# The Best of Walking in Scotland

Scotland is a land of contrasts—an ancient country with a modern outlook, where well-loved traditions mingle with the latest technology. Here you can tread on some of the oldest rocks in the world and wander among standing stones and chambered cairns erected 5,000 years ago. However, that little cottage you pass may have a high-speed Internet connection and be home to a jewelry designer or an architect of eco-friendly houses.

Certainly, you'll encounter all the shortbread and tartan you expect, though kilts are normally reserved for weddings and football matches. But far more traditional, although less obviously so, is the warm welcome you'll receive from the locals. The farther you go from the big cities, the more time people have to talk—you'll find they have a genuine interest in where you come from and what you do.

Scotland's greatest asset is its clean, green landscapes, where walkers can fill their lungs with pure, fresh air. It may only be a wee (small) country, but it has a variety of walks to rival anywhere in the world. As well as the splendid mountain hikes to be found in the Highlands, there's an equal extent of Lowland terrain with gentle riverside walks and woodland strolls. The indented coastline and numerous islands mean that there are thousands of miles of shore to explore, while the many low hills offer exquisite views over the countryside. There's walking to suit all ages and tastes.

Some glorious countryside with rolling farmland, lush woods, and grassy hills can be reached within an hour's drive of Edinburgh and Glasgow. Most industry and housing is in the central belt that links the two, although there are also peaceful corners for walking. Going north from Edinburgh, you come to the Kingdom of Fife and Tayside, while Loch Lomond and the Trossachs National Park is due north of Glasgow. As you continue across the Highland Boundary Fault, the landscape abruptly changes, becoming less fertile and more rugged.

In the northeast, broad glens separate the high mountain plateau of Cairngorms National Park, and the landscape gradually softens towards the coast. In the west, rocky hills and mountains rise straight out of the Atlantic, giving views of sea lochs and sandy beaches. For the wildest, strangest looking mountain scenery, travel to the northern Highlands where steep, bare mountains punctuate a moonscape of heather moorland.

Here we highlight some of the best walks in Scotland, including several offering unusual sights and memorable experiences that you can recount to the folks back home.

#### 1 THE BEST FAMILY WALKS

 Yellowcraigs Beach (near Edinburgh):
 With miles of golden sand, this is a fantastic location for a summer walk and picnic. It has stunning views across the Firth of Forth to the Kingdom of Fife and is only 20 miles (32km) from

- the hubbub of Edinburgh. The rock pools and seals are a great attraction for children, and you can see Fidra Island, which is said to have inspired *Treasure Island*, the 18th-century classic novel by Robert Louis Stevenson. See p. 38.
- Tobermory (Isle of Mull): This walk is a must for all kids who watched the series *Balamory* on children's television. Allow youngsters time to play in Aros Park before the coastal walk through woods and past waterfalls to the picture-postcard town. Simply getting to Mull is an adventure, with the best views of Oban and Duart Castle from the ferry. See p. 165.
- Mugdock Park (Glasgow): In this country park, there are heaps of attractions for children. They can let off steam in the play area at Craigend Visitor Centre; then you can entice them around the walk with promise of a ghostly 14th-century castle. Easy paths lead around lochs and through the ancient oaks of Mugdock Wood. The walk even includes a small section of the 145km (90-mile) West Highland Way long-distance trail. See p. 57.
- Kelvin Walkway (Glasgow): For a completely different view of the city than that gained around the shopping streets and

- squares, follow the path along the River Kelvin. This green route has all sorts of interesting sights, including statues, ornate bridges, an old toll house, and a gunpowder mill, although children will probably be more interested in the duck pond and play area. See p. 54.
- The start of the Great Glen Way (Inverness): Although hiking the whole of this 117km (73-mile) long-distance path is likely only to appeal to the fittest of teenagers, children of all ages will enjoy the first 3.2km (2 miles) along the River Ness. The route takes you over a series of footbridges linking the Ness Islands to parkland with leisure facilities and a Floral Hall, where children can meet the friendly Koi Carp in the pond and explore the cactus house. See p. 233.
- Lael Forest (Ullapool): This is a bit different from many woodland walks, as the Lael Forest Garden is more like a tree zoo, containing several hundred trees and shrubs ranging from common specimens to many rarities. Stroll under giant sequoia trees and look out for labels identifying the Chilean yew, Macedonian pine, Oregon maple, Serbian spruce, and many other exotic trees. See p. 240.

