

Further information

More detailed information on the walks in this leaflet is available from individual sites, at VisitScotland Information Centres throughout the area or at Forestry Commission Scotland and National Park Centres (see map).

Forestry Commission Scotland

David Marshall Lodge

Queen Elizabeth Forest Park Near Aberfoyle Tel 01877 382258

Ardgartan

Argyll Forest Park Near Arrochar Tel 01301 702432

Loch Lomond & The Trossachs National Park Tel 01389 722120 Tel 01389 722100 Callander Office

Tel 01389 722600



Enjoy Scotland's outdoors responsibly

When you are in the outdoors: take responsibility for your own actions respect the interests of other people care for the environment Find out more by visiting www.outdooraccess-scotland.com or call your local Scottish Natural Heritage office.



Produced by Forestry Commission Scotland in partnership with:



used the land. Historically, the woodlands were a source of wood for charcoal, bark for tanning

and timber for building. Over the past century, the planting of productive commercial conifers such as spruce and larch has produced large volumes of wood for the construction and paper industries. At Kilmun Arboretum near Dunoon, experimental plots of many of these non-native trees can be seen, while in nearby Pucks Glen magnificent specimens grow in a dramatic setting.

A landscape shaped by people

Over several thousand years human influence

has changed the appearance of Loch Lomond

and the Trossachs dramatically. The patchwork

of deciduous and coniferous forests and open

ground you see today has developed as people

The working forest

Forest design plans set out how woods and forests will be managed in the long-term. The mix of tree species felled and replanted produces a balance of timber production with landscape improvements and wildlife habitat. This balance varies in different areas; in some places timber production is a priority, in others conservation is most important. Forest blocks are often felled and replanted in rotation, but certain woods - especially those most used for recreation - are kept under continuous tree cover with only occasional thinning to encourage natural regeneration. A safe working zone is needed during harvesting and extraction using heavy machinery, so periodically areas of forest have to be closed. Please obey warning signs and follow any diversions put in place.

Conserving the natural heritage

The Gulf Stream gives Loch Lomond and the Trossachs a mild, damp climate. The lush environment supports a great diversity of wildlife, especially within the special habitat of Atlantic oakwood. Deer, squirrel, otter, buzzard, and woodland wild flowers thrive here, whilst mosses and lichens cover every rock and tree trunk. Forestry Commission Scotland is working with other partners to conserve and create an extensive area of new native woodlands around the shores of Loch Katrine and the Ben Lomond National Memorial Park. Similarly, The 'Forest For a Thousands Years' is being established at Cashel on the east side of Loch Lomond.

An inspiring environment

This part of Scotland is steeped in history and legend. Rob Roy and William Wallace hid in the woods, whilst drovers trod the glens. The natural beauty that inspired Wordsworth and Walter Scott to pick up their pens today helps visitors relax. There are many picnic sites and viewpoints by loch and waterfall where you can drink in the atmosphere. For a sense of freedom and some healthy exercise, explore the forests on foot or bike. There are over 60 waymarked walks and cycle trails and over 35 car parks. The long-distance path the West Highland Way crosses the Park, following the eastern shore of Loch Lomond. The Lochs and Glens section of the National Cycle Route 7 runs from Balloch to Killin on its way to Inverness and Regional Cycle Route 40, the West Loch Lomond cycle path, runs from Balloch to Tarbet.



Woodland IN THE NATIONAL PARK

prestry Commission Scotlan Coimisean na Coilltearachd Albo





KEY TO SYMBOLS

$\left[\begin{array}{c} \mathcal{O} \end{array} \right]$	EASY sensible footwear
	MODERATE waterproof footwear
8	STRENUOUS hillwalking footwear

