CAIRNGORMS NATIONAL PARK
BADENOCH THE STORYLANDS



Highland Folk Museum

Strathspey Storywalks

Highland Wildlife Park

Explore the historic region of Badenoch in the Cairngorms National Park at the heart of the Scottish Highlands. In Badenoch storytelling is interwoven through all our sights and attractions. You will find everything from ancient fortresses and distilleries to some of the UK's best attractions and museums. Experience real Highland culture and wildlife. Discover stories and hidden gems in this special place. With wildlife watching, traditional sports and culture, as well as great walks and cycling routes, there is something for everyone.

EVENTS

Monthly	**Farmers Markets** www.kingussie.co.uk
Monthly	**Shinty Games** www.shinty.com
August	**Newtonmore Highland Games** www.newtonmorehighlandgames.com.co.uk
September	**The Badenoch Heritage Festival** www.badenochstorylands.com/festival

Explore the Storylands in the Cairngorms National Park
Discover Badenoch, the gateway to the Scottish Highlands, in Gaelic the area is called 'the drowned lands', with the famous River Spey running through its centre. History and culture runs through the veins of the communities in Laggan, Dalwhinnie, Newtonmore, Kingussie and Kincraig. While the surrounding area is host to sacred sites and monuments, it is also home to some of the finest attractions in the UK all telling their story of Badenoch. You can also discover stories of old, traditional songs from today and impressive AR scenes on the Badenoch Storylands app.

Step through history. In Badenoch you will be able to find an array of fantastic attractions, all steeped in the Highland culture of storytelling. The Highland Folk Museum allows you to walk through history, being the first open air museum in the UK, you'll find a number of historic buildings and experience what Highland life would've been like from across the ages.

The Highland Wildlife Park is home to endangered animals of the world's mountain and tundra regions, matched with the conditions found in the Cairngorms. Discover the amazing variety of wildlife found in present day Scotland, such as the pine marten, wildcat and red deer - then step back in time and meet the creatures of Scotland's past - wolves and lynx.

There are many distilleries in the National Park, from whisky to gin but in Badenoch you'll find one of the smallest, hand crafting on site, the award winning Speyside Distillery.

Our stories in your pocket! The Badenoch Storlands app is the key to unlocking Badenoch's heritage sites and hearing local stories and music. Use the guide to discover the area by car, or at a more leisurely pace by bike or on foot. Explore the famous Ruthven Barracks, the most iconic building in the area and discover more about its role in Badenoch's local history. The app is free to download for Apple and Android.

Day **ONE** North Badenoch



Loch Insh Outdoor Centre
Offers many activities on site including skiing and snowboarding and tubing on the dry ski slope; archery and walking trails. Water enthusiasts can enjoy (with or without instruction): Stand up Paddle boarding, Kayaking, Windsurfing, Sailing and Canadian canoeing, Pedalos and Rowing Boats, they also offer Raft Building & Team Building courses, River Trips.

With group accommodation and catering on site.

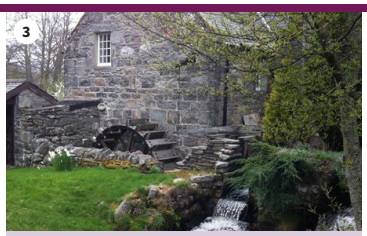
T: 01540 651 272
E: office@lochinsh.co.uk
www.lochinsh.co.uk



Highland Wildlife Park
Discover Scottish wildlife and endangered animals of the world's mountains and tundra in our spectacular setting. Explore our drive through reserve in your own car and then investigate the walk-round area on foot. The park has a wide and diverse range of animals, from native species such as the Scottish wildcat to those from further afield such as the amur tiger and polar bear

New for 2023 is Scotland's Wildlife Discovery Centre. which will connect people with nature and enable visitors and communities to protect endangered species.

E: wildlife@rzss.org.uk
www.highlandwildlifepark.org.uk



Speyside Distillery
A small hand built distillery, still hand distilling in time honoured traditions.

Visits include the history and heritage of the 200 year old barley mill and the 11 generations of distilling involved in the Mullti Award Winning Single Malt Scotch whisky produced today. Max 12 persons per group, appointment only.

