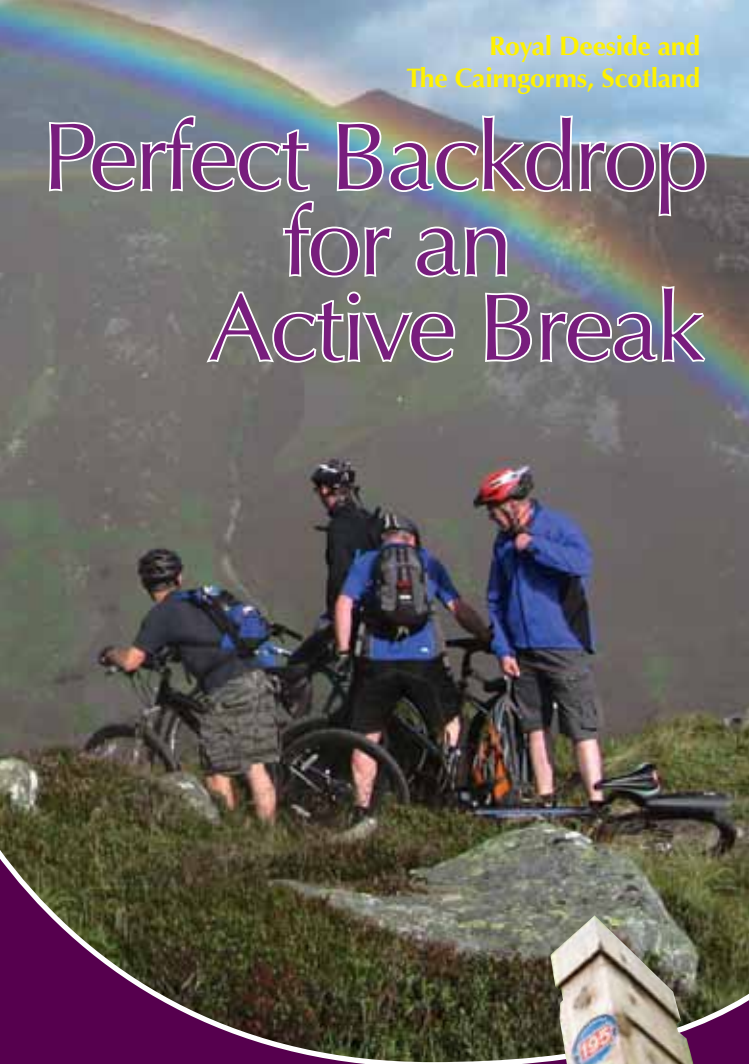


Royal Deeside and  
The Cairngorms, Scotland

# Perfect Backdrop for an Active Break



“The wind had blown away the clouds and blue skies brightened my way through the pines that surround the Linn of Dee.”

TGO Magazine

Royal Deeside  
and the Cairngorms



"Scenery to soothe the soul, adventure to invigorate the spirit, food and drink to sustain the body – Royal Deeside really does have it all."

The Press and Journal



Royal Deeside and The Cairngorms is Scotland's crowning glory. Step inside one of Scotland's most enchanting landscapes and explore the timeless beauty of this refreshingly different destination. The scenery here truly soothes the soul and captures the imagination and the landscape is the perfect backdrop for walking, cycling and other outdoor pursuits. But don't just take our word for it ...

"With the aid of his years of experience and supply of binoculars, we detect stags, hinds and herons. The golden eagle is elusive but there's any amount of grouse and any amount of anecdotes, wise words and insight about life in the golden hills and glens."

The Scotsman

"Today's visitors quickly find that the same feature that attracted their forebears continue to make the area a seventh heaven for walkers, cyclists and horse riders. And whether you want to explore on two feet, two wheels or four legs, there's plenty of opportunity to be inspired and invigorated by this stunningly scenic and activity packed area of Scotland."

