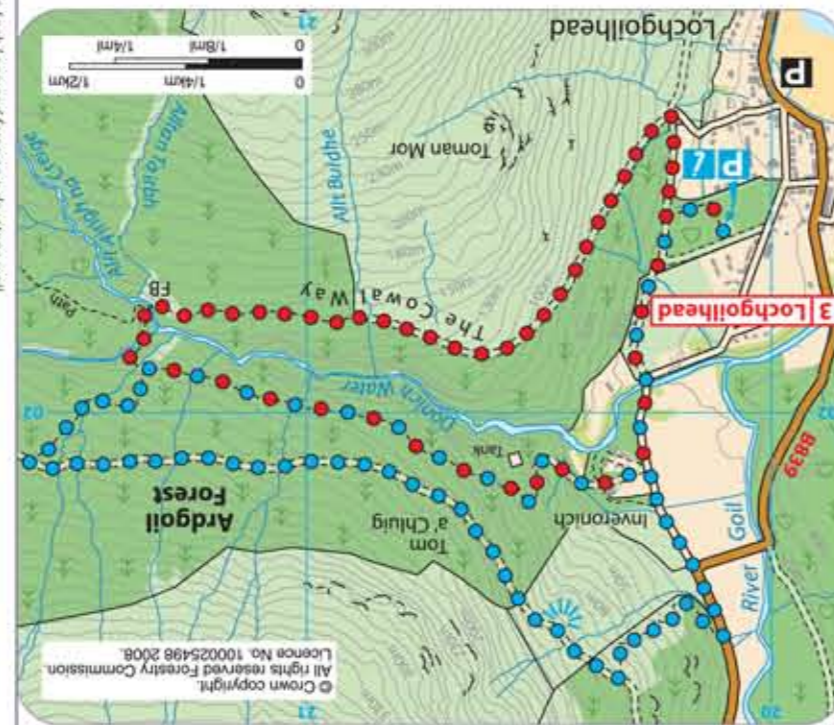


Explore
Enjoy
and
Discover

Loch Lomond & The Trossachs National Park

Forestry Commission Scotland
Comhairleachd Alba

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LOCHGOILHEAD
- On single track through Hells Glen!

- Lochgoilhead trails information**
- Tom a' Ching Walk 4.5 kms | 2 1/2 miles | 1hr 30 mins
 - Glen Donich Walk 4 kms | 2 1/2 miles | 1hr 30 mins
- Arrochar trails information**
- The Cobbler Not waymarked on open hill
 - Succoth Burn Walk 2.8 kms | 1 3/4 miles | 30 mins
 - Arrochar to Arrochar 4.4 kms | 2 3/4 miles | 2 hrs



Golden Eagle: VisitScotland/Scottish Viewpoint

In the woodlands look out for scampering red squirrels and the elusive pine marten. Listen out for flocks of crossbills calling from the tree tops.

Out on the moorland you may spot a gliding hen harrier or hear a black grouse. Keep your eyes to the sky for our emblem, the golden eagle (buzzards are more common!).

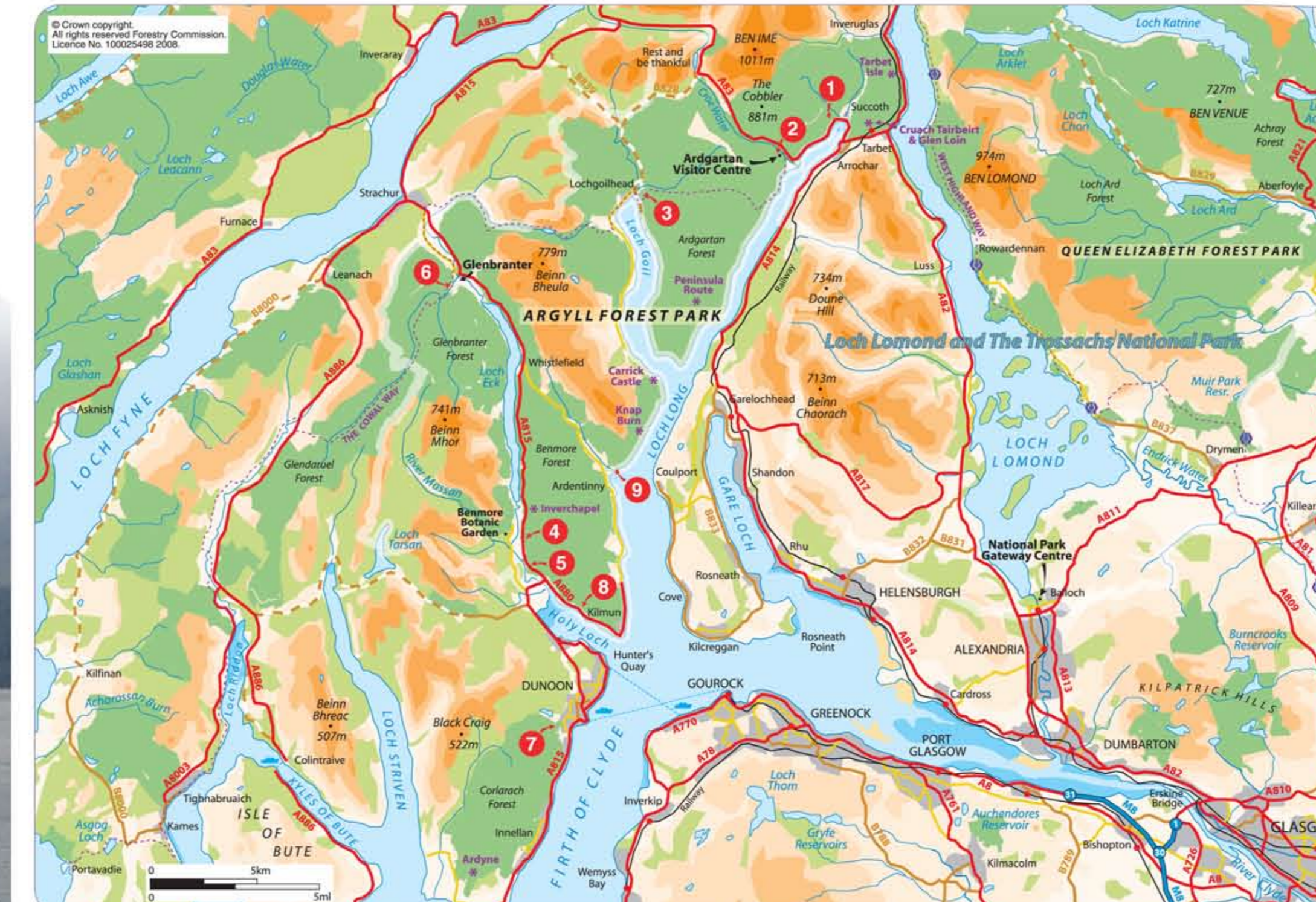
On the water catch a glimpse of common porpoise, seal and otter in the sea lochs.

