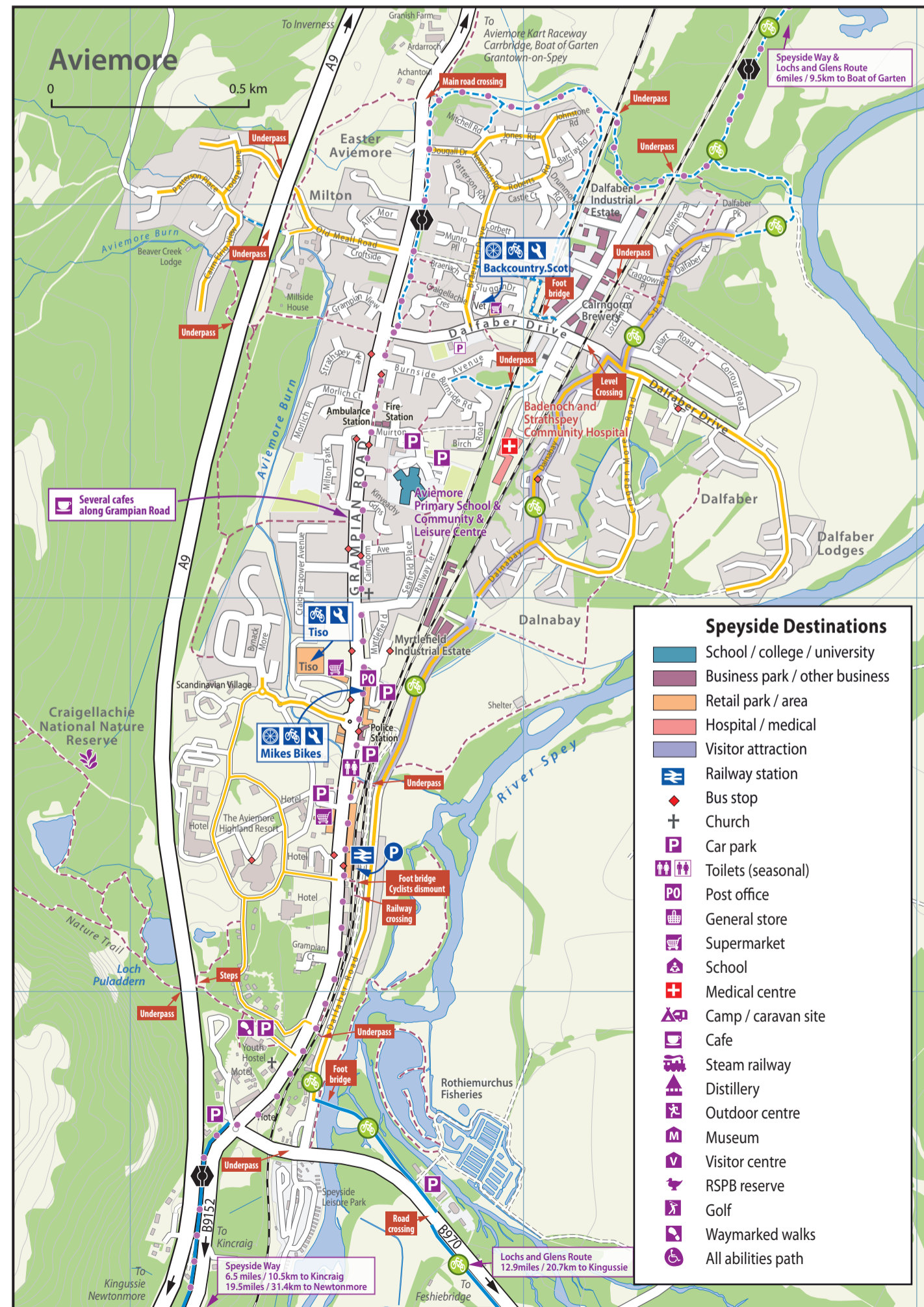
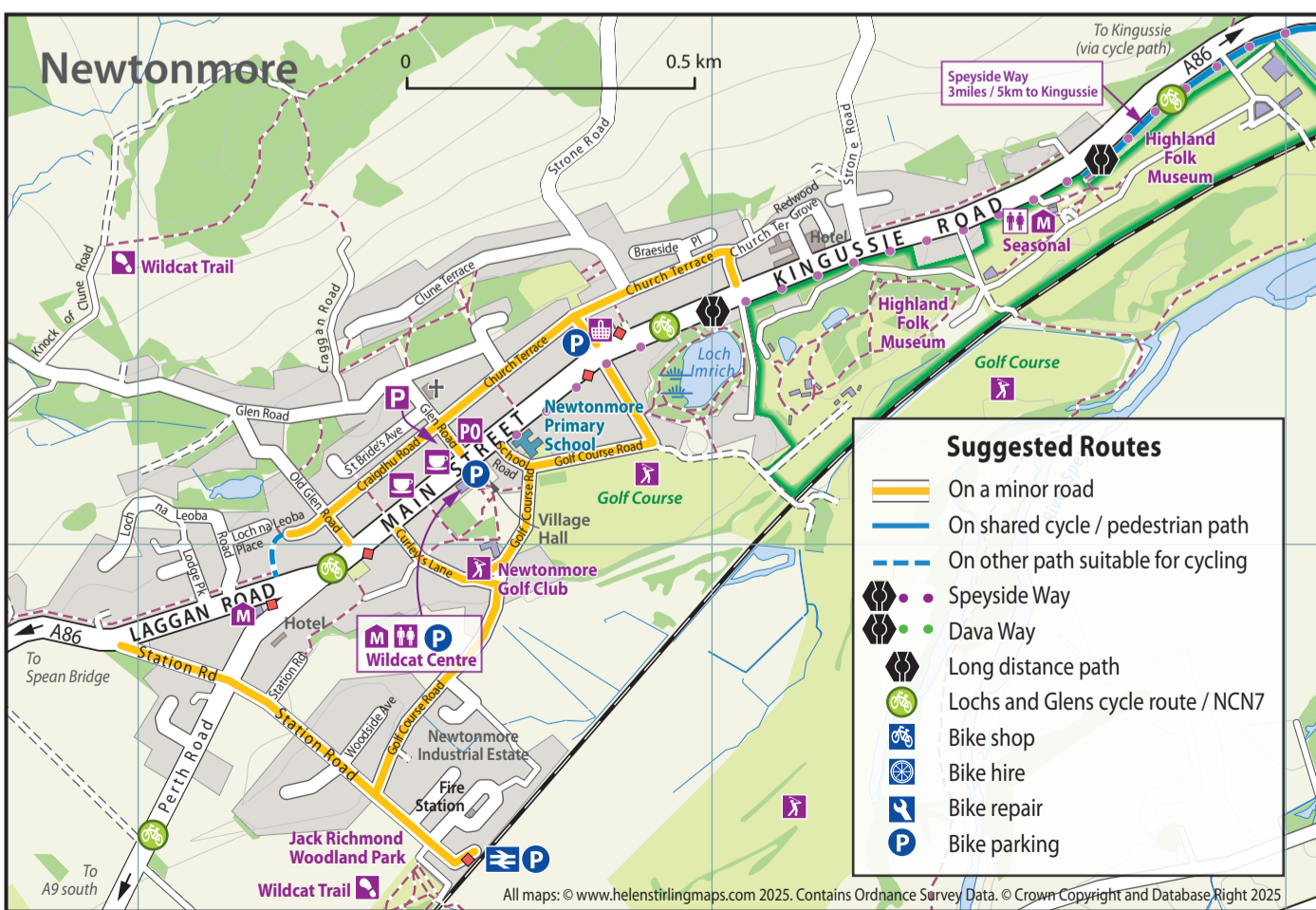
