**SPEYSIDE 100**

**25th – 27th May 2024**

**MAIN EVENT ROUTE DESCRIPTION – PROVISIONAL v4**

**Welcome to the Highlands of Scotland.**  **An area with all the essential ingredients for a great walking experience, from more challenging terrain to an extensive network of waymarked trails, and amazing scenery. You may also spot some of the remarkable wild life such as Capercaillie, Pine Martens, Red Deer, Reindeer, Wildcats and Ospreys. Best known for salmon fishing and whisky production, the restless River Spey is Scotland’s fastest and second longest river and passes many of the popular Towns in the Spey Valley.**

**Starting at Boat of Garten, near Aviemore, this anti-clockwise route winds its way east on more remote terrain towards Tomintoul, Glenlivet and Dufftown, before turning back west to the Spey and Aberlour and repeating the outward route via Cromdale, Grantown-on-Spey, Nethy Bridge and Boat of Garten. The high points of the walk are the section between Cromdale and Ballcorach as the route crosses the saddle of the Cromdale hills (583m) and then the ascent of Carn Daimh (569m), between Tomintoul and Glenlivet. After Dufftown the route is essentially on lower trails all the way back to the finish at Boat of Garten. A large section of the Speyside Way, up to 66 miles, will be used for this year’s Speyside 100 event.**

**Abbreviations**

**TR** Turn Right **GR** Grid Reference

**TL** Turn Left **CP** Checkpoint

**N,S** North, South etc. **Thru** Through

**BR/L** Bear Right/Left **WM** Way marker

**jct** Junction **FP** Finger post

**Immed** Immediately **St** Stile

**Tk** Track **R/LHS** Right/Left hand side

**AH** Ahead **km** Kilometres

**SpW** Speyside Way **m** Metres

**deg** Magnetic Compass Bearing **M** Miles

**Stage Summaries** Kilometres & Miles (Distance), metres & feet (Ascent)

**Descriptive Text** Metres (m) & Kilometres (km)

**NB** 100 metres = 109 yards

 1 Kilometre = 0.62 miles

Please note that all measurements of distance and ascent are produced from a GPS device which gives good estimates only, therefore great accuracy cannot be guaranteed.

**Important Notes**

The slightly more challenging and remote terrain on this route occurs in the early part of the walk with 2 hill ascents. Most, if not all of the Cromdale hill traverse will be completed in daylight hours. The ascent of Carn Daimh (Cairn Dye) is on good paths of the Speyside Way spur, and on the night of 25th – 26th May, it will stay moderately light until 22.47.

Risks involved in road crossings will be pointed out and **highlighted** in the Route Description narrative. Additional warnings will be given whenever more major roads are encountered.

Please be vigilant on roads especially later in the Event as you become increasingly tired and possibly less attentive. Also please keep noise to a minimum as you pass through Towns and built up areas on the route.

**1.BOAT OF GARTEN TO NETHY BRIDGE – 9.3km, 5.8M. 95m, 311ft**

**An easy start, mostly on the Speyside Way (SpW) to Nethy Bridge. Be CAREFUL on the SHORT ROAD SECTION as you leave Boat of Garten and then cross the road junction (Jct) to the woods.**

**1.1** From the start, take the path (S) to the forest, between the Hall and Sports Field. **TL** and in 250m at fenced Pump (cycle) track BR. Keep AH uphill (ignore R turn in 50m) and in 220m reach Y Jct and go L to finger post (FP). Follow wooden fence down to lower road and **TL.** Follow minor road for 600m to road Jct. **TR** and follow pavement, swinging L past the Boat Inn and TR at T-jct to go under railway bridge. **Stay on R side of road** for 850m (**EXTREME CARE**) to next road jct and go directly across (TAKE CARE) to forest car park (c/p) (NH952190).