Beneath the surface of Loch Eck swims one of our rarest residents – a fish called the powan. A relative of the salmon, it only lives here and Loch Lomond.

This place holds the memory of the past, from clan warfare and massacre to the more peaceful activities of farming and forestry. Argyll Forest Park is Britain's oldest Forest Park, established in 1935.



View of Loch Eck



- Arrochar trails information**
- The Cobbler Not waymarked on open hill
 - Succoth Burn Walk 2.8 kms | 1 3/4 miles | 30 mins
 - Arrochar to Arrochar 4.4 kms | 2 3/4 miles | 2 hrs
- Arrochar trails information**
- The Cobbler Not waymarked on open hill
 - Succoth Burn Walk 2.8 kms | 1 3/4 miles | 30 mins
 - Arrochar to Arrochar 4.4 kms | 2 3/4 miles | 2 hrs

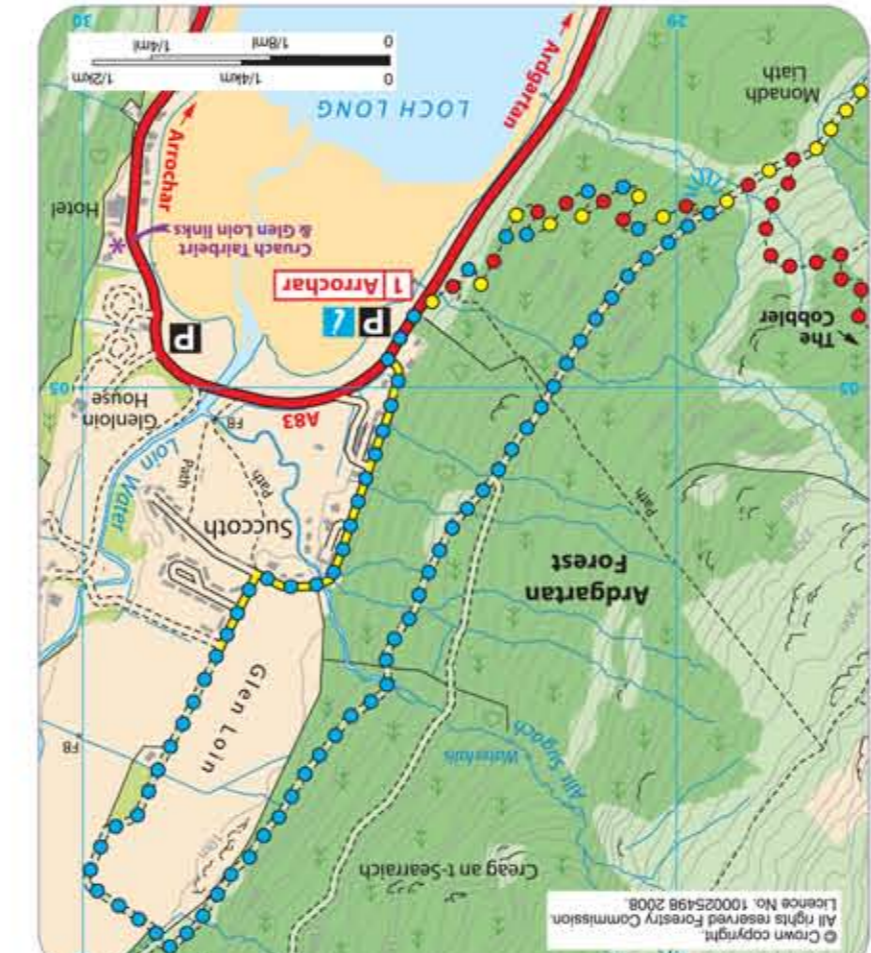
Feeling energetic? A climb to the higher ground brings you into the feeding grounds of the red deer. The higher you go the better the views! The choice is then yours with four Munros (over 3000 feet high) to pick from - Ben Narnain and Ben Vane or the famous Cobbler at 2891 feet (881m). Argyll is 3 miles west of Arrochar. The Argyll Visitor Centre (Open mid March - end October 01301 702432) can provide you with all the information you need to make the most of your visit to Argyll Forest Park. A Forest Holidays' campsite here offers the chance to enjoy a longer stay.