Scottish Field



## Walking Distance

A gentle stroll ... a testing challenge ... or a life enhancing experience - here, you'll find it all. There are 25 Munros (mountains over 3,000 feet) in Royal Deeside and The Cairngorms including Lochnagar and Ben Macdhui. But there are also hundreds of footpaths and trails – including the old Deeside Railway Line – for walkers of all abilities. Panoramic landscapes open up before you in this most spectacular area of Scotland and invite you in.

You'll find comprehensive lists of suggested walks on the website, including family favourites like Scolty Hill in Banchory; Mount Keen for Munro 'baggers'; and challenging routes requiring experience and endurance like Beinn a Bhuid.

Organised and tailor made walking holidays can be arranged through local companies like Walk Deeside and their experienced guides can take you to some of the remotest and most impressive scenery in Royal Deeside.

There are excellent suppliers of clothing and equipment including Hilltrek Outdoor Clothing in Aboyne and Braemar Mountain Sports in Braemar.





## Wildlife Watching

You don't have to set off with the intention of wildlife watching in Royal Deeside and The Cairngorms – it will come to you where ever you go. You'd expect this as we're part of the Cairngorms National Park – but there are many other easily accessible nature reserves such as Muir of Dinnet, Glen Muick and Glen Tanar Estate. Royal Deeside is home to some of the UK's rarest and most spectacular species such as golden eagles, Scottish crossbill, ospreys, capercaillies, ptarmigan, snow bunting, mountain hares, hen harriers, peregrines, pine martens and, not to forget, the Monarch of the Glen himself. Royal Deeside is one of the few places in Scotland where red squirrels can still be seen frequently.

Off road wildlife safaris are available from Braemar Highland Safaris and take you into the heart of the Cairngorms. Balmoral and Glen Tanar estates also offer guided 4x4 wildlife tours led by rangers.



## A Balanced View

The International Mountain Bike Association recently awarded Scotland the 'World's Top Mountain Bike Destination' title for the second year running – and cycling in Royal Deeside truly lives up to this accolade.

It's an ideal location from which to explore natural trails and there is plenty of variety of terrain suitable for all abilities - from easy forest trails to single-track descents. The old Deeside Railway Line is now a flat track – The Deeside Way - which runs for large stretches from the centre of Aberdeen to Ballater Old Station and is ideal for cyclists of all aptitudes. The more serious XC mountain bikers can also find plenty to challenge them.

The Cyclehighlands' shop in Ballater is a hub for all things cycling in the area including bike hire, guiding and corporate events for all ages and abilities. Ask about joining the Ballater Mountain Bike Club Sunday rides – it's free!





## Keep on Running

Local company, Running The Highlands, offers training weekends, tailored running holidays and quickie guided runs lasting one hour upwards. The company has established a network of top quality running trails for all standards, and staff include qualified running guides, sports physiotherapists and massage therapists, nutrition advisors and fitness instructors.

Running The Highlands is the foremost company in its field in Scotland. Our reputation is built on excellent customer care and fabulous scenery. We are delighted that our guests keep coming back for more!



## Four legs – or four wheels?

Go horse riding by lochs and glens, along riversides and up into the Cairngorm Mountains deep into an outstanding area of natural beauty. The magnificent scenery you'll see is further enhanced by abundant wildlife including red and roe deer, red squirrel, capercaillie and golden eagles.

A range of ponies and horses with exciting hacks for the more experienced riders and safe gentle treks for novices on well schooled mounts are available at the Glen Tanar Equestrian Centre. There's also pony trekking for the over 12s at Balmoral Estate from April to July.

Or give vent to your petrol head with quad bikes or karts at Deeside Activity Park ... or try the fully automatic archery range, clay shooting, 4x4 offroad driving, paintball, or rifle target shooting ...amongst others! There's also an excellent restaurant, farm shop – and micro brewery. Just turn left at the tank!



# On The Edge

With two major snowsports centres – Glenshee and The Lecht – Royal Deeside is a UK leader in the field of winter activities. These long established centres offer some of the UK's premier skiing. At Glenshee alone there are over 3,500 feet of mountain to explore – from the invitingly easy to the surprisingly steep, such as the two black runs for the experienced only. There are 21 lifts and 36 runs. Friendly instruction for skiers and snowboarders alike is available for all abilities and ages along with equipment hire and catering.