**1.2** (From here we follow the SpW to the checkpoint.) BL across c/p to L of barrier and in 10m turn L in forest and follow the SpW for 2.0km (with road nearby on L) to reach road crossing (TAKE CARE) by Loch Garten Nature centre sign GR968190. Cross road and TR on path and then in 70m TL to follow the SpW for 3.8km (ignoring side turns) to road NH995199. Cross road (TAKE CARE) and TL on path and in 120m TR for 150m to paths jct. At FP (SpW ‘Village Centre’) TL and in 350m cross bridge and follow the SpW on wooden walkway to edge of Sports Field. Follow path to L of field and behind bus shelter TR to Outdoor Checkpoint, behind Nethy Bridge Community Centre (NJ001205).

**CHECKPOINT 1 NETHY BRIDGE Open: Saturday 11.00 Close: Saturday 16.00**

**Total Distance – 9.3km, 5.8M Total Ascent – 95m, 311ft**

**Run by: The Irregulars**

**Refreshments: Cold drinks, biscuits, cake, chocolate, fruit**

**2.NETHY BRIDGE to GRANTOWN-ON-SPEY – 10.4km, 6.5M. 65m, 214ft.**

**Another flat and fairly straightforward route along the Speyside Way. Be aware that there is a cycling event using this route, so please do not close any open gates. The farmer will close the gates after all cyclists have gone through. Keep well into the L to allow the cyclists to pass safely. Be CAREFUL crossing the main road on the outskirts of Grantown.**

**2.1** From the CP, go up the R side of Community Hall and TL to reach road jct. TR to cross bridge (EXTREME CARE) and TL Immed after bridge. In 100m TR on Tk (‘Nethy Station’ sign). Follow SpW for 7.2km (keep into L to avoid cyclists passing from behind you) to reach Smokehouse and BL to main road NJ036262. Cross road (EXTREME CARE) and TR to follow SpW for 100m to gate. BL on road for 150m and BL to stone bridge (NJ039263).

**2.2** Cross bridge and follow minor road (river on L) for 500m and enter forest Tk on R (‘Anagach Woods Trust’ sign) (NJ035268). BL to follow wide Tk for 700m and then bear slightly R by gate to exit wood. Continue L (slightly uphill) on minor road (Golf Course on R) to X- road (fire station on L). TR and continue for 150m and TL towards c/p. BL opposite museum along lane L of c/p and toilet block and TL around corner to front of Grant Arms Hotel. Cross Main Street (TAKE CARE) to War Memorial. AH up Church Avenue for 100m to Inverallan Church Hall CP on R (NJ032279).

**CHECKPOINT 2 GRANTOWN-ON-SPEY Open: Saturday 12.45 Close: Saturday 18.15**

**Total Distance – 19.8km, 12.3M Total Ascent – 160m, 525ft**

**Run by: East Yorkshire**

**Refreshments: Hot/Cold drinks, sweet & savoury snacks, crisps,fruit,sweets.**

**3.GRANTOWN-ON-SPEY to CROMDALE – 10.3km, 6.4M. 116m, 380ft.**

**This section initially goes N on the Dava Way for a short distance before turning S past Castle Grant and then on paths and minor roads to Cromdale.**

**3.1** TR out of CP gate and in 20m TL into Grant Rd. In 150m at X-rd (Ravenscourt Hse on R) TR (Care - no pavements) and continue for 600m to caravan site entrance and BL up lane for 150m to pass under rly arch. Immediately TR on path (FP Forres, Dava Way) to ascend to old rly tk. Follow Tk AH (40˚), after 1.15km cross lane and rejoin Tk, and after a further 1.2km reach bridge over main rd at ‘Lady Catherine’s Halt’ with Castle Grant West Lodge on R. In 200m fork left off rly Tk at Dava Way post. In 400m reach T-junc. TR and follow Tk for 650m to grass triangle (containing beech tree, Home Farm on L). TR (150˚) and in 400m reach entrance to Castle Grant. Swing R and in 250m turn sharp L (do not cross bridge AH). In 300m TR (opp Castle front, gnarled trees on L) and in 80m TL thru gate (probably open) into trees. Follow descending Tk to cross stone bridge in 350m and in 100m a second stone bridge. In 100m BR and continue (ignoring Tks on L) for 600m to leave forest by gate and house (NJ052294).