# 2 THE BEST WALKS FOR SEEING WILDLIFE

- Seaton Cliffs (Arbroath): This Scottish
  Wildlife Trust Reserve is a haven for
  seabirds, wildflowers, and butterflies.
  Waves have eroded the sandstone cliffs
  into fantastic formations, such as sea
  stacks and arches. Walk here from May
  to July through a riot of white, yellow,
  pink, and purple flowers and look down
  on seabird nests from the tarmac clifftop path. See p. 135.
- Spey Bay (Moray Firth): Because this river estuary is constantly in flux, with shifting gravel bars and eroding banks,
- it provides a wonderfully rich habitat for all sorts of wildlife, from osprey to otters. The River Spey is an important river for salmon and many other creatures, such as seals, who come to feed on them. The Moray Firth Wildlife Centre at the river mouth is home to the Whale and Dolphin Conservation Society. If you're lucky you could see some of the local population of bottlenose dolphins. See p. 207.
- Falls of Clyde (New Lanark): For an old industrial area close to Glasgow and

Edinburgh, there is a surprising richness of nature in this wildlife reserve. It is based on a wooded gorge where the River Clyde plunges over a dramatic waterfall. Kingfishers and dippers flit around the water, while woodpeckers and sparrowhawks live among the trees. The highlight is the nesting pair of peregrine falcons, which can be observed from a "hide" used by bird watchers. See p. 51.

- Loch Leven Heritage Trail (Kinross): Loch Leven, Scotland's largest Lowland loch, is designated a National Nature Reserve because of its importance for wildfowl and nesting ducks. About 20,000 pink-footed geese roost here in winter—their dawn flight is an amazing sight. In summer, broods of ducklings shelter along the shoreline, and there's a chance of seeing an osprey or white-tailed sea eagle fishing. All sorts of exotic migrants turn up here, including a spoonbill in 2008. The path runs around the loch, linking viewpoints and bird hides. See p. 115.
- Glen Nant (Oban): Atlantic Oakwood of this type supports more species of wildlife than any other habitat in Scotland.

- Effectively, this lush west-coast wood-land is Scotland's "rainforest." The Ant Trail has information about plants and animals, such as pine marten and wood-pecker, and explains how the wood has survived thanks to its importance as a source of charcoal for iron smelting. See p. 159.
- Wood of Cree (Galloway): This ancient oakwood looks its best in spring and autumn—when bluebells carpet the ground or when the leaves become a riot of color. Here bird-watchers may spot rare migratory visitors like the redstart and pied flycatcher. Those who keep their eyes on the ground could see some of the 300 species of flowering plants, including wild garlic, primrose, and wood sorrel. See p. 84.
- Dog Falls (northern Highlands): Glen Affric is a very special place, where nature still holds sway. The beautiful glen has a wild feel because much of Scotland's native flora and fauna survives here. Walk among gnarled old pines and, if you're lucky, spot some of the rare wildlife such as pine martens, red squirrels, capercaillie, and crossbill. See p. 227.

#### 3 THE BEST MOUNTAIN WALKS

- Ben Nevis (Fort William): As the highest mountain in the British Isles, Ben Nevis, at 1,344m (4,408 ft.), is an irresistible draw for hill walkers. It's a hard slog to the top, but the sense of achievement is incredible. If clouds don't obscure the view, you can enjoy a spectacular panorama over the west coast. See p. 243.
- Cairn Gorm and Ben Macdui (Cairngorms): Ben Macdui, at 1,309m (4,295 ft.), is the second highest mountain in Britain, while Cairn Gorm, at 1,245m (4,085 ft.), is the prominent summit above Aviemore that gives the whole
- mountain range its name. This hike explores the most remarkable land-scapes of Cairngorms National Park, where ice-gouged cliffs bite into a vast sub-arctic plateau. See p. 189.
- Arrochar Alps (Argyll Forest Park):
   These mountains are aptly named Alps, as they have an unusually rugged character for hills so far south in Scotland. They rise straight out of a sea loch in the western part of Loch Lomond and the Trossachs National Park. The Cobbler, at 881m (2,890 ft.), is the lowest but best loved of these peaks, with rock faces that played a significant role in the

