

Disabled

Access Guide

Badenoch &
Strathspey

New Free Edition



Without limits
BASAP



Badenoch & Strathspey Access Panel

Key To Symbols



Disabled Parking
Space/s



Disabled Toilet
with facilities



Manual Door
Entrance



Automatic Door
Entrance



Lift Facilities



Guide Dog
Friendly



Sign Language



Hearing Loop



Braille



Large Print

A young boy with short brown hair is seen from the side, looking out a window. A large, brown, shaggy teddy bear is in the foreground, partially obscuring the view. The window has vertical bars or panes. The background outside is a soft-focus green landscape.

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Introduction

This guide has been produced for the benefit of disabled residents and visitors to the area.

Although the information contained is correct to the best of our knowledge at the time of going to press, we would be grateful to hear from you if you find any errors or omission, or would like notify us as to recent changes, or indeed make any other comments.

Please contact our Access Panel representative:
tel: 01540 661 797 - www.strathspeyaccesspanel.org

What you can find in this easy to carry guide, are details of local services and facilities village by village in alphabetical order.

- Accommodation
- Banks & Post Offices
- Churches & Church Halls
- Community Halls & Council Service Points
- Doctors, Dentists & Health Centres
- Gardens, Walks & Trails
- Places of Interest & Visitor Attractions
- Public Services & Facilities
- Public Transport Services
- Restaurants, Bars, Coffee Shops & Takeaways
- Sports, Outdoor Activities and Attractions

Large Print Version Available on Website

Help us to help you!



LET US HELP YOU

Please let us know of any details which you think we ought to know about or changes which ought to be recorded for our next edition of this guide.

Please send information to:-

Access Panel Representative;

Kinvaid, West Terrace, Kingussie PH21 1 HA

Email: basapanel@gmail.com

Tel: 01540 661 797 - www.strathspeyaccesspanel.org

Further information is available in the 'What's On' magazine, which is freely available in many retail outlets and Tourist Information Points
Or listen to Speysound Radio on 107.1 FM.

Badenoch And Strathspey Access Guide

Published in 2018 by:

Badenoch And Strathspey Access Panel

Produced and Designed by Tony Brown

Ice Publishing, Kinraig.

email - icep@btopenworld.com

Community Transport Mobility

Accessible Community Transport.

Badenoch & Strathspey Community Transport Company is a registered charity set up in 1999 to support the transport needs of the local community. It now operates one of the most successful Community Transport Schemes in Scotland.

Wheelchair accessible vehicles, available to residents or visitors to Badenoch and Strathspey offering transport solutions as provided by Community Transport Company. Registered bus routes Tues & Thurs between Aviemore & Laggan Wed between Aviemore and Nethybridge via Speyside Centre. Accessible bus in and around Aviemore, running from late Autumn 2015. Minibus Group hire also available evenings and weekends offering space for up to 2 wheelchairs.

Mobility scooters and wheelchairs.

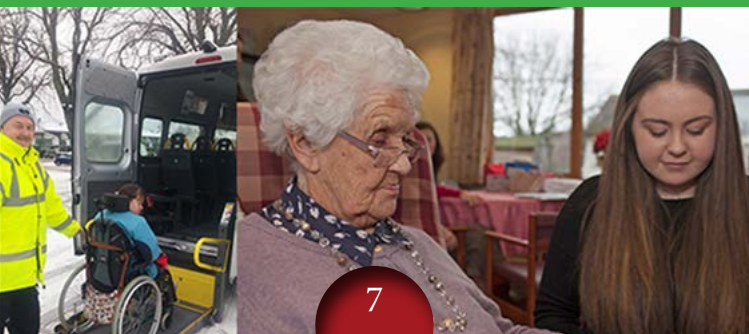
A Free service offering mobility scooters and wheelchairs is available in Aviemore. All terrain mobility scooters available for paths around Glenmore Forest in the Cairngorms National Park. For visitors, a delivery service is also available for a small fee.

Please telephone in advance for bookings.





Tel: 01479 810004 (Office hours)
Email: info@ct4u.co.uk
Web: www.ct4u.co.uk



Aviemore



Unquestionably Aviemore is the main hub in the Cairngorms National Park and by far the most popular location for visitors. There is a thriving local population and a welcoming atmosphere for all our visitors. The village, or what is fast becoming a town, travels north to south and runs for almost a 1.7 miles between access points along the main road.