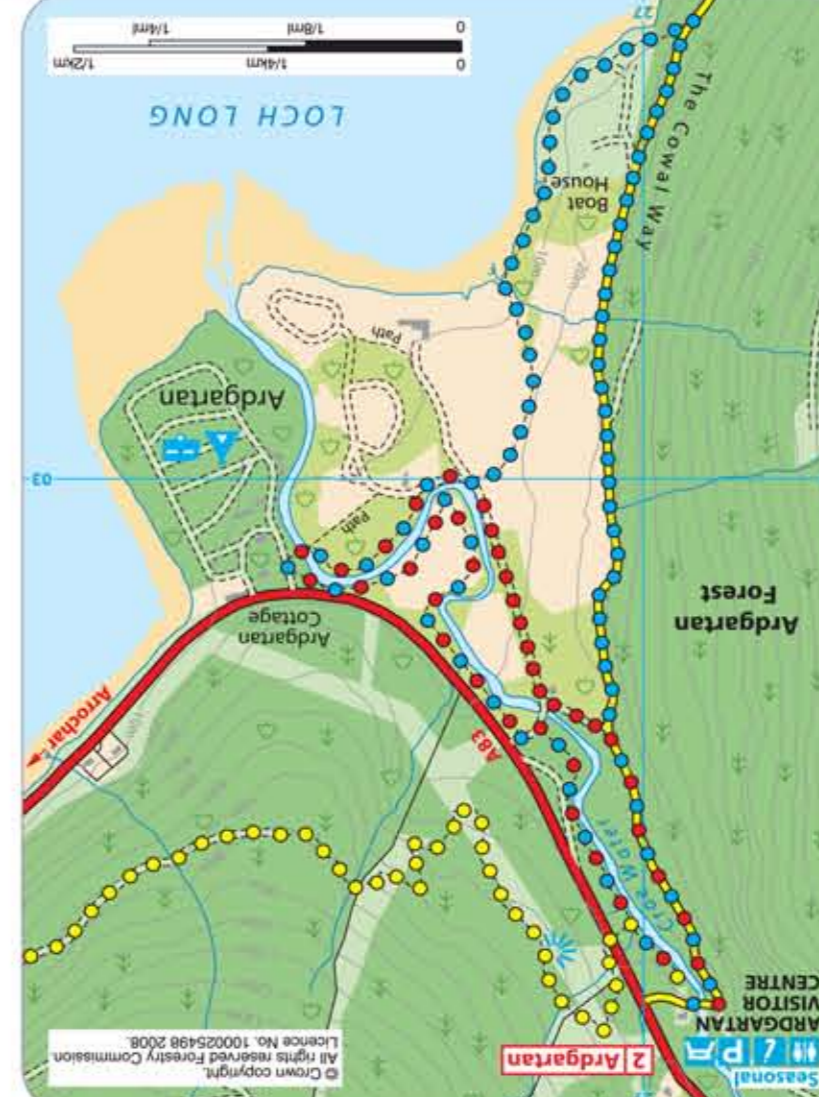
On the way to the Cobbler



Having fun at Argyll Visitor Centre



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ARGARTAN & ARROCHAR
- Chiselled from the land

Argartan offers a choice of walks and cycle trails or just enjoy a picnic. A quiet walk along the shores of Loch Long can often be rewarded with the unforgettable sight of an otter frolicking amongst the seaweed.



INFORMATION CENTRE

Take care on the hills

Please remember that the weather on the hills can change very quickly. Even in summer, conditions on the tops of hills are often much colder and windier than at low levels, despite clear skies. Here are some pointers for a safe and enjoyable trip.

- Be properly equipped
- Plan your route carefully and stick to it
- Tell someone where you are going and when you expect to return
- Take adequate warm & waterproof clothing
- Wear suitable footwear
- Take sufficient food and drink
- Carry map & compass, know how to use them
- Turn back if it gets too hard for you
- In emergencies call 999 and ask for the POLICE

When connected provide:

- Location of the incident
- Number of people in the party
- Any injuries (if there are, ask the Police to inform the Ambulance Service)

What the map symbols mean

All Forestry Commission Scotland guide maps use symbols, the key shows what they mean.