- development of Scottish climbing. See p. 156.
- Ben Lomond (Loch Lomond): Scotland's most southerly mountain also has some of the finest views, stretching on a clear day from the urban fringes of Glasgow to Ben Nevis in the north. A well-made path up Ben Lomond (974m/3,195 ft.) makes it one of the "easier" Munros (mountains over 914m/3,000 ft.) to tackle. See p. 153.
- Lochnagar (Deeside): Lying in the eastern part of Cairngorms National Park, Lochnagar (1,155m/3,789 ft.) is a romantic summit with great cliffs on its north side that hold snow late into the year. Balmoral, the Royal Family's summer home, lies at its foot, and Prince Charles made the most of local legends in his children's story *The Old Man of Lochnagar*. See p. 197.
- Creag Meagaidh (between Fort William and Aviemore): This mountain also has steep cliffs popular with climbers and a wide summit plateau where it is easy to lose your bearings. Enjoy one of the most beautiful mountain

- approaches in Scotland on this hike up Creag Meagaidh (1,130m/3,707 ft.). Once on top, there are lovely views over Loch Laggan to an endless succession of mountain ridges, especially if you stay high to include two neighboring Munros. See p. 211.
- Ben Lawers (Tayside): Although Ben Lawers, at 1,124m (3,983 ft.), is the highest mountain in the southern Highlands, an elevated start point reduces the amount of climbing needed to reach the summit. The mountain is a National Nature Reserve because its limestone rocks support rare arcticalpine flora and there are wonderful views over Loch Tay. See p. 128.
- Cruachan Horseshoe (Oban): This is one of the most challenging walks in Scotland—a circuit of a narrow, rocky ridge between Ben Cruachan (1,126m/3,694 ft.) and Stob Diamh (980m/3,215 ft.) where you need agility and a good tolerance for heights. On a clear summer's day there is an enchanting view over the west coast and the nearby Hebridean islands. See p. 162.

#### **4 THE BEST HILL WALKS**

- Bennachie (Aberdeen): Set amid rolling farmland, Bennachie is a heather-clad range of hills with rocky summits. The most prominent top, Mither Tap (518m/1,700 ft.), is ringed by an Iron Age hill fort and has views to the North Sea coast. Recent path improvements have made progress much easier across the peaty ground. See p. 192.
- Meall a' Bhuachaille (Aviemore): This hill is near the main Cairngorms massif and makes an excellent objective for those who feel the big mountains are a bit too challenging. Walk through ancient pine forest and past a little green loch before climbing Meall a' Bhuachaille (810m/2,657 ft.). The view

- is superb, and you may spot the local herd of reindeer. See p. 186.
- The Merrick (Galloway Forest Park): At 843m (2,529 ft.), The Merrick is the highest hill in southern Scotland, with an exposed position that gives it mountain weather. Pick a fine day and you'll be well rewarded by the remarkable views, which stretch from the Solway to the Firth of Clyde and as far as Ireland to the west. See p. 90.
- Scald Law (Edinburgh): The Pentlands are the capital's local range of hills, running southwest from the edge of the city. They are full of history, including traces of Romans and Picts, and the reservoir at their heart is a haven for

- wildlife. The grassy, rolling hills provide great walking, and the highest summit, Scald Law (583m/1,914 ft.), offers the widest views. See p. 41.
- Perth and Kinnoull Hill (Perth): You
  don't need to climb a mountain for brilliant views in Scotland. Just hike from the
  center of the "Fair City" to the cliff top on
  wooded Kinnoull Hill (222m/728 ft.)
  and gaze down on the River Tay snaking
  below. The view is enhanced by Kinfauns
  Castle nestled below. Return down Coronation Road, trod by generations of
- royalty, and through colorful riverside gardens. See p. 112.
- Dumgoyne (Glasgow): This little hill has bags of character and shows up from miles around as a prominent bump on the end of the Campsie Hills. Its volcanic origins give it the conical shape. The steep climb to Dumgoyne's summit (427m/1,400 ft.) is well worth it for sweeping views over Loch Lomond and the Firth of Clyde. What's more, you can finish with a dram in the distillery at its foot. See p. 60.