There are numerous satellite locations along the main road and getting around is made easy by large pavements, with three assisted pedestrian crossings. Roads and junctions all have dropped kerbs and most have tactile footings.

The village has lots of shops, restaurants, bars and coffee stops. There are a couple of hotel swimming pools, a number of gyms and other sporting outlets that include a golf course, tennis and nearby water and snow sports. There is a medical centre with a new hospital coming soon, two dental centres and lots of other health services.

If you need public transports there is a main line railway station and inter city buses stop at two locations along the main road. there are a number of taxi operators but none have disabled adapted taxi vehicles, although they will take folded wheel chairs.

Information - www.visitaviemore.com



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Accommodation

In all cases we advise that you clarify all details of accessibility to suit your own requirements

Aviemore Bunkhouse

Self Catering

➔ Dalfaber Road PH22 1 PX

🚗 Parking opposite on soft surface with slope.

❶ Ground floor bedrooms assist with mobility and wheelchair access.

📶 01479 811 181 www.aviemore-bunkhouse.com



Avielochan Cottages

Self Catering

➔ Avielochan Farm PH22 1 QD

🚗 Gravel car parking.

❶ Accessible for ambulant disabled.

📶 01479 810 846 www.avielochancottages.co.uk



Aviemore Youth Hostel

Hostel

➔ 25 Grampian Road, PH22 1 PR

🚗 Car park surface is level with ramp entrance.

❶ All services and facilities are on the ground floor. Accessible for assisted wheelchair use. There are no steps to the entrance. There is a hand rail on the right. The main door is 92cm wide and is easy to open. The main door opens with a pull from the outside. The floor in reception is carpeted. 24 bedrooms, 1 of which is accessible. A Deafguard vibrating pillow alarm. The hostel has a detailed downloadable access statement.

📶 01479 810 345 www.syha.org.uk



Badaguish & Cairngorm Outdoor Centre

➔ Aviemore, Inverness-shire PH22 1AD

🚗 Ample parking all around the site.

① Charitable Trust providing a special service to people with disabilities, including a fully staffed programme and purpose built Activity Holiday Unit which people with disabilities can visit unaccompanied (24-hr respite care).

📶 01479 861 285 www.badaguish.org



Cairngorm Guest House

Guest House

➔ 139 Grampian Road

🚗 Tarmac parking close to the entrance

① Accessible for assisted wheelchair use.

📶 01479 810 630 www.cairngormguesthouse.com



High Range Holiday Lodges

Self Catering

➔ Grampian Road PH22 1PT

🚗 Hard parking close to accommodation.

① Adapted chalet, accessible for independent wheelchair use.

📶 01479 810 636 www.highrange.co.uk



Macdonald Aviemore Resort

Various

➔ Aviemore Centre

🚗 Lots of tarmac parking with dedicated bays.

① Hotels and self catering fully accessible to wheelchair users. Guide dogs welcome.

📶 www.macdonaldhotels.co.uk



Aviemore Accommodation Continued.

Pine Bank Chalets *Self Catering*

- ➔ Dalfaber Road PH22 1 PX
- 🚗 Parking closes to chalets, but not dedicated.
- ❗ Chalet accessible for assisted wheelchair use.
- 📶 01479 810 000 www.pinebankchalets.co.uk



Ravenscraig Guest House *Guest House*

- ➔ 141 Grampian Road
- 🚗 Tarmac parking close to the entrance
- ❗ Adapted chalet, accessible for independent wheelchair use.
- 📶 01479 810 278 www.aviemoreonline.com



Silverglade Holiday Homes *Self Catering*

- ➔ Dalnabay PH22 1 TO
- ❗ Accessible for assisted wheelchair use
28 homes of varying sizes - ramps available
- 📶 01479 810 630 www.silvergladesaviemore.co.uk



Banks & Post Offices

Bank of Scotland

- ➔ Grampian Road
- 🚗 2 roadside parking spaces at front of bank.
- ❗ Ramped access, with automatic doors.
- 📶 01479 887 001



Aviemore Post Office

➔ Myrtlefield Shopping Cnt Grampian Road

🚗 A disabled parking space is available 50m along the road. Level entry, heavy door.