T: 01479 810 126
E: susan@speysidedistillers.co.uk
www.speysidedistillery.co.uk



Ruthven Barracks and Stables
Ruthven Barracks comprises the ruins of a small 18th Century garrison. The site itself was at the confluence of Wade's road going west-east and south-north. After Culloden, the Highlanders regrouped here, but after an order from Prince Charles to disperse, they set the barracks on fire. The buildings have remained a ruin since then.

www.historicenvironment.scot

Day **TWO** Central Badenoch



Highland Folk Museum
The Highland Folk Museum is an award winning visitor attraction that brings to life the domestic and working conditions of earlier Highland people. Visitors to this living history Museum can learn how our Scottish Highland ancestors lived. The site has over 35 traditional buildings furnished appropriately for their time period.

VisitCairngorms can help arrange bespoke guided tours on site, from storytelling to more specalised theme tours. You can also book the site for a lunch stop.

T: 01349 781650
E: Lesley.Junor@highlifehighland.com
www.highlifehighland.com/highlandfolkmuseum



Alvie Dalraddy Estate
An 18th century estate with stunning views over the Cairngorms. Experience a private 4x4 tour for 8 pax with the Laird himself, Jamie Williamson. Explore the working estate and discover its interesting history, with 4,000 year old stone circles onsite. Finish your private tour in the library enjoying tea & biscuits with the Laird.

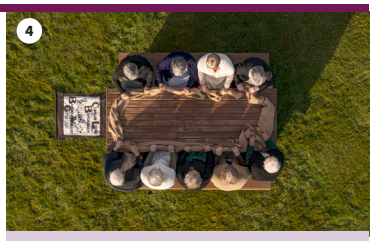
Other activities are also onsite, such as Zip Park experience through the forests.

T: 01540 651 255
E: info@alvie-estate.co.uk
www.alvie-estate.co.uk



Highland Horse Fun
Why not explore the stunning Cairngorm landscape on horse back! With direct access to wild country only 100m from the centre with wild goats and red and roe deer right on our doorstep. We have rides that are suitable from absolute beginners to those wishing to do trail rides in true rough Highland country.

T: 01540 670 000
E: info@highlandhorsefun.com
www.highlandhorsefun.com



Badenoch Waulking Group
An age old Highland tradition, a group gathered around cloth to form into tweed, singing as they work. The group are world famous from appearing in the Outlander series.

The group can be booked to attend the Highland Folk Musuem to offer a private group experience.

T: 01349 781650
E: Lesley.Junor@highlifehighland.com
www.highlifehighland.com/highlandfolkmuseum

Day **THREE** South Badenoch



Wolftrax Mountain Biking Trail Centre
Laggan is one of Scotland's favourite trail centres. It offers great trails for families and less experienced riders.

Hire e-bikes and explore the surrounding area's historic sites. These include the Pictish hill fort of Dun da Lamh (although the final part will entail some walking) and other local heritage.

T: 01528 544 366
E: wolftrax@lagganforest.com
www.lagganforest.com/mountain-biking



Centre of Scotland Stone
Positioned along the historic General Wade's military road, which was first constructed in the 1715's. There are fine views out to the West and over the Spey Valley. And close by is a small stone cairn memorial to the clan Macpherson You can say you've stood in the very centre of Scotland.



Clan Macpherson Museum
Visit this fantastic, newly renovated, 4 star museum, in the heart of Jacobite country, which pays homage to the Clan Macpherson.

Hear about the famous men and women of the Clan who have changed the face of the world: in science, the military, the arts and sport. See the weapons used in days gone-by.

T: 01540 673 332
E: museum@clan-macpherson.org
www.clanmacphersonmuseum.org.uk



Strathspey Storywalks
An acclaimed storyteller Sarah Hobbs offers guided storytelling tours in the Cairngorms off the beaten track, slow-paced, small-group and informal adventures.

Explore some of the forests in the Badenoch area, learn some of the gaelic language, discover the incredible culture, history and ecology of this special part of the Cairngorms National Park.

Sarah can also offer private guided tours of the Highland Folk Musuem.

E: sarah@storywalks.scot
www.storywalks.scot

Please note the seasonal opening times for some attractions. Check opening hours directly with the attraction.