



# Woodland Paths

IN THE NATIONAL PARK



## 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

**Luss Centre**  
Tel 01389 722120

**Balmaha Centre**  
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](http://www.outdooraccess-scotland.com)  
or call your local Scottish Natural  
Heritage office.



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## 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 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.

## 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.







## KEY TO SYMBOLS



**EASY**  
sensible footwear



**EASY**  
muscle loosener



**MODERATE**  
waterproof footwear



**MODERATE**  
muscle stretcher



**STRENUOUS**  
hillwalking footwear



**STRENUOUS**  
muscle builder

## 1 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 slippery in places



## 2 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



## 3 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**

Outstanding collection of trees and shrubs. Admin charge applies.



## 4 ARDENTINNY

**WHITE BAY - 0.4km / 0.25mls, allow 20mins**

Maximum gradient 1:9 on waymarked route



**RIVERSIDE WALK - 1.0km / 0.50mls, allow 40mins**

Maximum gradient 1:14 on waymarked route



**CLUNIE OAKWOOD (Discovery Trail)**

- 1.7km / 1.25mls, allow 1hr

Maximum gradient 1:6



**BIRCHWOOD WALK - 1.5km / 1mls, allow 45mins**

Maximum gradient 1:3 on waymarked route



**LAIRDS WALK - 3.0km / 2mls, allow 1hr 45mins**

Maximum gradient 1:8 on waymarked route



## 5 GLENBRANTER

**RITUAL GROVE - 0.7km / 0.50mls, allow 30mins**

Maximum gradient 1:11 on waymarked route



**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



**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



**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 INVERRNAID

**NATURE TRAIL - 1.5km / 1mls round trip, allow 30mins**

From car park through existing woodland



**GARRISON FARM - 1km / 0.50mls, allow 30mins**

New short walk through newly planted woodland



## 11 SALLOCHY

**WESTER SALLOCHY - 1.2km / 0.75mls, allow 45mins**

Maximum gradient 1:7 on waymarked route



**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



## 12 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



**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



## 13 BALMAHA

**MILLENNIUM FOREST PATH - 1.5km / 1 ml, allow 45mins**

Mostly low level with a short steep climb



**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



## 14 GARADHBAN

**MILL BURN - 2.5km / 1.50mls, allow 45mins**

Maximum gradient 1:6 on waymarked route



**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



**CRAIGIEVERN - 7.0km / 4.50mls, allow 3hrs**

Maximum gradient 1:6 on waymarked route



## 15 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



## 16 MILTON

**VIEWPOINT WALK - 2km / 1.25mls, allow 1hr**

Maximum gradient 1:9 on waymarked route



**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



## 17 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



## 18 BRAEVAL

**LARCH LOOP - 1km / 0.50mls, allow 30mins**

Maximum gradient 1:3 on waymarked route



**MENTEITH - 4.0km / 2.50mls, allow 1hr 30mins**

Maximum gradient 1:2 on waymarked route



**LIME CRAIG - 5.3km / 3.30mls, allow 2hrs 30mins**

Maximum gradient 1:2 on waymarked route



## 19 DAVID MARSHALL LODGE VISITOR CENTRE

**WATERFALL TRAIL - 0.8km / 0.50mls, allow 20mins**

Maximum gradient 1:8 on waymarked route



**CRAIGMORE WOODLAND WALK**

- 1.3km / 0.75mls, allow 30mins

Maximum gradient 1:5 on waymarked route



**OAK COPPICE TRAIL - 2km / 1.25mls, allow 45mins**

Maximum gradient 1:5 on waymarked route



**ACHRAY - 6.0km / 3.75mls, allow 3hrs**

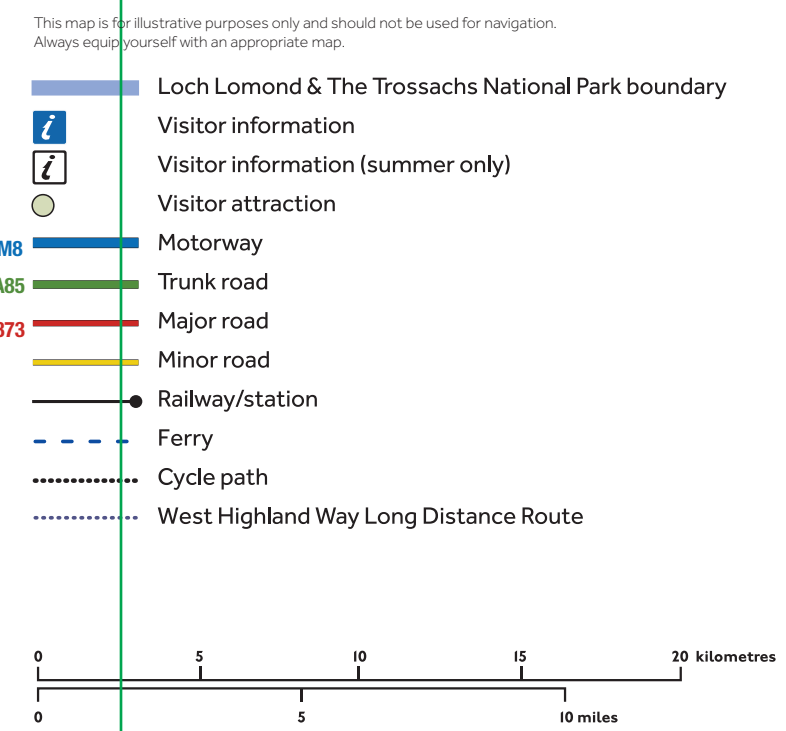
Maximum gradient 1:5 on waymarked route





## CUAIRTEAN COILLE SA PHÀIRC NÀISEANTA

For more information on woodland,  
forests and the National Park:  
**[www.forestry.gov.uk](http://www.forestry.gov.uk)**  
**[www.lochlomond-trossachs.org](http://www.lochlomond-trossachs.org)**



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