#### **5 THE MOST SCENIC WALKS**

- Arthur's Seat (Edinburgh): For a three-dimensional view of Scotland's capital city, climb the volcanic hill at its heart and look out over chimneys and spires to Edinburgh Castle and Leith docks on the Firth of Forth. The walk includes a stroll along Salisbury Crags for a bird's-eye view of the Scottish Parliament building and Holyrood Palace, the Royal Family's official residence in Scotland. See p. 44.
- Callander Crags (Stirling): Set in the pretty Trossachs, this hike encompasses many different sights to make a truly memorable walk. It rises along a wooded cliff edge with aerial views of the resort town of Callander to a monument with views of the surrounding lochs and mountains. The return is past spectacular Bracklinn Falls where Keltie Water drops through a rocky gorge. See p. 150.
- Conic Hill (Loch Lomond): The Highland Boundary Fault thrust up the ridge of rock that forms Conic Hills and two islands in Loch Lomond—Inchcailoch and Inchmurrin—that are perfectly aligned with it. It is by far the best viewpoint for drinking in the beauty of Loch Lomond and its wooded isles. A great place to enjoy a summer sunset! See p. 67.

- Knock of Crieff (Tayside): The Knock of Crieff also lies on the fault line that divides the Highlands from the Lowlands and has wonderful views in all directions. Heathery mountains seem just a stone's throw away to the north, while woods and pastures roll away in the south to the fertile valley of Strathearn. See p. 121.
- Peebles (Borders region): This wonderful riverside walk is most delightful in autumn, when the warm colors of the broadleaved trees are reflected in the Tweed. On a sunny day, they contrast gloriously with the blue sky reflected in the water. Stroll past a 13th-century castle and see what wildlife you can spot—perhaps a heron fishing in the shallows or a buzzard soaring above. See p. 93.
- Loch an Eilein (Aviemore): The ancient Caledonian pine forest of Rothiemurchus surrounds this sparkling loch, which has been a popular beauty spot since Victorian times. Why not sit awhile on one of the benches to enjoy lovely reflections in the still waters and gaze up to the blue horizon of Cairngorm Mountains? See p. 182.

#### **6 THE BEST COASTAL WALKS**

- Fife Coastal Path (Fife): Follow the prettiest section of this long-distance route on a path that links the charming fishing villages of the East Neuk. This eastern corner of the Kingdom of Fife juts out into the North Sea and has sandy bays and rocky shores frequented by seals and seabirds. As well as wildlife, the area has a rich history, with landmarks such as St. Fillan's Cave and the saltpans and windmill at St. Monans. See p. 118.
- Sandwood Bay (northern Highlands): You don't walk to Sandwood Bay, you make a pilgrimage there. Such is its iconic status that many consider a visit almost a spiritual experience. It's not hard to see why it's so special—a great arc of pristine sand framed by sandstone cliffs and a sea stack, arched over by an enormous sky. See p. 237.
- St. Abb's Head (Coldingham): This famous headland is not only one of the finest on Britain's east coast, but it is also an excellent place to see nesting seabirds. The visitor center will help you tune into the flora and fauna to look out for as you follow the narrow

- path above dramatic coastal cliffs. Other sights include a lighthouse, secluded bays, and the surrounding patchwork of serene farmland. See p. 103.
- Killantringan Lighthouse (Portpatrick): Head across to the southwest tip of Galloway for another rewarding clifftop walk. This time you look out west to the distant coastline of Ireland. Starting from the picturesque fishing village of Portpatrick, this walk passes above cliffs with colonies of nesting seabirds on its way to scenically sited lighthouse See p. 81.
- Carradale (Kintyre peninsula): For sheer diversity of coastal views and wildlife, this walk is hard to beat. Wild goats live on Carradale Point, and you could see any size of marine mammal from a seal to a minke whale (the coast is also visited by basking sharks). The route takes in two beautiful and very different beaches—a vast stretch of golden sand and a perfect little cove with turquoise water—while the jagged mountains of the Isle of Arran are a constant presence offshore. See p. 170.