EASY muscle loosener

MODERATE muscle stretcher

STRENUOUS muscle builder

KILMUN ARBORETUM One of the most important conifer collections in the UK.	
HEMLOCK WALK - 0.6km / 0.3mls, allow 30mins Short walk with steep and narrow sections	
EUCALYPTUS WALK - 1.8km / 1.2mls, allow 45mins The best route to discover more about the trees in the collection	
ALPINE WALK - 1.6km / 1mls, allow 1hrs As the name suggest steep, rocky and slippy in places	9
PUCK'S GLEN BAYLAY BALFOUR - 1.5km / 1mls, allow 45mins Maximum gradient 1:3 on waymarked route	
ECKFORD HOUSE WALK - 3.4km / 2.25mls, allow 1hr 45mins	
Maximum gradient 1:2 on waymarked route PUCK'S GLEN WALK - 2.7km / 1.75mls, allow 1hr 30mins Maximum gradient 1:2 on waymarked route	
BENMORE BIG TREE WALK - 2.2km / 1.25mls, allow 1hr Maximum gradient 1:8 on waymarked route	
ECKFORD HOUSE WALK - 2.6km / 1.75mls, allow 1hr Maximum gradient 1:4 on waymarked route	
PUCK'S GLEN - 5.0km / 3.25mls, allow 2hrs Maximum gradient 1:2 on waymarked route	
BENMORE BOTANIC GARDEN Dutstanding collection of trees and shrubs. Admin charge applies.	Ø
ARDENTINNY WHITE BAY - 0.4km / 0.25mls, allow 20mins Maximum gradient 1:9 on waymarked route	\wp
RIVERSIDE WALK - 1.0km / 0.50mls, allow 40mins Maximum gradient 1:14 on waymarked route	P
CLUNIE OAKWOOD (Discovery Trail) • 1.7km / 1.25mls, allow 1hr Maximum gradient 1:6	\mathcal{O}
BIRCHWOOD WALK - 1.5km / 1mls, allow 45mins Maximum gradient 1:3 on waymarked route	
AIRDS WALK - 3.0km / 2mls, allow 1hr 45mins Maximum gradient 1:8 on waymarked route	\bigcirc

5	GLENBRANTER RITUAL GROVE - 0.7km / 0.50mls, allow 30mins Maximum gradient 1:11 on waymarked route	$\begin{tabular}{ c c c c c c c c c c c c c c c c c c c$	
	BROADLEAVES WALK - 1.25km / 0.75mls, allow 30mins Maximum gradient 1:5 on waymarked route		
	CONIFER WALK - 2.25km / 1.75mls, allow 1hrs Maximum gradient 1:2 on waymarked route		
	WATERFALL WALK - 3km / 2mls, allow 1hr 15mins Maximum gradient 1:2 on waymarked route		
	GLENECK - 3.1km / 2mls, allow 1hr 30mins Maximum gradient 1:2 on waymarked route		
6	LOCHGOILHEAD GLEN DONICH WALK - 4.0km / 2.50mls, allow 1hr 30mins Maximum gradient 1:2 on waymarked route		
	TOM A CHLUIG WALK - 5.5km / 3.50mls, allow 2hrs Maximum gradient 1:3 on waymarked route		
7	ARDGARTAN VISITOR CENTRE RIVERSIDE WALK - 2.0km / 1.25mls, allow 30mins Maximum gradient 1:3 on waymarked route	Ø	
	BOATHOUSE WALK - 3.0km / 1.75mls, allow 1hr Maximum gradient 1:3 on waymarked route		
	ARDGARTAN to ARROCHAR - 4.4 km / 2.75mls, allow 2hrs Maximum gradient 1:6 on waymarked route		
8	ARROCHAR SUCCOTH BURN - 2.8km / 1.75mls, allow 1hr 30mins Maximum gradient 1:8 on waymarked route		
	ARROCHAR to ARDGARTAN - 4.4km / 2.75mls, allow 2hrs Maximum gradient 1:6 on waymarked route		
	THE COBBLER (Ben Arthur) - 11km / 7mls, allow 5hrs Maximum gradient 1:1 Please note: this route is not waymarked on open hill	P	Â
	ARROCHAR WALK - 3km / 2mls, allow 1hr Maximum gradient 1:2. Arrochar to Tarbet railway station.		
9	TARBET TARBET ISLE LOOP - 2km / 1.5mls, allow 45mins Maximum gradient 1:8. Parking near Tarbet Isle on Loch Lomond.		
10	INVERSNAID NATURE TRAIL - 1.5km /1mls round trip, allow 30mins From car park through existing woodland	Ø	
	GARRISON FARM - 1km / 0.50mls, allow 30mins New short walk through newly panted woodland	8	