	Forestry Commission Land		Car Park
	Forestry Commission Woodland		Suitable for the Less Able
	Other Woodland		Toilets
	Main Road		Picnic Place
	Secondary Road		Information
	Minor Road		Viewpoint
	Forest Road		Hide
	Road/Track		Camping/Caravan Site
	Footpath		Non FC Car park
	Forest Trails (colour coded)		Non FC Toilets
	Start of Forest Trails (detailed on trail maps)		Non FC Camping/Caravan Site
	Other Forest Walk Areas		
	National Park Boundary		

What the walk symbols mean

Walks are graded according to degree of difficulty and type of conditions to be expected.

	Easy Sensible Footwear		Easy Muscle Loosener
	Moderate Waterproof Footwear		Moderate Muscle Stretcher
	Strenuous Hillwalking Boots		Strenuous Muscle Builder

The Outdoor Access Code

Know the Code before you go

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.

Contact 1

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For information on public transport services contact
www.travelscotland.com
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Information on what's available from Forestry Commission Scotland and around Loch Lomond and The Trossachs National Park contact:

Argyll Forest Park
Forestry Commission Scotland
Aberfoyle, Stirlingshire FK8 3UX
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E-mail: cowl.trossachs@forestry.gsi.gov.uk
Web: www.forestry.gov.uk/argyllforestpark
Public enquiry line 0845 FORESTS 1367 37871

Welcome to **ARGYLL FOREST PARK**

Rugged mountains and sheltered glens, great forests and open moorland, tranquil lochs and tumbling rivers - all offer you the freedom to explore.

Gentle walking or challenging climbs, cycling or watching wildlife, exploring the past or kayaking down the loch. The choice is yours.

Argyll Forest Park covers an impressive 22,500 hectares of dramatic West Highland scenery from the West Coast to Arrochar Alps. Visit the park and you will be standing on the very edge of the Highland Boundary Fault, the great geological barrier that marks the line between Lowland and Highland Scotland.

Argyll Forest Park is a great place for wildlife. Whatever the time of year, there will always be something to look out for.



Otter

View of Loch Eck

PUCK'S GLEN & BENMORE

- Magical and enchanting



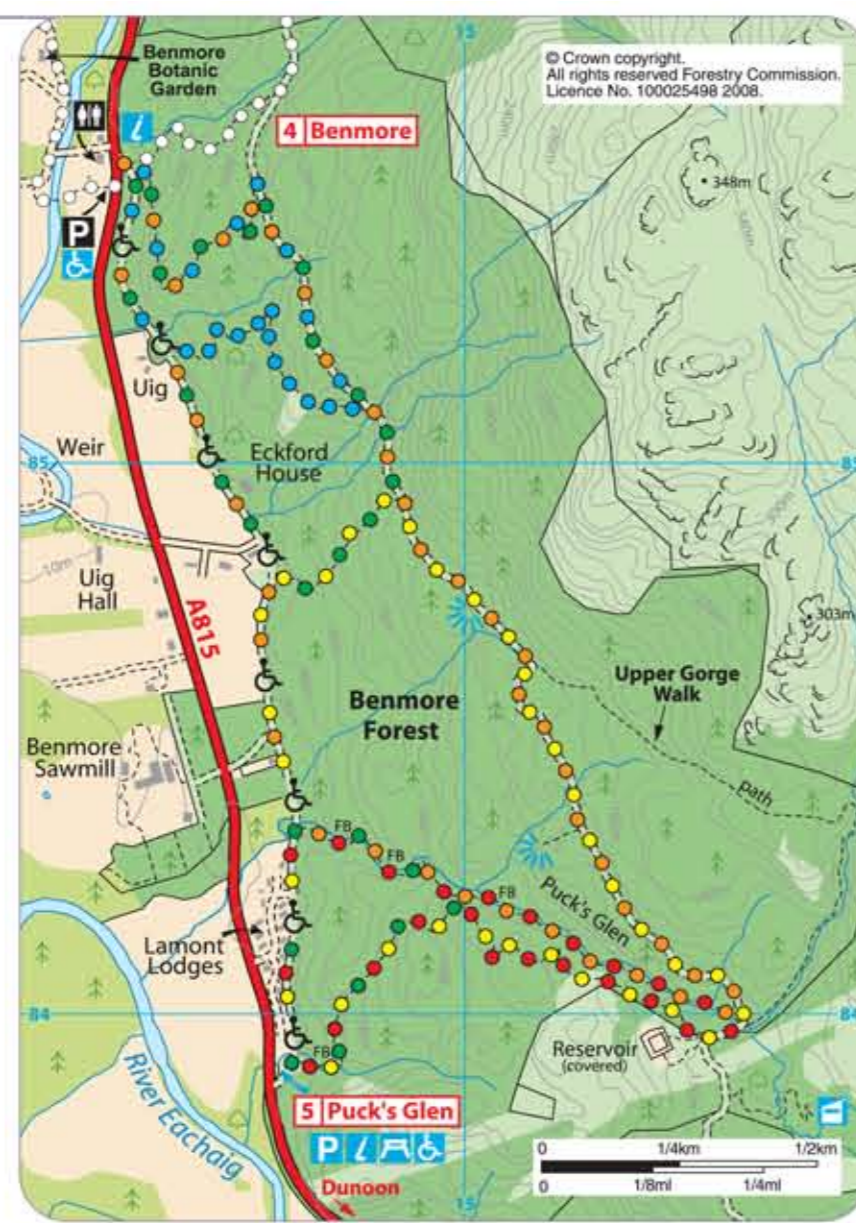
This magical glen offers an enchanting woodland experience. Follow the path past tumbling waterfalls and shallow rock pools into the hidden depths of the gorge, most spectacular after heavy rainfall. Ferns and fungi thrive in the cool damp atmosphere here.