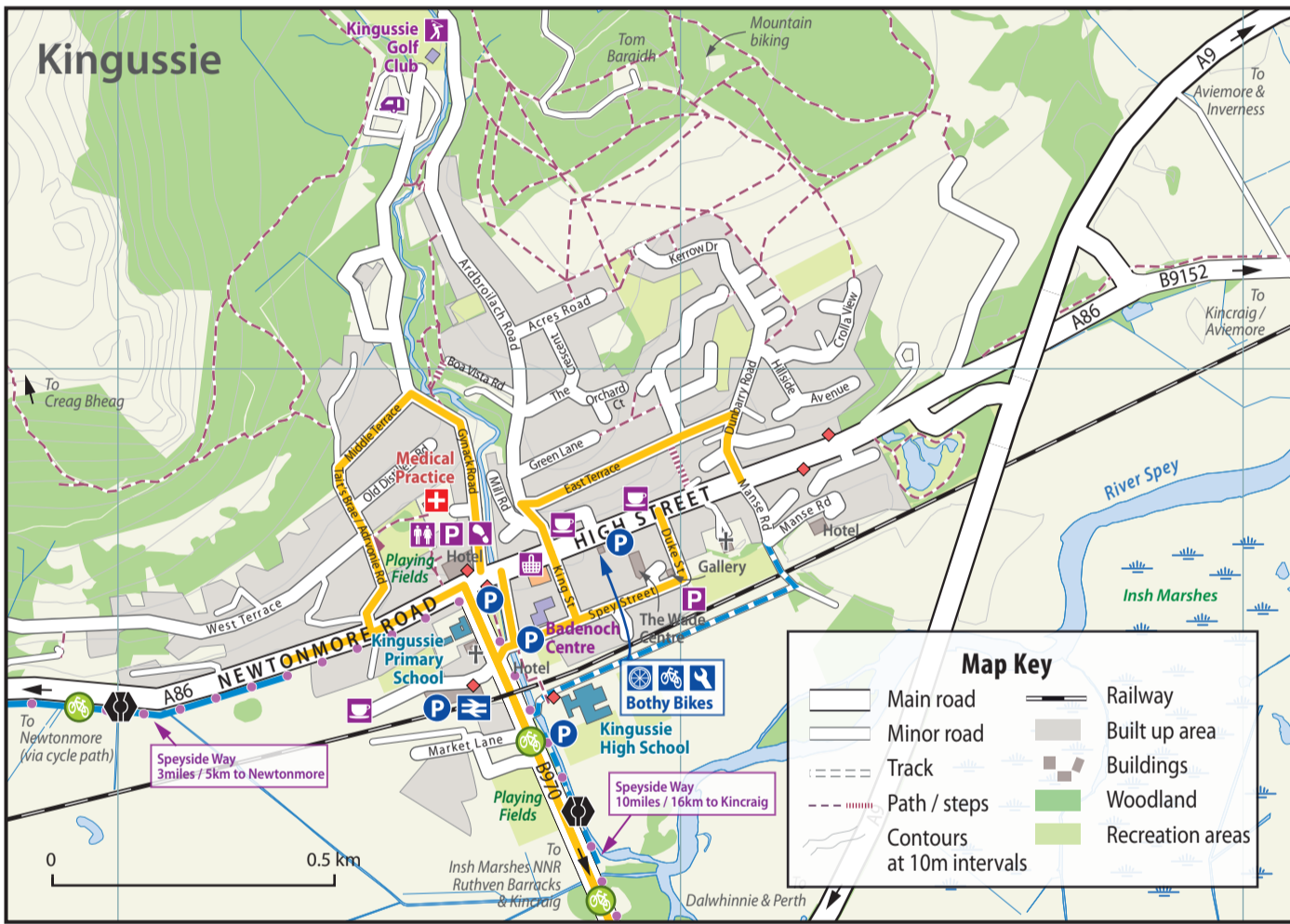
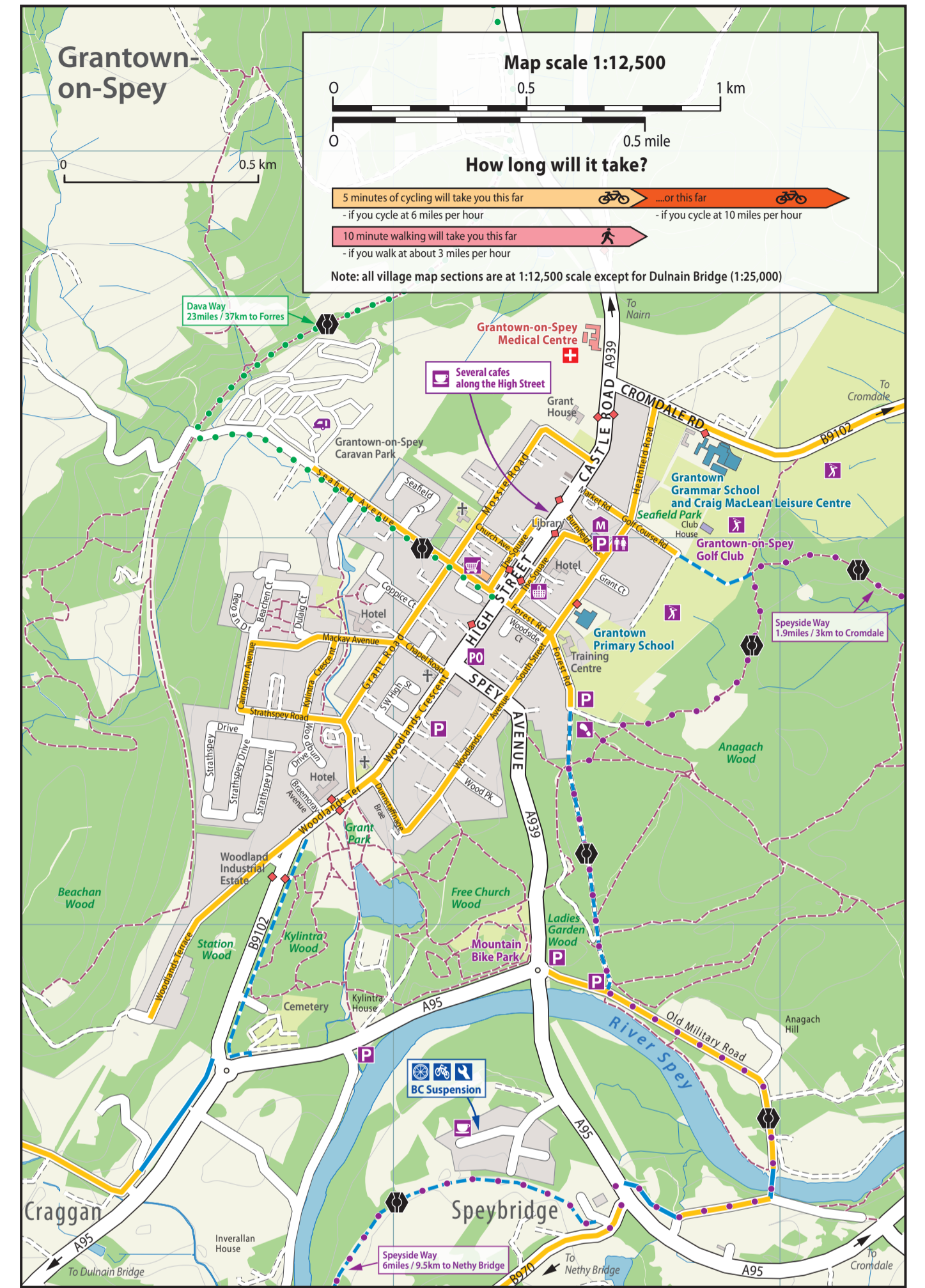