SALLOCHY WESTER SALLOCHY - 1.2km / 0.75mls, allow 45mins Maximum gradient 1:7 on waymarked route		17
WOODLAND WALK - 2.3km / 1.50mls, allow 1hr 30mins Maximum gradient 1:4 on waymarked route		
SALLOCHY TRAIL - 7.5km / 4.75mls, allow 4 hrs 30mins Maximum gradient 1:3 on waymarked route		
CASHEL Series of walks through 'Forest for a Thousand Years'		
THE BLUE LOOP - 1.3km / 0.75mls, allow 30mins It is a relatively easy walk suitable for folk of varying degrees of fitness	8	18
THE RED LOOP - 4.5km / 3mls, allow 2hrs Requires a little effort as it involves a steep walk uphill		
THE GREEN LOOP - 6.3km / 4mls, allow 3hrs This is a steep uphill walk and not for the fainthearted		
BALMAHA MILLENNIUM FOREST PATH - 1.5km / 1 ml, allow 45mins Mostly low level with a short steep climb		19
INCHCAILLOCH - LOW PATH OR SUMMIT PATH - 3.4km / 2.1mls, allow 35 - 40mins each Ferry from Balmaha, choice of gentle walk or steep climb to summit views		
GARADHBAN MILL BURN - 2.5km / 1.50mls, allow 45mins Maximum gradient 1:6 on waymarked route	8	
MARCH DYKE - 2.5km / 1.50mls, allow 45mins Maximum gradient 1:7 on waymarked route		
BALLINJOUR WOOD - 5.0km / 3mls, allow 1hr 30mins Maximum gradient 1:6 on waymarked route		20
CRAIGIEVERN - 7.0km / 4.50mls, allow 3hrs Maximum gradient 1:6 on waymarked route		20
OLD DRYMEN ROAD BADIVOW - 4 km / 1.25mls, allow 1hr 15mins Maximum gradient 1.9 on waymarked route		
HIGH CORRIE - 8.8km / 5.50mls, allow 2hrs 30mins Maximum gradient 1:9 on waymarked route		21
MILTON VIEWPOINT WALK - 2km / 1.25mls, allow1hr Maximum gradient 1:9 on waymarked route	8	
LOCHAN SPLING - 3km / 1.75mls, allow 1hr 30mins Maximum gradient 1:7 on waymarked route		
DALZELL - 5km / 3.25mls, allow 2hrs 15mins Maximum gradient 1:6 on waymarked route		

GHLEANNAIN - 6.0km / 3.75mls, allow 3hrs 30mins Maximum gradient 1:3 on waymarked route

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Maximur **DOON** Maximu LOCHAN Maximur DUCHRA

> LARCH L Maximur MENTE Maximu

LIME CR Maximur DAVID WATERF

Maximur CRAIGM Maximur

OAK CO Maximu ACHRA

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ACHRAY ALLT A CHA Maximum g

)	ABERFOYLE EASTER PARK - 4.0km / 2.50mls, allow 1hr 30mins Maximum gradient 1:6 on waymarked route	
	DOON HILL - 4.0km / 2.50mls, allow 1hr 30mins Maximum gradient 1:6 on waymarked route	
	LOCHAN SPLING - 6.0km / 3.75mls, allow 2hrs 30mins Maximum gradient 1:6 on waymarked route	
	DUCHRAY - 7.7km / 4.75mls, allow 3hrs Maximum gradient 1:5 on waymarked route	

BRAEVAL

I LOOP - 1km / 0.50mls, allow 30mins um gradient 1:3 on waymarked route	\wp
EITH - 4.0km / 2.50mls, allow 1hr 30mins um gradient 1:2 on waymarked route	
RAIG - 5.3km / 3.30mls, allow 2hrs 30mins um gradient 1:2 on waymarked route	
MARSHALL LODGE VISITOR CENTRE RFALL TRAIL - 0.8km / 0.50mls, allow 20mins um gradient 1:8 on waymarked route	8
MORE WOODLAND WALK n / 0.75mls, allow 30mins um gradient 1:5 on waymarked route	
OPPICE TRAIL - 2km / 1.25mls, allow 45mins um gradient 1:5 on waymarked route	
Y - 6.0km / 3.75mls, allow 3hrs um gradient 1:5 on waymarked route	
AND BOUNDARY FAULT LINE n / 4mls, allow 3hrs	

OPPICE TRAIL - 2km / 1.25mls, allow 45mins um gradient 1:5 on waymarked route
Y - 6.0km / 3.75mls, allow 3hrs Im gradient 1:5 on waymarked route

HIGHLAND BOUNDARY FAULT LINE - 6.5km / 4mls, allow 3hrs Maximum gradient 1.2 on waymarked route

ALLT A CHAM RUIDHE - 1.6km / 1mls, allow 45mins Maximum gradient 1:3 on waymarked route	
LOCH ACHRAY - 2.5 km / 1.50 mls, allow 1hr Maximum gradient 1:5 on waymarked route	
CREAG NA H-LAIRE - 4.4 km / 2.75 mls, allow 45mins Maximum gradient 1:6 on waymarked route	
LEANNACH	
ALLT A'CHAM RUIDHE - 2km / 1.25mls, allow 1hr Maximum gradient 1:7 on waymarked route	