From Puck's Glen the forest road leads you south to Kilmun Arboretum or north onto a path which takes you through a magnificent array of giant Douglas fir, Californian redwoods and Western hemlock, down to the Benmore Botanic Garden.

The entrance to the garden leads you through a spectacular avenue of giant redwoods planted in 1863 by the owner Piers Patrick.

Benmore Garden is renowned for its rhododendron collection, many of the species from remote corners of China and the Himalayas. Visit during May and early June to enjoy the blaze of colour.

Puck's Glen is 6 miles from Dunoon on the A815. You can park at Puck's Glen and Benmore Botanic Garden.



Benmore trails information

Walk Start **4**

- Big Tree Walk 2.1 kms | 1 1/4 miles | 1hr
- Eckford House Walk 2.6 kms | 1 1/2 miles | 1hr
- Puck's Glen Walk 5.0 kms | 3 1/4 miles | 2hrs
- Loch Eck Loop 35 kms | 22 miles
- All Abilities Trail 1.7 kms | 1 mile | 1hr

Puck's Glen trails information

Walk Start **5**

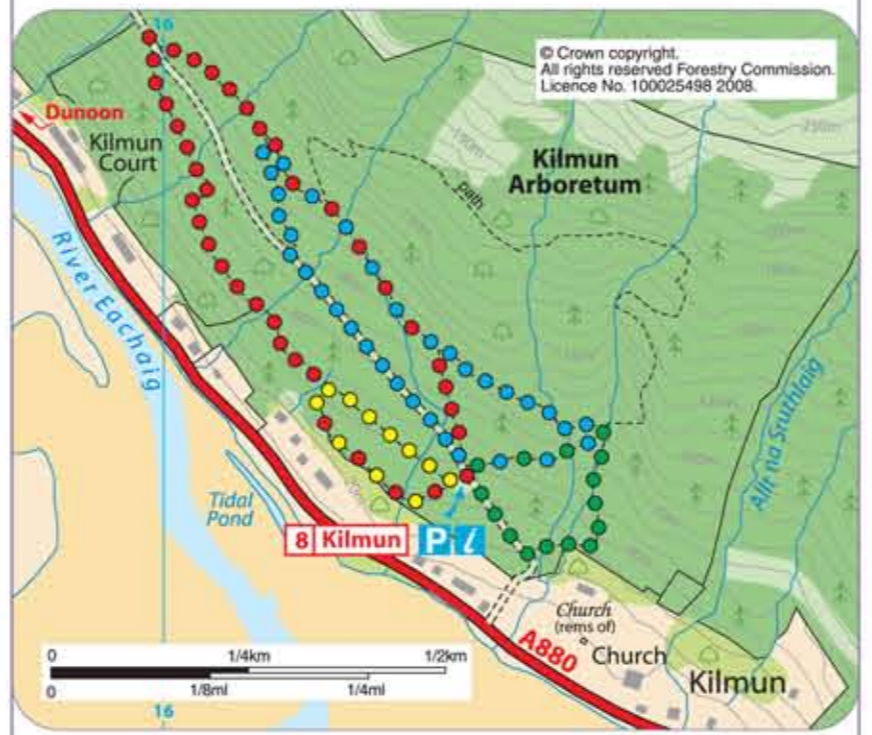
- Bayley Balfour Walk 1.5 kms | 1 mile | 45 mins
- Eckford House Walk 3.4 kms | 2 1/4 miles | 1hr 45 mins
- Puck's Glen Gorge Walk 2.7 kms | 1 3/4 miles | 1 hr 30 mins

KILMUN ARBORETUM

- Scotland's premier tree collection



Around the world in 80 minutes! From colourful maples to rare conifers, Kilmun Arboretum offers you a world class tree experience. A choice of 4 short walks lets you explore this collection of over 260 species from around the globe. Created in 1930, the Arboretum stands today as a living reminder of a pioneering period in Scottish forestry.



