

CARN AN FHREICEADAIN (Carn Ray-ka-tyin)

This route climbs to 878 metres (2880 feet) with an ascent of 650 metres and a total distance of 18kms. The track is mainly very good but it is quite steep and loose in places. You will need to push at times and take care on the steep parts of the descent. Make sure your brakes are in good working order. Take a jacket - it can be pretty cold at the top.

From the centre of Kingussie go up Ardbroilach Road and keep going past the golf course until you come to a bridge at the end of the tarmac road. Turn right just before the bridge and follow this track all the way to the top.

At the top you can either return the way you came or carry straight on to make a nice circular route - rejoining the outward route at the aforementioned bridge.

Please make sure you close all gates behind you.