2	THE TROSSACHS CREAG NORAN - 0.8km / 0.50mls, allow 30mins		
	Maximum gradient 1:7 on waymarked route	6	
	ACHRAY WATER BRIDGE - 3.7km / 2.3mls, allow 2hrs Maximum gradient 1:4 on waymarked route	\mathcal{O}	
	BEN VENUE - 12km / 7.50mls, allow 6hrs Maximum gradient 1:2 on waymarked route	9	Ś
	BEN A'AN - 1.7km / 1.1mls, allow 1.5hrs Maximum gradient 1:2		
3	GLEN FINGLAS		
	LENDRICK HILL - 1.5km / 1mls, allow 30mins Steep climb to fantastic views from Royal Mail grove		
	BRIG O' TURK LOOP - 4.5km / 3mls, allow 1hr 30mins Walk through woodland and across		
	DRIPPAN - 1.5km / 1mls, allow 30mins Walk through Oak woodland to old farmstead		
	LITTLE DRUM WOOD - 1.5km / 1mls, allow 30mins Short walk through ancient Woodland	\mathcal{O}	\bigtriangleup
	THE MELL - 22.5km / 15mls walk/cycle allow 7hrs Taking in woodland and open hill with spectacular views	Ø	
4	CALLANDER A series of inter-linking walks which start in the centre of the	e town.	
	LOWER WOOD - 1.3km / 0.75mls, allow 30mins Woodland walk behind Callander		
	UPPER WOOD - 1.5km / 1mls, allow 45mins Lovely mixed woodland	\mathcal{O}	
	CRAGS WALK - 4.5km / 3mls, allow 2hrs Mixture of woodland and crag walk		
	BRACKLINN FALLS - 3.7km / 2.5mls, allow 1hr 30mins Hopefully will open soon when bridge installed		
25	STRATHYRE CABINS		
	STANK BURN - 3.5km / 2.25mls, allow 1hr 45mins Maximum gradient 1.3 on waymarked route		
	STANK GLEN - 6km / 3.75mls, allow 3hrs		
	Maximum gradient 1:3 on waymarked route		

COIREACHROMBIE - 6.3km / 4mls, allow 3hrs Maximum gradient 1:4 on waymarked route

26	STRATHYRE BLACK PARKS - 2km / 1.25mls, allow 45mins		
	Maximum gradient 1:5 on waymarked route		
	TIGHNESS BURN - 2.5km / 1.50mls, allow 1hr 30mins Maximum gradient 1:4 on waymarked route		
	BALIEFUIL- 6.5km / 4mls, allow 2hrs 30mins Maximum gradient 1:4 on waymarked route		
	BEINN AN T-SIDHEIN - 7.0km / 4.50mls, allow 3hrs 30mins Maximum gradient 1:2 on waymarked route	P	
27	BALQUHIDDER KIRKTON - 8.1km / 5mls, allow 2.5hrs Maximum gradient 1:2 Starts back of Balquhidder Church		
	CREAG AN TUIRC - 1.7km / 1.1mls, allow 1hr Maximum gradient 1:2 Clan McLaren cairn. Views down Loch Voil		
28	KILLIN Two looped woodland walks starting in the centre of the highland village.		
	ACHARN FOREST - 6km / 4mls, allow 1hr 30mins to 2hrs Based on National Cycle Route 7 and forest access tracks, gentle slopes and mixed woodland		
	AUCHMORE CIRCUIT - 4km / 2.5mls, allow 1 to 2hrs Mixed woodland on gentle slopes with superb views across Loch Tay to Ben Lawers		
29	CRIANLARICH CRIANLARICH COMMUNITY WOODLAND - 1km / 0.6mls, allow 30mins Short walk above the village through growing native woodland planted by schoolchildren and local people. Views of Glen Dochart		
30	AUCHTERTYRE GLEN 1.5km / 1mls walk, allow 30mins Through Coniferous and Native woodland	Ø	
31	TYNDRUM TYNDRUM COMMUNITY WOODLAND PATH - 4.5km / 2.8mls, allow 2hrs Maximum gradient 1:7 on built path and track	Ø	
	TYNDRUM COMMUNITY WOODLAND PATH (shorter circular route) - 2.4km / 1.5mls, allow 50mins Maximum gradient 1:7 on built path and track	Ø	

Woodland Paths in Loch Lomond & The Trossachs National Park CUAIRTEAN COILLE SA PHÀIRC NÀISEANTA