Kilmun trails information

Walk Start **8**

- Eucalyptus Walk 1.5 kms | 1 mile | 1hr
- Conifer Walk 1.3 kms | 3/4 mile | 1hr
- Hemlock Walk 0.6 kms | 1/4 mile | 30 mins
- John Jackson Walk 0.5 kms | 1/4 mile | 30 mins

GLENBRANTER

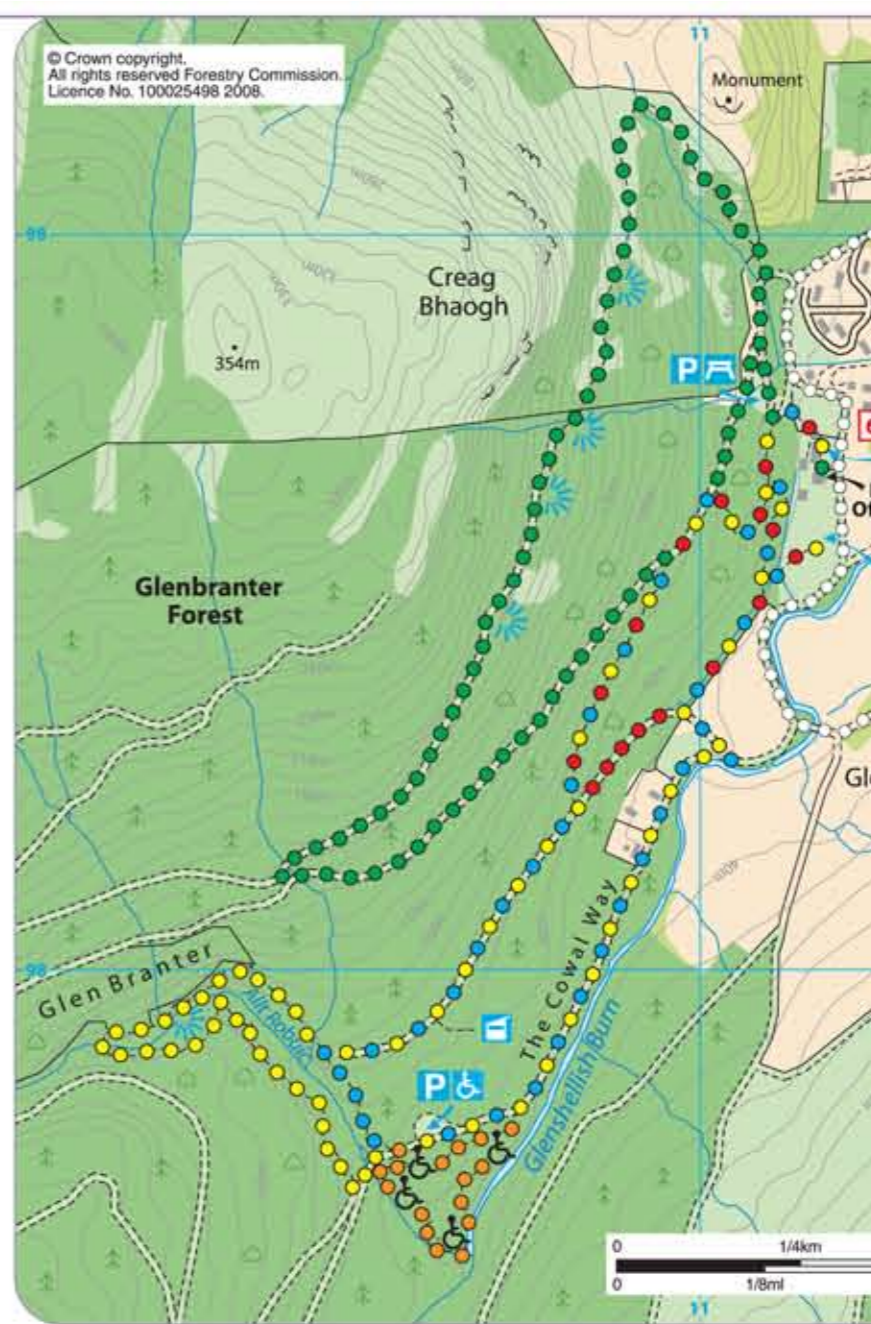
- Home of Sir Harry Lauder



The "branddair" or iron used for branding and identifying cattle, gives Glenbranter its name. Sir Harry Lauder, the famous Scottish entertainer, once owned the estate here. The Forestry Commission's first land purchase in Scotland was Glenbranter in 1921.

You have a choice of walks to explore the woodlands here. A visit in spring or early summer time reveals the local flora. Primrose and violet give the first splashes of colour, followed by one of the best displays of bluebells in the area. You may spot red deer in the forest. We often think of them as a creature of the moor, but before people cleared much of the native woodland, this was their original home.

Glenbranter can be found 2 miles south of Strachur off the A815. Here you can find toilet facilities, car parking and picnic areas.