The Lecht centre sits at over 2,000 feet and has 20 runs with full range of tuition, equipment and catering as well as family fun activities such as snow tubing.

Cross country skiing and ski mountaineering in season on our high rounded top mountains with their numerous tracks are also available throughout Royal Deeside including at Braemar – a village amply supplied with accommodation, equipment suppliers ... and a lively après ski atmosphere!



## Reel Experts

The River Dee is internationally famous for its salmon fishing, and especially so for its multi-sea winter spring salmon. Runs of the iconic spring salmon enter the river in January ensuring the fishing season kicks off dramatically with good catches from the first of February.

There are many fishing beats available along the whole of the River Dee which produces more rod caught salmon than any other UK and Irish river between February and May.

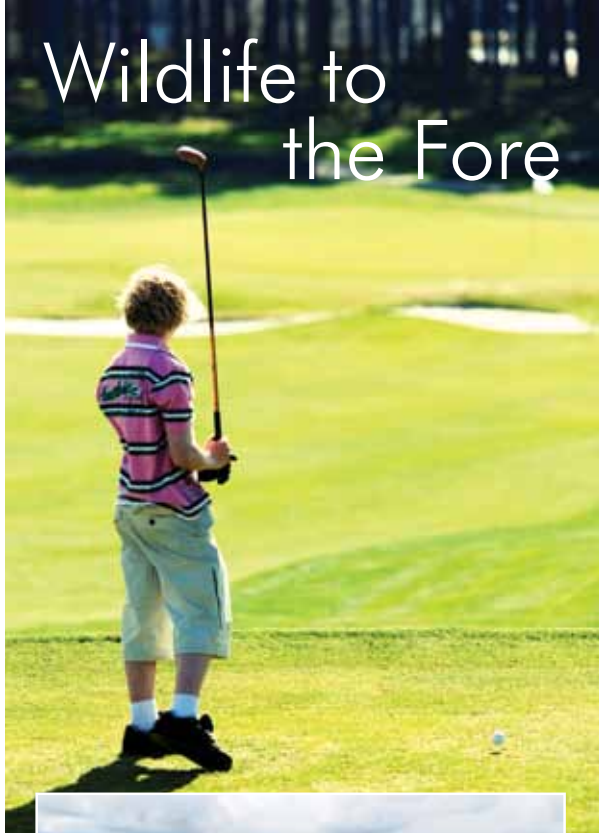
[www.fishdee.co.uk](http://www.fishdee.co.uk) is the definitive guide for the angler, providing all information about fishing packages and their availability in Royal Deeside and the Cairngorms.

The River Don is also a renowned brown trout river and also has very good salmon and sea trout runs. Picturesque fly fishing by boat on Glen Tanar Loch is also available as is stocked loch fishing at Deeside Activity Park.

A great range of service providers for visitors help ensure that Royal Deeside is one of the world's top global angling destinations. The salmon fishing season is from the 1st of February until the middle of October.



# Wildlife to the Fore



Want to raise your handicap – in a good way? Braemar is the highest course in Scotland and one of the few which offers the chance of an eagle ... or an osprey. It's one of ten scenic 9 and 18 hole courses in Royal Deeside and Cairngorms where a warm welcome awaits. There is also a championship course and 25 bay driving range at Inchmarlo Resort and the picturesque Ballater course.

With renowned, extensive Scottish estates such as Glen Tanar, it's not surprising that Royal Deeside and The Cairngorms is a magnet for traditional field sports enthusiasts. In season you'll find grouse shooting, salmon fishing and deer stalking in the company of experienced, instructive ghillies, many of whom have lived in Royal Deeside all their lives. All year round 4x4 wildlife safaris with knowledgeable local guides are also available.