## 7 THE WALKS WITH THE BEST ATTRACTIONS

- Falkirk Wheel (between Edinburgh and Glasgow): Photographs don't do justice to this modern engineering feat—you have to walk up close and see the shiny boat lift in action to appreciate the marvel. Originally a flight of 11 locks linked the Union Canal to the Forth and Clyde Canal, but these were built over. When the canals were reopened as a Millennium project, the enormous Falkirk Wheel was created to raise boats 30m (100 ft.) from one loch to the next. This walk follows the Union Canal through a
- tunnel that passes under the Antonine Wall, built by the Romans 2,000 years ago. See p. 48.
- Fyrish Monument (Inverness): This is another man-made construction that looks most impressive when you get close and see its true size. It stands on top of a hill near Alness and looks quite quaint from a distance. The massive structure of stone towers and arches is a replica of the gates of Negapatam in India, built on the orders of the local landowner, Sir Hector Munro. See p. 230.

- Hermitage and Braan (Dunkeld): The
  walk up the River Braan to the Hermitage features a stone summerhouse that
  has a balcony overlooking a waterfall.
  Designed to amplify the sound of the
  crashing waters, and with mirrors to
  reflect the flashing light, this is just one
  feature of the woodland garden where
  the Dukes of Atholl entertained their
  visitors. See p. 124.
- The Vat and Muir of Dinnet (Deeside): Natural structures can be just as amazing as built ones, as you'll discover if you visit the unusual geological feature of the Vat. It comes as a bit of a surprise—squeeze through a crack in a gorge wall and suddenly you find yourself in an enormous circular pothole that was formed by meltwater flowing under a glacier. See p. 194.
- Dufftown to Craigellachie (Strathspey): You'll remember this walk for the number of distilleries it passes—or then again perhaps you won't. It starts at the famous Glenfiddich Distillery (save the whisky tasting until afterwards) and follows the River Fiddich downstream via a disused railway line to Craigellachie. See p. 204.
- Alloway (Ayr): Don't visit Scotland without finding out more about the national bard, Rabbie Burns, whose poems and songs—from "To a Mouse" to "Auld Lang Syne"—define what it is to be Scottish. This walk provides an ideal introduction, as it starts by the Robert Burns Heritage Museum at his birthplace and visits several sites that appear in his epic poem *Tam o' Shanter*. See p. 78.

#### 8 THE BEST RESTAURANTS FOR DINNER

- Stac Polly (Edinburgh; © 01315 562231): Attentive service and suitably Scottish decor will help you enjoy the best of Scottish game and seafood at this well-established restaurant. It's named after a small but iconic mountain in the northern Highlands. See p. 71.
- McCallum's Oyster Bar (Troon;
   © 01292 319339): Dine on the best seafood for miles around while relaxing with a view out to sea. Situated on Troon harbor, this Ayrshire restaurant is packed with yachting memorabilia. See p. 108.
- East Haugh House (Pitlochry;
   © 01796 472473): The elegant restaurant in this country house hotel serves excellent local produce, such as hill-fed Perthshire lamb. Eat in the cozy bar or sample the more adventurous menu in the stylish restaurant. See p. 146.

- Knipoch Hotel Restaurant (Kilninver;
   © 01852 316251): Treat yourself to fine dining at this lochside hotel, whose daily five-course menu relies heavily on Scottish produce and is supported by an excellent wine cellar. See p. 178.
- Craigellachie Hotel (Craigellachie, Speyside; © 01340 881204): This classic Scottish hotel uses the finest local ingredients in its mouth-watering menu. Once you've settled into an armchair in the Quaich Bar with a dram in your hand, any aches and pains will vanish. See p. 215.
- Crannog Seafood Restaurant (Fort William; © 01397 705589): As the Crannog occupies the most attractive spot in town, on a pier overlooking Loch Linhe, you can enjoy wonderful west-coast views while dining. Much of the fish comes from the owners' boats or their own smokehouse. See p. 247.