**3.2** Continue along drive to rd. AH on rd opp (signpost Cromdale) (Care no pavement). In 800m (100m after blue ‘Weak Bridge ¾ mile’ sign) TR (‘Netherport’) along tk. In 400m BL at house drive and in 100m at jct AH through small metal gate. Follow path (45˚) for 500m to reach SpW FP and then rd. Immediately TR over box-girder bridge and follow rd (Care no pavement) for 1km passing cemetery and crossing old rly to main rd. TR on RH pavement for 200m to Cromdale Village Hall on R (NJ072281).

**CHECKPOINT 3 CROMDALE Open: Saturday 14.15 Close: Saturday 21.00**

**Total Distance – 30.1km, 18.7M Total Ascent – 276m, 905ft**

**Run by: South Wales**

**Refreshments: Hot/Cold drinks, wraps, savoury bites, crisps, jelly, cakes, sweets**

**4. CROMDALE to BALCORACH – 12.2km, 7.6M. 471m, 1545ft.**

**This is the first section with upland terrain as the route crosses between the two hills of Carn a Ghille Chearr (710m) and Creagan a’ Chaise (722m). The paths are wider lower down and narrower near the saddle area, where there will be white marker posts and marshals for guidance and safety. A quiet minor road leads to the base of the hill. Take care on the undulating saddle/ridge where the ground is uneven rough heather and often wet.**

**4.1** From CP, cross road (TAKE CARE) and TL on pavement for 350m to reach 2nd minor road on R (by old hotel and phone box). TR on minor road (CARE) for 3.2km to reach gated Tk on R at NJ100284 (100m before road enters forest). TR thru gate (do not leave gate open) and follow path up to end of tree line at NJ104279. TL and follow Tk along top of trees and continue on faint Tk 60m beyond trees to go thru gate. Stay on this track which turns uphill and then loops downhill before going uphill again to top of zig-zags (NJ113281). Continue uphill (average bearing 160 deg) on rough, narrow path to L of Grouse butts for 750m and then keep R of top grouse butt (No.10). Bear slightly R (170 deg) on fainter vehicle tracks to gate in fence at NJ115270. DO NOT CLIMB ANY PART OF THIS FENCE.

**4.2** Go thru gate and TL to follow long fence line for 1km, on rough uneven wet ground, to 2nd gate and LH bend in fence (NJ125271). Continue to follow fence for 400m to sharp fence corner NJ127275. Follow white marker posts on narrow grass path for 200m (keep to R of posts) to reach shallow gully (NJ129276) and TR to follow gully for 230m to cairn at NJ130275. Descend on short heather and narrow paths, following white marker posts (keep to R of posts?) to reach wider zig zagging track. Follow TK down for 2.3km to pass small loch and go through wide spacing between derelict farm buildings GR151271 and TR. Follow concrete track (take care crossing 2 x cattle grids; use fence on L for support), which bends L and continues downhill to bottom Tk jct with FP and gate and cattle grid on R (NJ155268). TR over cattle grid (or gate if open) and AH for 300m to Outdoor checkpoint in small wooded car park (NJ154265).

**CHECKPOINT 4 BALLCORACH Open: Saturday 16.00 Close: Sunday 00.15**

**Total Distance – 42.3km, 26.3M Total Ascent – 747m, 2450ft**

**Run by: BBN**

**Refreshments: Hot/Cold drinks, ‘Afternoon Tea’**

**5.BALCORACH to TOMINTOUL – 10.1km, 6.3M. 235m, 775ft.**

**This section visits Tomintoul (Tomintowel) which is the highest Village in the Highlands at 345m. In the early part of this section you may encounter the usually placid Belted Galloway cattle. After walking through the forest, the route opens up to wide tracks, minor roads and a section of the Speyside Way. You may catch a glimpse of the mountain bikers in the woods above you, before you reach the minor road.**

**5.1** From CP, TL to go over bridge to road (B9136). TR and cross road (TAKE CARE) and in 80m BL on rough uphill Tk to Ballenlish. Follow Tk as it bends L and continue uphill past house, where the Tk turns R. After 400m BR on Tk and in a further 350m turn sharp L, through a high gate (gate must be closed after passing thru) and onto a muddy track with cattle. In 1.6km Tk enters the forest at (NJ159246). Continue AH on this good track through the trees and then more open country for 2.8km to jct with lane by Glenlivet Estate notice board (NJR171223).