## Find out more

### Ballater Golf Club

A picturesque 18 hole par 70 course situated by the River Dee. [www.ballatergolfclub.co.uk](http://www.ballatergolfclub.co.uk)

### Balmoral Estate

In the shadows of Lochnagar, the Estate offers a fantastic range of activities - walking, running, pony trekking, fishing, mountaineering, mountain biking and much more. [www.balmoralcastle.com](http://www.balmoralcastle.com)

### Braemar Highland Safaris

Braemar Highland Safaris offers magnificent wildlife safaris by comfortable 4x4 into the heart of the Cairngorm Mountains. [www.braemarhighlandsafaris.co.uk](http://www.braemarhighlandsafaris.co.uk)

### Cyclehighlands

The Cyclehighlands shop is a hub for all things cycling including bike hire, in the Royal Deeside area. [www.cyclehighlands.com](http://www.cyclehighlands.com)

### Deeside Activity Park

An adrenaline filled range of outdoor activities for all the family at a purpose built centre with onsite restaurant. [www.deesideactivitypark.com](http://www.deesideactivitypark.com)

### Fish Dee

The definitive guide to fishing packages and their availability on The Dee. [www.fishdee.co.uk](http://www.fishdee.co.uk)

### Glen Tanar Estate

Outdoor activities and traditional country sports as well as luxury self catering cottages on this beautiful estate. [www.glentantar.co.uk/](http://www.glentantar.co.uk/)

### Glen Tanar Equestrian Centre

Safe and quality horse riding along riverside, woodland and mountain trails. [www.glentantar.co.uk/riding.html](http://www.glentantar.co.uk/riding.html)

### Hilltrek Outdoor Clothing

Specialist outdoor clothing handcrafted in Aboyne and large range of outdoor clothing. [www.hilltrek.co.uk](http://www.hilltrek.co.uk)

### Running The Highlands

A leader in the field of training weekends, tailored running holidays and guided runs throughout Royal Deeside. [www.runningthehighlands.com](http://www.runningthehighlands.com)

### WalkDeeside

Outdoor activities, expeditions and walking holidays in Royal Deeside and both in the UK and worldwide. [www.walkdeeside.com](http://www.walkdeeside.com)



Royal Deeside and the Cairngorms is the official Destination Management Organisation (DMO) for tourism businesses in the areas of Royal Deeside, Donside and the Eastern Cairngorms.



### **Run Balmoral**

This annual event takes place on 23rd April 2011 and includes the Stena Drilling Tartan 10k. The 2011 event sees the introduction of the Petrofac Challenge – a multi terrain half marathon on 24 April.  
[www.runbalmoral.com](http://www.runbalmoral.com)

### **Ballater Walking Festival**

This event takes place from 21st to 27th May 2011 and has something for all walkers from Munro Baggers to those who like a gentle stroll.  
[www.royal-deeside.org.uk/RDnews/walkweek.htm](http://www.royal-deeside.org.uk/RDnews/walkweek.htm)

### **Royal Deeside Golf Week**

The 2011 Royal Deeside Golf Week takes place between 14th and 20th May 2011  
[www.ballatergolfclub.co.uk/golfweek](http://www.ballatergolfclub.co.uk/golfweek)

### **Deeside Team Relay**

A fun team relay race, tracing the steps of Macbeth and part of the Deeside Beer Festival.  
11 May 2011  
[www.deesideactivitypark.com](http://www.deesideactivitypark.com)

### **Ballater Victoria Week**

From 6th to 14th August 2011. A wide range of activities including 4x4 safaris, guided walks and bike safaris.  
[www.ballaterscotland.com/victoriaweek](http://www.ballaterscotland.com/victoriaweek)

### **Active Aboyne Festival**

This September event (17th to 25th) has a large number of hillwalking and outdoor activity events.  
[www.activeaboyne.co.uk](http://www.activeaboyne.co.uk)

### **Braemar Gathering, Aboyne Highland Games and The Lonach Gathering**

As well as the traditional spectator sports such as tossing the caber, tug of war and highland dancing, the hill race is a feature of the Highland Games events.  
[www.braemargathering.org](http://www.braemargathering.org)  
[www.aboynegames.com](http://www.aboynegames.com)  
[www.lonach.org](http://www.lonach.org)

**Royal Deeside**   
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Royal Deeside & The Cairngorms DMO

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