#### 9 THE BEST PLACES FOR LUNCH

- Falko Konditormeister (Gullane;
   © 01620 843168): You could end your walk at Yellowcraigs Beach in this cozy cafe that offers one of Scotland's top cake-eating experiences. Lunch on fresh breads, handmade Bavarian cakes, and excellent coffee. See p. 71.
- Main Street Trading Company (St. Boswells; © 01835 824087): Prepare yourself for the Melrose to Harestanes walk with a good feed on fresh organic sandwiches and home baking in this bright, friendly bookshop. The freerange chicken and hummus sandwich is recommended, as are the carrot cake and scones. See p. 108.
- Loch Leven's Larder (Kinross; © 01592 841000): In the past 10 years, many excellent farm shops and cafes have sprung up across Scotland. This is a prime example, with superb views over Loch Leven and a nature walk that links to a Heritage Trail. See p. 146.

- Lade Inn (Kilmahog; © 01877 330152): After a walk around Callander Crags and Bracklinn Falls, you'll be ready to relax in this inviting Scottish inn. Its real ales and hearty homecooked meals are available all day in summer, at lunch and dinnertime in winter. See p. 178.
- Café 1 (Inverness; © 01463 226200): Before stepping out along the Great Glen Way, indulge in a hearty lunch in this attractive restaurant, which combines Scottish ingredients with international dishes. See p. 247.

## 10 THE BEST HOTELS

- Abode Hotel (Glasgow; © 01412 216789): If you love style, you'll relish this chic hotel, which was formerly known as the Art House. Centrally placed, it's ideal for unwinding in unashamed luxury. See p. 70.
- Brig o' Doon House Hotel (Alloway;
   © 01292 442466): The situation of this welcoming country house hotel is hard to beat—in lovely gardens on the banks of the River Doon, within sight of the famous Brig o' Doon arched bridge that inspired Robert Burns. See p. 107.
- Crieff Hydro Hotel (Crieff; © 01764 651670): Kids will have a whale of a time at this stylish but family-friendly resort that has every imaginable leisure activity.

- It has a scenic setting on the Knock, a hill with great walks. See p. 145.
- Ardanaiseig Hotel (Kilchrenan;
   © 01866 833333): Hidden away in mature wooded gardens on the shores of Loch Awe, this luxurious hotel offers classic Scottish hospitality. Ask for a room with a four-poster bed if you want to sleep in style. See p. 177.
- Kildrummy Castle Hotel (near Alford;
   © 01975 571288): You'll feel like a
   lord staying in this mansion house amid
   acres of landscaped gardens that contain a ruined castle. Enjoy the ambience
   of antiques and oak-panelled rooms,
   and the delicious meals—people travel
   miles to dine in the restaurant. See
   p. 215.

 Dornoch Castle Hotel (Dornoch; © 01862 810981): In this case you stay in the castle itself, which was once the residence of the bishops of Caithness. Test your navigation skills around the labyrinthine corridors, winding stairs, and converted cellars. See p. 246.

#### 11 THE BEST BUDGET ACCOMMODATIONS

- SYHA Melrose (Melrose; © 01896 822521): You may be traveling on a budget, but you'll be able to afford to stay in this Georgian mansion, since it is run as a youth hostel. The building overlooks historic Melrose Abbey and is clean and friendly with reasonable selfcatering facilities. See p. 107.
- Blair Castle Caravan Park (Blair Atholl; © 01796 481263): The spacious grounds of Blair Castle offer one of the most picturesque places to camp or bring your campervan. Children can enjoy ranger-led activities or red-squirrel spotting, and you're right by Glen Tilt and other local walks. See p. 144.

- Carradale Bay Caravan Park (Carradale; © 01583 431665): This is another fun place for the kids, on the edge of a mile-long sandy beach. Bring a tent or tourer to this peaceful spot and enjoy the surrounding network of paths. See p. 177.
- Ivybank Guest House (Inverness;
   © 01463 232796): For great value, opt for this comfortable, centrally placed B&B. Built in 1836, it retains its original features and charm, and has a walled garden. Half the rooms have private bathrooms. See p. 246.