**5.2** TR on lane for 500m to road jct and TL for 2.6km on minor road (TAKE CARE) and look for SpW path on R signposted to Tomintoul, where road bends sharp left (NJ169200). Go thru gate on R, down the field (250 deg), and descend steps to cross bridge over river. Continue uphill on steps to gate and TL. Keep AH for 700m (cattle may be in this area) to reach small forest c/p at road NJ163194. TL and look for small path (between woods and road) which runs parallel to road. Follow path until it emerges at jct with side street. Cross main road (TAKE CARE) and follow pavement for 650m up to village square/green. TR opposite monument for 100m to go past corner shop on L and Richmond Memorial Hall CP is directly in front (NJ167186).

**CHECKPOINT 5 TOMINTOUL Open: Saturday 17.45 Close: Sunday 03.15**

**Total Distance – 52.8km, 32.6M Total Ascent – 983m, 3225ft**

**Run by: Lakeland and W Yorks**

**Refreshments: Hot/Cold drinks, hot meal – pies, pasta, rice pudding, fruit, cake**

**6.TOMINTOUL to GLENLIVET – 14.6km, 9.1M. 339m, 1113ft.**

**This section of the Speyside Way spur rises up to the summit of Carn Daimh (569m) on good waymarked paths before dropping down to minor roads and past the famous Glenlivet Distillery.**

**6.1** From CP go straight ahead to return to Main Street. TL and retrace your steps back down the street and cross road (TAKE CARE) to use the small inward path, between the woods and road, to return to the forest c/p (NJ163194). TR to go thru the gate and back on to the SpW. Follow the SpW Tk and then field for 700m to gate on R (cattle may be in this area) (NJ167200).

**6.2** TR to go thru gate on downhill steps and cross a footbridge. Continue on uphill steps and cross field to road. (The rest of this route follows the Speyside Way spur and is well marked). (some small trees down on way to Carn Daimh at present, but passable). TL on road (TAKE CARE) and in 600m, TR (FP) to follow SpW on enclosed pathway to forest edge. TL for 600m between fences (ignore field gate on R at end of forest) then TR for 100m (NJ178212). TL and continue on mixed paths for 2.6km to reach gate at forest edge (FP SpW ). Continue for 200m into forest and TL at jct (FP SpW). Continue on Tk, first undulating then uphill for 1.6km to summit of Carn Daimh. Continue downhill (0 deg) on SpW, initially with fence on L, for 3.9km to reach minor road NJ189284. TR and then next L on road (CARE) through Distillery. Keep AH and 200m past speed derestriction sign TR (WM) (NJ196293) on back road. At second RH bend TL to cross footbridge to minor road (WM). Turn sharp left on verge and in 400m cross narrow bridge (CARE) and cross road to Glenlivet Public Hall CP (NJ200297).

**CHECKPOINT 6 GLENLIVET Open: Saturday 20.00 Close: Sunday 07.30**

**Total Distance – 67.1km, 41.7M Total Ascent – 1322m, 4338ft**

**Run by: High Peak**

**Refreshments: Hot/Cold drinks, soup, sandwiches, fruit, tray bakes, biscuits, nuts, raisins**

**7. GLENLIVET to RECLETICH – 13.2km, 8.2M. 261m, 856ft.**

**This route to Recletich Farm utilises around 6.5M of quiet minor roads, and a small section of forest to create a more manageable link between Glenlivet and Dufftown.**

**7.1** From CP cross road and narrow bridge opposite (CARE) to retrace steps for 150m. TL on minor road (sign ‘Tombreckachie Farm’) for 1.1km to jct. TL and keep AH on road for a further 2.8km to corner by bungalow ‘Carmuir’ (NJ227317). TR for 1km to reach main B9009 road. Cross road (TAKE CARE) and TL for 400m (NO PAVEMENT – KEEP ON RH SIDE – TAKE EXTRA CARE) to reach small forest c/p on R opposite Glenlivet Lodges sign. TR and follow forest path loop for 500m to jct (NJ241311). TR on path for 1km to exit forest at (NJ250306, nr. Auchindown’s Cairn). TL to go past gate, and continue AH on Tk for 300m where it becomes a minor road and continue for 2.6km (past Nether Achmore) to jct (NJ269325). Keep R on road for a further 2.8km (past Milton of Laggan) and follow L and R bends in road to Farm CP at Recletich (NJ286347).

