





# Badenoch and Strathspey Active Travel Map

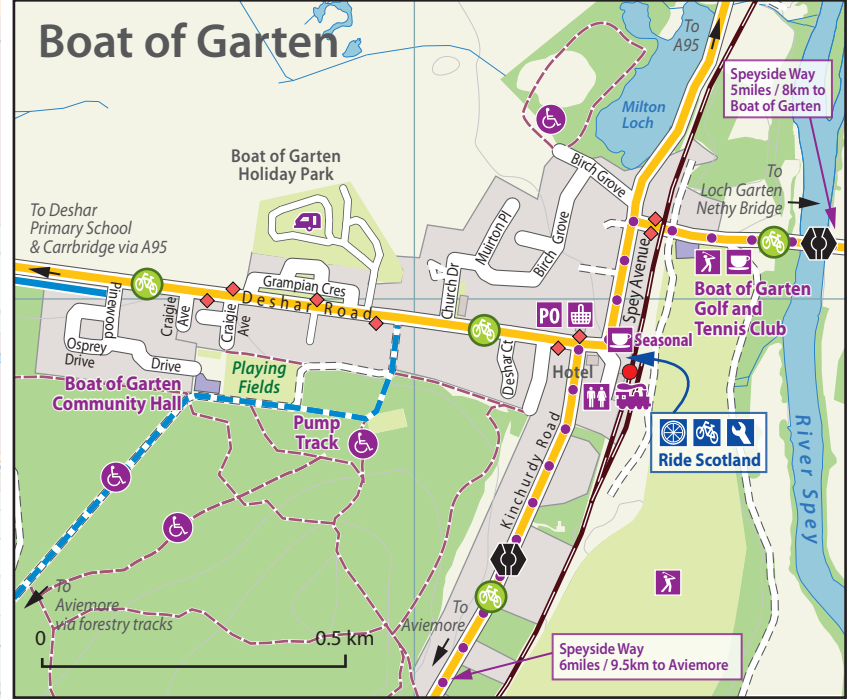
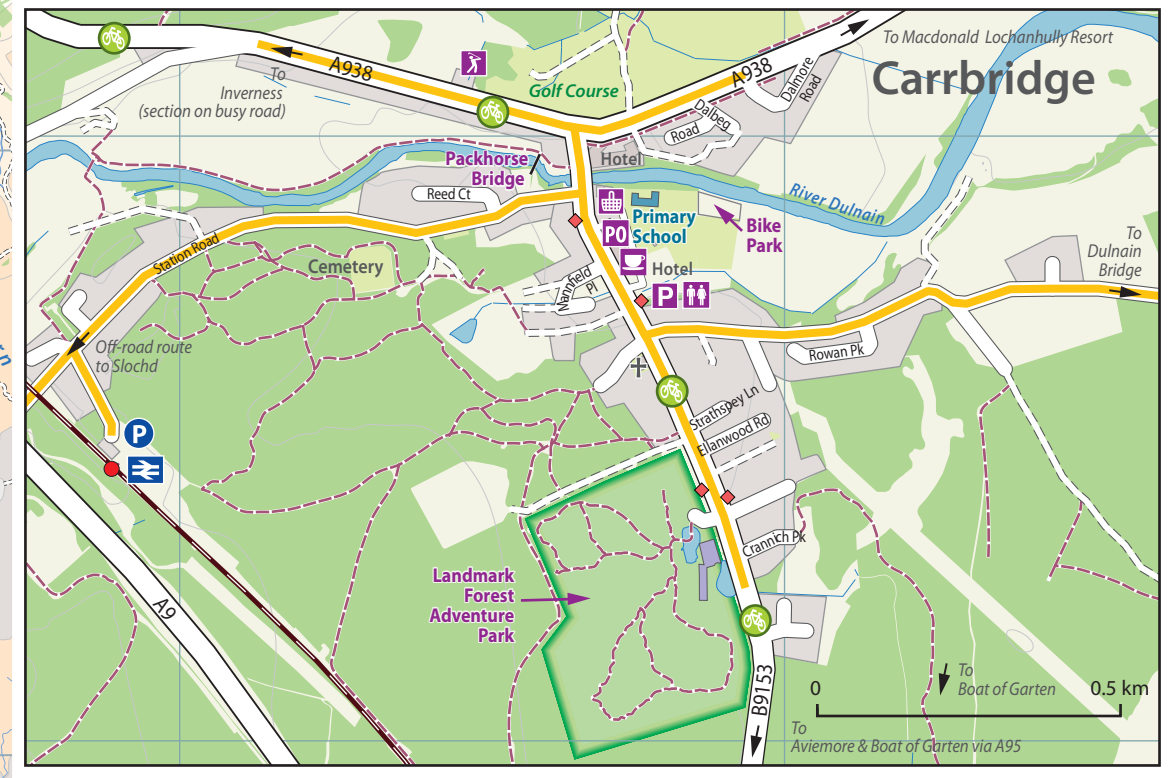


- Suggested Routes**
- On a minor road
  - On shared cycle / pedestrian path
  - On other path suitable for cycling
  - Speyside Way
  - Dava Way
  - Long distance path
  - Lochs and Glens cycle route / NCN7
  - Bike shop
  - Bike hire
  - Bike repair
  - Bike parking

- Map Key**
- A9 Trunk road
  - A9 Dual carriageway
  - A82 'A' road road
  - B8043 '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
  - Camping / 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](http://www.visitcairngorms.com/cycle)  
**Walking routes:** [www.walkhighlands.co.uk/cairngorms](http://www.walkhighlands.co.uk/cairngorms)  
**Speyside Way:** [www.speysideway.co.uk](http://www.speysideway.co.uk)  
**Dava Way:** [www.davaway.org.uk](http://www.davaway.org.uk)



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**Map scale 1:125,000**

0 5 km  
0 5 miles

**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