

Cycling around Kingussie



'Cycle Friendly Kingussie' is the perfect base for exploring the Cairngorms National Park by bike. National Cycle Route 7, which links Sunderland to Inverness, runs through the heart of the village and there are numerous options for cycling on quiet minor roads from challenging hill climbs to gentle rides into stunning Glens. Off road there is everything from family friendly forest trails to local, rider maintained, more technical natural trails. Our local trail centre, Laggan Wolftrax, is just 12 miles away.

To keep up to date with route descriptions and what's on in 'Cycle Friendly Kingussie' visit:



cyclefriendlykingussie.org

[/cyclefriendlykingussie](https://www.facebook.com/cyclefriendlykingussie)

Here's a selection to give you a taste of what's on offer. All routes start from Kingussie centre unless otherwise stated.

Road Routes (R)

R1: Laggan Circuit (with optional extension to Garva Bridge)
A mixture of cycle path, minor road and trunk road. The roads from Glentruim to Catlodge and Laggan to Garva Bridge are usually very quiet.
Distance: 23 miles / 37 km (+14 miles / 22 km to Garva Bridge and back)
Time: 2 – 4 hours
Grade: Moderate
Climbs: 1 long, 1 short

R2: Dalwhinnie Circuit
A mixture of cycle path, minor road, trunk road. This route shares the same start as the 'R1 Laggan Circuit' as far as Catlodge before turning south as far as Dalwhinnie and returning via a minor road and cycle path.
Distance: 30 miles / 48 km
Time: 2 – 4 hours
Grade: Moderate
Climbs: 3 long, 1 short

R3: Loch Insh Circuit
A busy minor road to Kinraig, then a quiet minor road back via Loch Insh and Ruthven Barracks. For a quiet ride, do the route in reverse and turn back at Loch Insh.
Distance: 15 miles / 24 km
Time: 1 – 2 hours
Grade: Moderate
Climbs: 2 short

Aviemore Extension
An extension to the 'R3 Loch Insh circuit' to make a day of it. Further extensions include Cairngorm Mountain, Loch an Eilean and GlenFeshie
Distance: 28 miles / 45 km (Add 16 miles / 26 km for Cairngorm Mountain, 3 miles / 5 km for Loch an Eilean and 10 miles / 16 km for GlenFeshie / Achlean)
Time: 2½ – 6 hours (depending on route choice)
Grade: Moderate
Climbs: Extreme 20% gradient for Cairngorm Mountain

Off Road Routes (MTB)

MTB 1: Carn an Fhreiceadain (Carn Ray-ka-chin)
This route takes you to a height of 878 metres, so expect some great views but be prepared for cold wind / rain – worth checking the weather forecast. Although this route is all on Land Rover tracks it is very steep and loose in places so good bike handling skills and good brakes are essential.
Distance: 11 miles
Time: 2½ – 3 hours
Grade: Extreme

MTB 2: Loch Gynack Circuit
This route takes you around the north side of Loch Gynack on Land Rover / Estate tracks. Return via the ruined settlement of Ballachroan and a cycle path.
Distance: 7 miles
Time: 1 – 1½ hours
Grade: Easy / Moderate