**CHECKPOINT 7 RECLETICH Open: Saturday 22.00 Close: Sunday 11.30**

**Total Distance – 80.3km, 49.9M Total Ascent – 1583m, 5194ft**

**Run by: London and South of Scotland**

**Refreshments: Hot/Cold drinks, continental breakfast**

**8.RECLETICH to DUFFTOWN – 10.9km, 6.8M. 190m, 624ft.**

**This section involves a 600m walk along the B9009 road (TAKE EXTRA CARE), and then goes uphill on another minor road past Ben Rinnes car park (on L). You then enter the forest and pass between the Conval Hills, before dropping down to a minor road and the approach to the “Whisky Capital of the World”, with the Distilleries of Glenfiddich, Glen Grant and Balvenie…to name but a few.**

**8.1** From CP, TR and follow to main road B9009. TR on road (NO PAVEMENT – KEEP ON RH SIDE – TAKE EXTRA CARE) for 900m to minor road to L (sign ‘Ben Rinnes P’) at NJ289355. Cross road (TAKE CARE) and follow minor road uphill (Glack Harnes) for 2.3km to wide entrance to forest track on R at (NJ276374). Pass thru wide gate/pedestrian gate to follow Tk which bends R and in 400m at first jct keep R (AH) on smaller Tk. In 120m at next jct (NJ279372) TL for 1.8km to reach next jct 100m after passing under power lines (NJ292385). TR on small Tk and follow Tk, which gets wider, downhill parallel to pylons. In 1.2km where Tk swings R to Glenrinnes Home Farm, AH on grassy Tk to reach field. Follow RH edge of field, BR at bottom of field and follow Tk for 100m to B9009 road (NJ310388).

**8.2** Cross road (TAKE EXTRA CARE) and TL for 160m and TR (FP) to follow minor road for 1.4km. At fork jct, TL and in 20m fork R for 800m (passing Mortlach distillery) to reach main road. Cross road (TAKE EXTRA CARE) and TL on pavement and in 250m, TR up Stephen Avenue. At jct BL and in 150m at x-roads TL to Albert Place and Mortlach Memorial Hall CP (breakfast stop – NJ324400).

**CHECKPOINT 8 DUFFTOWN Open: Saturday 23.30 Close: Sunday 15.00**

**Total Distance – 91.2km, 56.7M Total Ascent – 1773m, 5818ft**

**Run by: East Lancs**

**Refreshments: Hot/Cold drinks, full Scottish breakfast**

**9.DUFFTOWN to ABERLOUR – 12.4Km, 7.7M. 131m, 431ft**

**This is a very easy section which passes Balvenie Castle (built in the 13th Century) and Glenfiddich Distillery before following an off-shoot of the Speyside Way (and part of the Isla way) back to the River Spey and Charleston of Aberlour (better known as Aberlour….another of the classic whiskies of the same name).**

**9.1** From CP, TR to go back up the street for 150m to crossroads and TL onto Tomnamuidh Road. When this curves R keep AH to grass path between fields. Continue into wood and AH thru trees, passing to L of bench. Path bears R and in 200m at multible jct TL and in 20m pass between metal benches to exit woods, with Balvenie Castle ahead. Continue on grassy Tk between fences and around house on L, to Castle. BL and follow road downhill to jct. TL on road for 200m (NO PAVEMENT) to walk past Glenfiddich Distillery to the main A941 road (NJ322409).