Glenbranter trails information

Walk Start **6**

- Broadleaves Walk 1.25 kms | 3/4 ml | 30 mins
- Conifer Walk 2.25 kms | 1 1/2 ml | 1 hr 30 mins
- Gleneck Walk 3.1 kms | 2 miles | 1 hr 30 mins
- Waterfall Walk 3 kms | 2 miles | 1 hr 15 mins
- Ritual Grove 1 kms | 1/2 mile | 30 mins (All Abilities Trail)
- Loch Eck Loop 35 kms | 22 miles

Argyll Forest Park Access Improvement Project 2000 - 2005

Between 2000 and 2005, Forestry Commission Scotland worked in partnership with Scottish Natural Heritage, Argyll and The Islands Enterprise, Loch Lomond and The Trossachs National Park to invest £1.6 million in the improvement of recreation facilities within Argyll Forest Park. These facilities include:

- New and improved forest trails, hill paths and numerous lower level paths through woodlands, along loch shores and over rivers. These path routes are suitable for a variety of abilities.
- New bridges, including two of a laminated timber arch design, developed by Forestry Commission engineers.
- New and upgraded car parks including some which are particularly suitable for horse boxes and cycle trailers. Information points and waymarking across the Forest Park.

Forestry Commission Scotland and the Project Partners hope that the investment will add to your enjoyment as you explore the Forest Park.

CORLARACH

- Just outside the Forest Park



Just outside Argyll Forest Park, Corlarach forest looks over the capital of Cowal.

Rising high above the Firth of Clyde to the east and Loch Striven on the west, Corlarach Forest offers glorious views.

The way marked routes offer the chance for a good stretch on foot, bike or horseback. There are many other paths and roads within the forest, connecting Dunoon, Innellan and Ardyne.

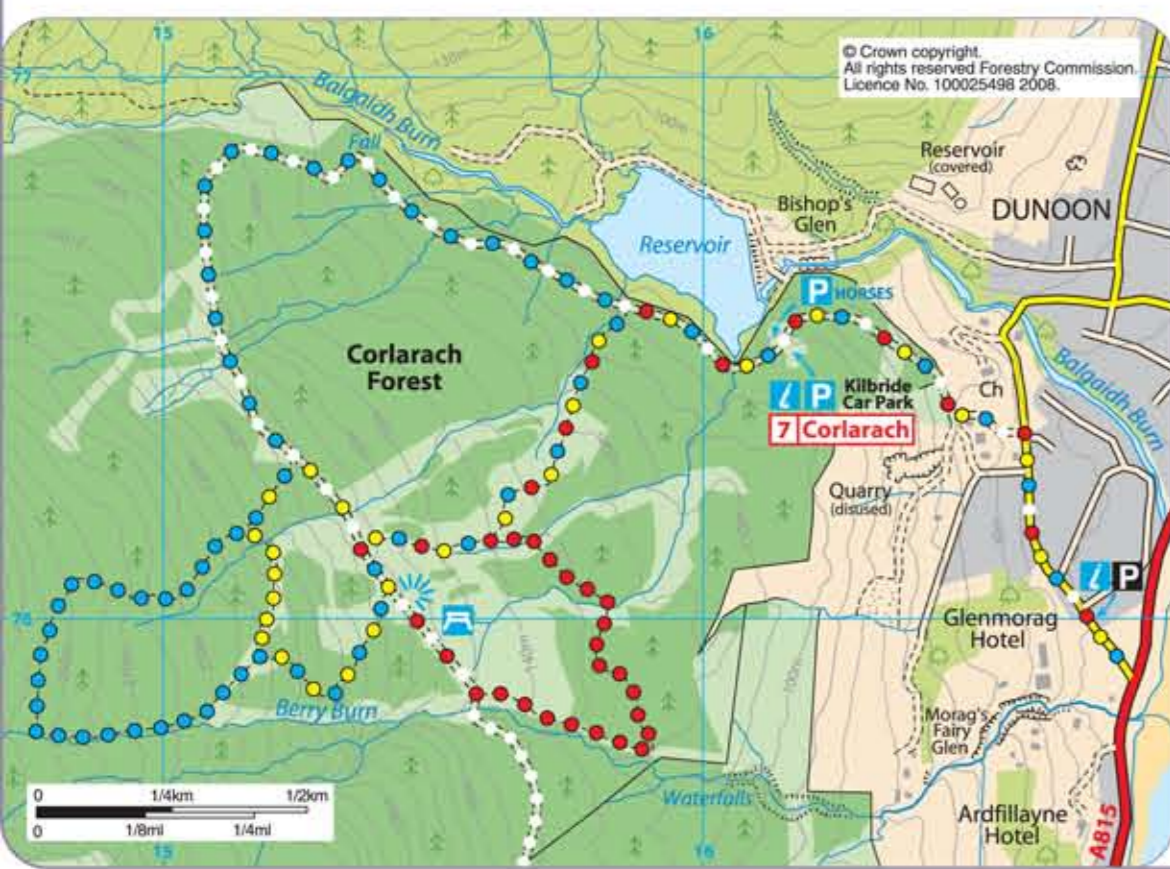
Corlarach trails information

Walk Start **7**

- Berry Burn 3.4 kms | 2 1/4 miles | 1 hr
- Balgaidh Burn 5.0 kms | 3 1/4 miles | 2 hr 15 mins
- Clyde View 3.6 kms | 2 1/4 miles | 1 hr 15 mins
- Corlarach Loop 27 kms | 17 miles

A wide range of wildlife thrives here, keep an eye and an ear open for red and black grouse, buzzard, kestrel and tawny owl. Red and roe deer can also be seen throughout the forest.