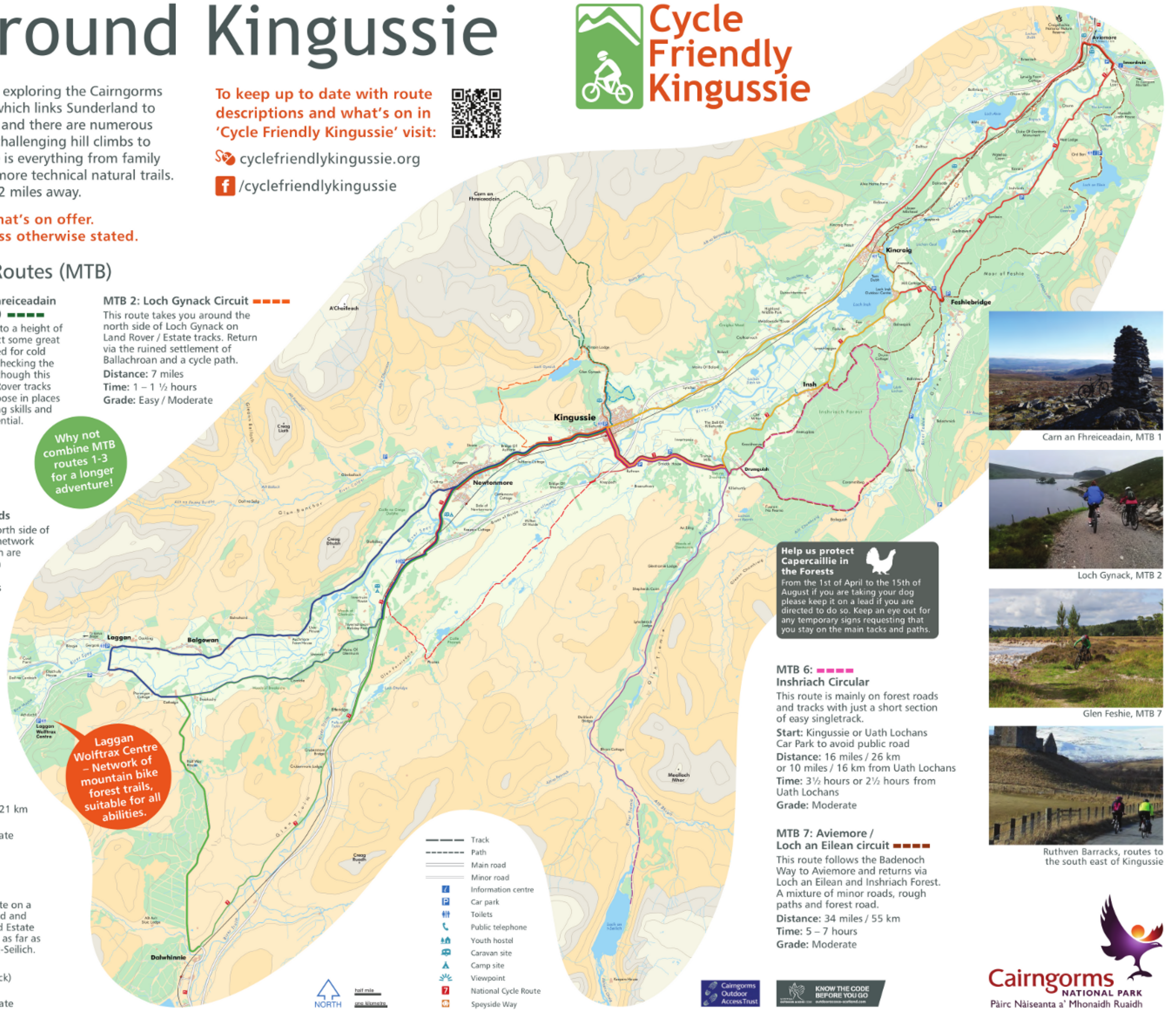
MTB 3: Tom Baraidh Woods
The woods on the north side of Kingussie contain a network of rough paths which are worth exploring on a mountain bike.
Distance: 1 – 2 miles
Time: 1 hour
Grade: Easy

MTB 4: Wade Road
An easy off road route between Kingussie and Phones Lodge following General Wades Military Road and returning via Newtonmore. This route includes a crossing of the busy A9.
Distance: 13 miles / 21 km
Time: 2½ hours
Grade: Easy / Moderate

MTB 5: Glen Tromie
An out and back route on a mixture of minor road and surfaced / unsurfaced Estate road up a quiet road as far as the dam at Loch an t-Seilich.
Distance: 23 miles / 37 km (there and back)
Time: 2 – 3 hours
Grade: Easy / Moderate

Why not combine MTB routes 1-3 for a longer adventure!

Laggan Wolftrax Centre – Network of mountain bike forest trails, suitable for all abilities.



- Track
- Path
- Main road
- Minor road
- Information centre
- Car park
- Toilets
- Public telephone
- Youth hostel
- Caravan site
- Camp site
- Viewpoint
- National Cycle Route
- Speyside Way

Help us protect Capercaillie in the Forests
From the 1st of April to the 15th of August if you are taking your dog please keep it on a lead if you are directed to do so. Keep an eye out for any temporary signs requesting that you stay on the main tracks and paths.

MTB 6: Inshriach Circular
This route is mainly on forest roads and tracks with just a short section of easy singletrack.
Start: Kingussie or Uath Lochans Car Park to avoid public road
Distance: 16 miles / 26 km or 10 miles / 16 km from Uath Lochans
Time: 3½ hours or 2½ hours from Uath Lochans
Grade: Moderate

MTB 7: Aviemore / Loch an Eilean circuit
This route follows the Badenoch Way to Aviemore and returns via Loch an Eilean and Inshriach Forest. A mixture of minor roads, rough paths and forest road.
Distance: 34 miles / 55 km
Time: 5 – 7 hours
Grade: Moderate



Carn an Fhreiceadain, MTB 1



Loch Gynack, MTB 2



Glen Feshie, MTB 7



Ruthven Barracks, routes to the south east of Kingussie