**9.2** TR on pavement for 450m (CARE – NO PAVEMENT FOR FIRST 20M OVER BRIDGE) and then TR at entrance to Keith and Dufftown Railway station. Go R of Ticket office and between buildings to reach the platform, and TL to walk along the platform and then a grass path to reach a minor road (fp Isla Way to Drummuir and Craigellachie 3 ¾ M). Cross the road, pass to L of parking and picnic area and continue along the old railway line/SpW for 5.9km to wooded car park (Fiddich Park). Keep AH under bridge for 700m to reach children’s play area on R. Continue AH for 3.2km (under more bridges) to Aberlour, where the path runs between houses on L and the river Spey on R. At path jct (NJ266430) keep L (AH…not on river path) and in 150m look for blue Aberlour sign on side of old Railway station building. TL onto Victoria Terrace (Church on L) to main street. Cross main street at traffic lights (TAKE CARE) and go uphill on Queens Road (Co-op on L corner) for 150m to Fleming Church Hall CP on L (NJ267428).

**CHECKPOINT 9 ABERLOUR Open: Sunday 01.45** **Close: Sunday 18.45**

**Total Distance – 103.6km, 64.4M Total Ascent – 1904m, 6249ft**

**Run by: Norfolk and Suffolk**

**Refreshments: Hot/Cold drinks, soup, crumpets, Clootie Dumpling, fruit, custard, sweets**

**10.ABERLOUR to TAMDHU – 10.1km, 6.3M. 114m, 373ft.**

**This is another enjoyable section of the Speyside Way, much of which has been resurfaced in recent years. You will pass (and smell!) many more Distilleries on this route, with the River Spey in close proximity.**

**10.1** From CP, TR and go back down to cross main road (TAKE CARE), and onto Victoria Terrace to old Railway Station building/toilets. TL in front of station building to follow narrow road which forks R and under bridge towards car park. Stay L (AH) on SpW path between cemetery wall on L and car park on R. Cross narrow wooden bridge and continue for 3.4km to short section on minor road and then AH to pass old Dailuaine railway Halt on L. Keep AH to cross minor road (TAKE CARE) and follow fenced path to small settlement of Carron (NJ221413). At jct (picnic bench/small field on R), TL and in 80m, TR past the modern glass building of Dalmunach Distillery to regain SpW. Continue for 3.7km to pass pink building of Knockando Distillery on R, and in 250m, the old Tamdhu platform and station (white building). TR to go behind the station to the outdoor CP (NJ191416).

**CHECKPOINT 10 TAMDHU Open: Sunday: 03.15** **Close: Sunday 22.00**

**Total Distance – 113.8km, 70.7M Total Ascent – 2018m, 6622ft**

**Run by: Heart of Scotland and the Irregulars**

**Refreshments: Hot/Cold drinks, cereal, noodles, savoury bites, crisps, cake, sweets**

**11. TAMDHU to ADVIE – 11.9Km, 7.4M. 100m, 329ft**

**The route continues on the Speyside Way past Cragganmore, but later diverts onto the old dismantled railway line to reach the small village of Advie and the checkpoint hall.**

**11.1** From CP, return to the SpW and continue for 6.4km past the old station of Blacksboat to cross the bridge over the Spey (GR168368) at Cragganmore. Continue for 650m past a small picnic area, 2 gates, and the old Ballindalloch station to wooden downhill steps. Go down steps, cross road and AH on SpW (WM) thru a gate for 1.8km on long straight to sharp LH bend in the path and SpW WM on R (NJ148363). AH (230 deg) (do not miss this turning) to step over the broken wire and gap in fence on R and keep AH on this dismantled railway line for 200m, on narrow path thru trees, to partly fallen tree on path (NJ146361). Danger. MISSING BRIDGE - DO NOT CONTINUE STRAIGHT ON. Go L under the fallen tree and follow path up over broken stones to regain main path.

**11.2** Keep AH for 750m (ignore any turnings) to flat, damaged wooden bridge (NJ144355). Cross safely in middle of bridge to avoid broken surface at both sides. Keep AH on wider/better path for 2km to go under road bridge and in 100m at jct, turn sharp L to minor road. TR and follow road uphill for 250m (Take Care), to Advie Hall CP on R (NJ124343).