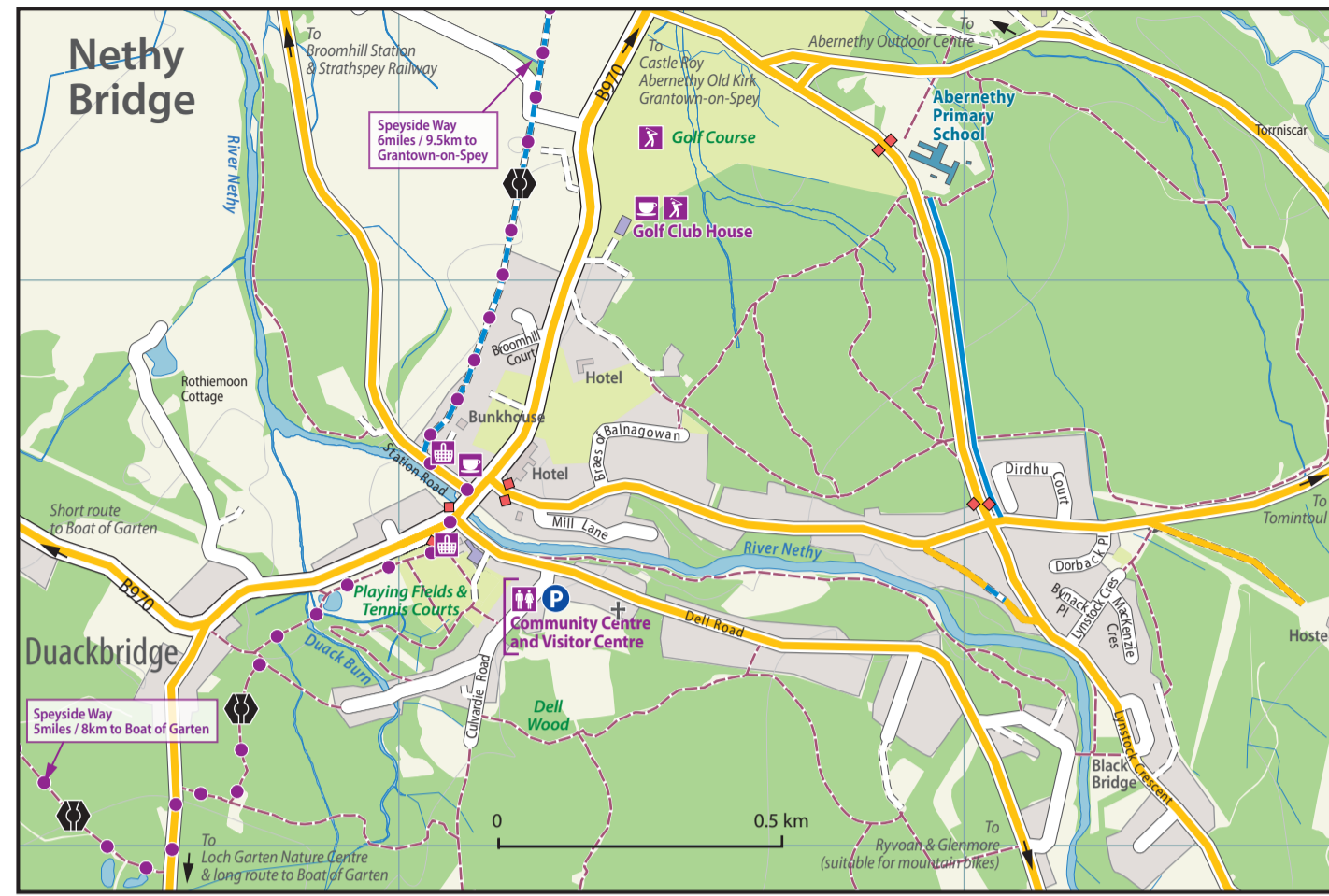
Badenoch and Strathspey Active Travel Map
Walking and cycling routes
in Badenoch and Strathspey