Corlarach means 'the common pasture', a memory of past use. Today the area is mostly spruce and larch forest, we planted the first trees in 1948.



ARDENTINNY

- The height of the fire

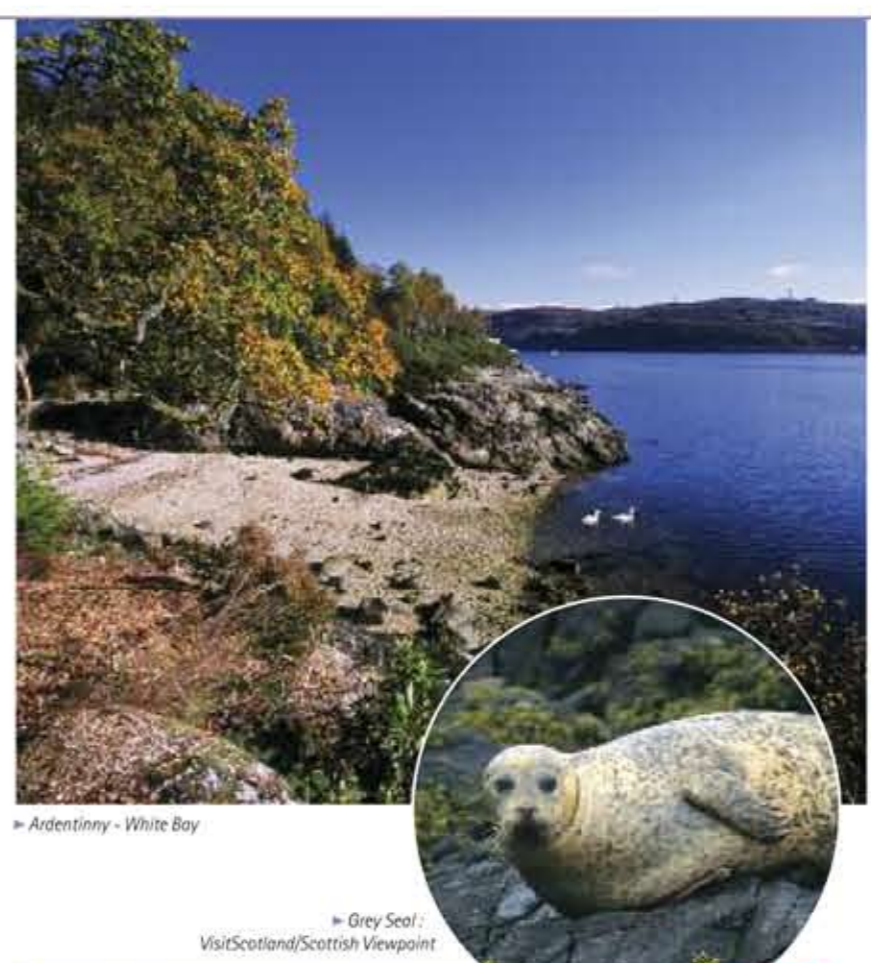


Ardentenny takes its name from the Gaelic - *Aird an teine*, meaning 'the height of the fire'. In prehistoric times, and right up until the 18th century, people here lit beacons to warn that trouble was coming.

Ardentenny offers a choice of forest walks, including one wheelchair accessible trail. Ardentenny beach, by the mouth of the River Finart, is one of the few sandy beaches on Cowal's coastline - an ideal site for a family picnic. Royal Naval Commandos used the beach as a training area during the Second World War, before the Normandy landings.

There are several walks available in Ardentenny. They vary from strenuous to relatively easy. You will meander through native oak and birch woodlands. Stop in the wildlife hide to wait and see. Walks out to Carrick Castle or around the Knap burn loop offer longer distance routes.

A visit to Ardentenny by car is a popular round trip. Travelling from Dunoon on the A815 take the A880 road to Kilmun and Ardentenny. On leaving Ardentenny continue through an attractive glen with its rugged upper reaches. When you reach the top, park up safely and take in the stunning views of Loch Eck and the surrounding hills. You will drop steeply from here and come back out on the A815 at Whistlefield.



Ardentenny trails information

Walk Start **9**

- Birchwood Walk 1.5 kms | 1 mile | 45 mins
- Clunie Oakwood 2.7 kms | 1.7 miles | 1 hr 20 mins
- Riverside Walk 1 km | 1/2 mile | 40 mins (All Abilities Trail)
- Lairds Walk 3 kms | 2 miles | 1 hr 45 mins
- White Bay 0.4 kms | 1/4 mile | 20 mins
- Knap Burn 8 kms | 5 miles | 4 hrs
- Carrick Castle Link 7.7 kms | 4 3/4 miles | 4 hrs (one way)