**CHECKPOINT 11 ADVIE Open: Sunday 04.45** **Close: Monday 01.45**

**Total Distance – 125.7km, 78.1M Total Ascent – 2118m, 6951ft**

**Run by: Northumberland**

**Refreshments: Hot/Cold drinks, macaroni cheese, hot dogs, malt loaf, fruit, custard, sweets**

**12. ADVIE to CROMDALE – 11.7km, 7.3M. 316m, 1038ft.**

**This section has numerous scissor gates or chain-stiles, where the SpW was rerouted around farm land. The best option is to keep heading thru these gates but take extra care when opening and closing them. Pay close attention to way markers on this 3.7km section as there are many changes of direction.**

**12.1** From CP, TR (CARE) and follow to main road. Cross road (TAKE EXTRA CARE) and take forest track directly in front passing to R of double gates. Follow track for 1.5km to jct with SpW (FP) (NJ124328). Continue AH 420m to reach a gate with WM. TR downhill for 50m to go thru chain-stile. TR between fences downhill for 400m to WM. TL on ‘stepping stone’ path (CARE – STONES SLIPPERY IF WET) away from the forest. Continue AH thru 3 more chain-stiles. TR downhill (fence on L) for 40m, TL thru chain-stile and sharp L down bank to cross stream (CARE). Ascend opposite bank to chain-stile/gate. Continue thru 3 more chain-stiles and along top edge of birchwood. Turn sharp R at the end of the birchwood thru chain-stile by stone marking boundary of the Cairngorms National Park (NJ120320).

**12.2** Keep AH on this chain-gated section of path and then join a Tk to cross a small stream. On the far side go thru chain-stile on L of large metal gate and BL between fences. Continue for 650m gradually uphill thru many tedious stiles, generally between fences. At faded WM (SpW) just before multible metal gates TR thru Meiklepark Wood. At end of Wood (WM) thru 2 chain-stiles and TR downhill between fences and then L at WM thru chain-stile and along the top of a grassy scarp, later with scrub on R. BR with fence (WM) and then BR and BL down a steep zig-zag downhill. At bottom TR thru 2 new gates and continue between fences. TL thru 2 new gates to cross footbridge and continue thru 2 metal gates to reach minor road at NJ108317.

**12.3** Cross the road and take the path on the far side initially parallel to road, to go thru chain-stile and continue uphill between fences. At the end of fences TR thru chain-stile and AH (initially 270 deg) between low banks to reach forest and gate on R. Continue on forest Tk for 3.2km, ignoring side Tks to reach wooden gate. Go thru gate and to L of metal gate to main A95 road. TR, on same side to layby and **then** cross road with good sight of traffic (NJ299083).

**12.4** Continue on grass verge on L side of road and in 150m BL down Tk. Turn sharp L at WM to follow the SpW along the old railway line. Follow this obvious and flat path for 1.8km, thru two gates and over a bridge to reach a sewage works, where the route descends to a lane on L (NJ073287). TL to follow lane down to the main A95 road and TR on grass verge, soon becoming a pavement, to reach Cromdale Village Hall CP in 300m (NJ072281).

**CHECKPOINT 12 CROMDALE Open: Sunday: 06.30 Close: Monday 05.30**

**Total Distance – 137.4km, 85.4M Total Ascent – 2434m, 7989ft**

**Run by: Cornwall and Devon**

**Refreshments: Hot/Cold drinks, bean stew, ravioli, crisps, fruit pies, custard, cake, sweets**

**13. CROMDALE to GRANTOWN-ON-SPEY – 6.0km, 3.7M. 57m, 186ft.**

**This is a fairly easy short section on minor roads and on good Speyside Way paths. There is a different checkpoint from the outward route, as we now use a back alleyway to access the British Legion Hall checkpoint.**

**13.1** From CP, TL along pavement for 200m to Kirk Road. TL and follow road (Care no pavement) for 1km to cross box-girder bridge. Immediately TL on Tk and in 50m BR on path SpW FP (2½M to Grantown on Spey). [From here to Grantown on Spey the route follows the SpW Tk passing WPs and FPs.] In 450m go thru small metal gate and cross flat bridge. In 100m thru small metal gate (to R of large gate) and continue uphill. At FP (2M GoS) TL to keep on SpW. At T-junc (SpW WP) BR. At SpW FP (GoS 1¼M) continue on Tk to turn sharp R. AH at multipath junc FP (GoS 1M), and in 400m at FP (GoS ¾M) TL (100m before golf course).