PUBLIC TRANSPORT

- Traveline Scotland - www.travelinescotland.com
- ScotRail - www.scotrail.co.uk
- Stagecoach - www.stagecoachbus.com
- Citylink - www.citylink.co.uk
- Badenoch and Strathspey Community ConnXions - www.bsccx.co.uk, 01479 810 004
- Aviemore Adventurer www.stagecoachbus.com/promos-and-offers/north-scotland/aviemoreadventurer

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
- CycleStreets - Journey planning - www.cyclestreets.net



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 for information on walking, cycling and safe driving around cyclists. www.highwaycodeuk.co.uk

LOCAL BIKE SHOPS

- Mikes Bikes Aviemore**
5A Myrtlefield Shopping Centre, Aviemore, PH22 1RH
t: 01479 810 476 w: www.aviemorebikes.co.uk
- Bothy Bikes**
56 High Street, Kingussie, PH21 1HZ
t: 01540 667 111 w: www.bothybikes.co.uk
- BC Suspension**
Unit 9/4 Achnagonalin Industrial Estate, Grantown-on-Spey, PH26 3TA
t: 01479 816 555 w: www.bcsuspension.co.uk
- Ride Scotland**
Railway Station, Boat of Garten, PH24 3BH
t: 01479 831 729 w: www.ridescotland.com
- Backcountry.Scot**
5 Grانش Way, Aviemore, PH22 1UQ
t: 01479 818 829 w: www.backcountry.scot
- Tiso**
Unit 1, Aviemore Retail Park, Santa Claus Drive, Aviemore, PH22 1AF
e: aviemore_oe@tiso.co.uk
- Garten Gears, Professional Bike Servicing - Boat of Garten**
t: 07927 820 621 e: helo@gartengears.uk

USING THIS MAP

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, and is where many people choose to make their journeys actively. This map shows how easily you can reach key destinations by bike or on foot.

This map was produced by: **HI TRANS**

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www.hitrans.org.uk
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