**13.2** Continue to open area and BR at fork (WM in 80m) to pass curling rink to reach small metal gate by wooden gate. In 100m reach T junction. TR on road (FP ‘The Square’) to X-road (Fire stn on L). TR and in 50m, TL and go up alleyway to hall at back of British Legion building (NJ033278).

**CHECKPOINT 13 GRANTOWN-ON –SPEY Open: Sunday 07.15** **Close: Monday 06.30**

**Total Distance – 143.4km, 89.1M Total Ascent – 2491m, 8175ft**

**Run by: North Yorks**

**Refreshments: Hot/Cold drinks, spaghetti hoops, fish finger rolls, fruit, rice pudding, jelly, cake, sweets**

**14. GRANTOWN-ON-SPEY to NETHY BRIDGE – 10.0km, 6.2M. 49m, 160ft.**

**The outward route is reversed to Nethy Bridge but the Indoor Community Centre Hall will now be used for this checkpoint. The gates will be closed on this returning section of the Speyside Way, so please close them after you pass through.**

**14.1** From CP, go back down alleyway to street, TR and in 50m TL for 200m to wood. AH on wide Tk (FP SpW) and bear slightly L (after gate) for 700m to minor road (NJ035268). TL on road and after 500m cross old bridge. TR and in 150m, BR, passing beside gate on **SpW**. In 100m, TL and cross main road (**EXTREME CARE**). Take minor road (B970) for 100m, and take **SpW** path on R just past Smokehouse. Follow **SpW** along disused rly for 7.4km to minor road. TL to main road, and TR over bridge (CARE) and Immed TL to Nethy Bridge Community Centre CP (NJ001205).

**CHECKPOINT 14 NETHY BRIDGE Open: Sunday 08.45** **Close: Monday 08.30**

**Total Distance – 153.4km, 95.3M Total Ascent – 2540m, 8335ft**

**Run by: David and Merrian**

**Refreshments: Hot/Cold drinks, soup, pizza, cheese scones, rice pudding, cake, malt loaf**

**15. NETHY BRIDGE to BOAT of GARTEN – 8.9km, 5.5M. 96m, 315ft.**

**A reverse of the outward route on the Speyside Way, but a slightly shorter route to the finish at the Boat of Garten Community Hall, via the pavement on the Main Street.**

**15.1** From CP, TL and at road, TL and in 20m follow path initially with fence and road on R, for 200m to **SpW** sign and boardwalk. Follow **SpW** over bridge and in 100m TL at jct. Keep AH for 300m to T jct (SpW) and TR to reach road in 120m. TL on path Immed before road and in 120m TR to cross road (CARE) and AH to pass barrier on **SpW**. Keep AH on **SpW** (passing occasional waymark posts). After 2.2km where the track swings R continue AH (310 deg) on narrow path through woods passing **SpW** waymark after 10m. AH for 1.6km to road.

**15.2** Cross road (CARE). TR on **SpW** and continue on path alongside road for 2.0km to car park by road junction. TR to cross road (CARE) and AH on path Immed to L of road opposite, and then stay L on grass verge (CARE), and pavement (under bridge) to road jct. TL on pavement and keep on pavement swinging R past Boat Inn and thru village for 850m to Craigie Avenue. TL to Boat of Garten Community Hall CP (NH936188).

**FINISH** **BOAT OF GARTEN** **Open: Sunday 0945** **Close: Monday 10.00**

**Total Distance – 162.2km, 100.8M Total Ascent – 2636m, 8650ft**

**Run by: Lesley Bellis and team**

**Refreshments: Hot/Cold drinks, haggis, neeps and tatties, ratatouille, cereal, porridge, yoghurt, breakfast omelettes, baked beans, cranachan**