📶 01479 811 056



Churches & Church Hall

1 St John's (Episcopalian)

➔ Inverdrue on Aviemore Ski Road.

🚗 Gravel car park with 2 disabled spaces.

📍 Level hard grit path (30m) Ramped entrance.

📶 01479 831 365



St Andrew's (Church of Scotland)

➔ On Grampian Road, North end of village

📍 2 steps, portable ramp available.

large print hymnals

📶 07766 002757



Church Hall at Rothiemurchus

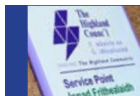
➔ Next to St John's Church

🚗 Parking on gravel.

📍 Level access, toilet suitable for wheelchairs

📶 01479 831 365





Community Halls & Public Services

Aviemore Community Hall



- ➔ In the centre of Aviemore at the Primary.
- 🚗 Parking on tarmac dedicated parking bays.
- ❗ Level entry. Fully accessible. Leisure club, Library with Playaway audio. Council Services.
- 📶 01479 813 140 Leisure. 01349 886606 Service



Aviemore Police Station

- ➔ In the centre of the village.
- 🚗 Tarmac car park to rear of police station and a space in front of the entrance.
- ❗ The Police station is not always manned. Wheelchair accessible with assistance from car park (50m) via sloping tarmac path with two kerbs. Fully accessible entrance with ramps. Toilets: Suitable for wheelchair users.

📶 101



Aviemore Public Toilets

- ➔ In the centre of the village.
- 🚗 Tarmac car park 20m, with 2 disabled spaces.
- ❗ Open all year: 9am -5pm.



Aviemore Tourist Office

- ➔ In shopping precinct at centre of village
- 🚗 Tarmac car parking roadside or nearby.
- ❶ No disabled toilets.



Doctors, Dentists & Health Centres

Aviemore Medical Centre

- ➔ Off Grampian Road north end of the village.
- 🚗 2 disabled parking bays on tarmac.
- ❶ Fully accessible. Push button automatic door. Toilet suitable for wheelchair users.
- 📶 01479 810 258 / 810 326



Aviemore Dental Centre

- ➔ Off Craig-Na-Gower Ave, Aviemore.
- 🚗 1 disabled parking bay on tarmac.
- ❶ Ramp access. Disabled toilet.
- 📶 01479 810301



Fuel Stations

BP Fuel Station

- ➔ Located on the Main Road at the south end.
- 🚗 Off street parking. 1 dedicated bay at the door.
- ❶ Accessible for assisted wheelchair use. Petrol, Diesel, M&S Food shop, wood and coal.





Public Services & Facilities

Aviemore Bus Services

- ❶ 2 bus stops located along Grampian Road.
- 📶 Stage Coach 01479 811 566. www.citylink.co.uk

Aviemore Railway Station

- ➡ In the centre of the village.
- 🚗 Tarmac car park with 2 disabled spaces.
- ❶ Ramps are available. Platform 2 is hard to reach. Capacity for wheelchairs is limited so passengers must book 24 hours in advance. Wheelchair accessible toilet

📶 0800 912 901



Boots Pharmacy

- ➡ Myrtlefield Shopping Centre.
- 🚗 Limited street parking outside.
- 📶 01479 810 259

Aviemore Taxi Services

Aviemore Taxis	01479 811 111	4 & 9 Seater Vehicles
Docs Taxis	07971 736599	4 Seater Vehicle
Harvs Taxis	01479 811015	4 Seater Vehicle
Wendys Taxi	07401 483879	4 Seater Vehicle



None of Aviemores taxis are disable adapted vehicles, but they will all carry wheelchairs folded and stored.



Restaurants, Bars, Coffee Shops & Takeaways

Cairngorm Hotel

Hotel, Bar and Restaurant

- ➔ Opposite Railway Station, south end of village.
- 🚗 Parking on tarmac, disabled bay next to lift.
- ❶ Popular traditional bar restaurant. Wheelchair accessible toilet. Platform lift at entrance.
- 📶 01470 810 233



Cobbs Café at Glenmore

Coffee Shop / Cafe

- ➔ At the Glenmore 7 miles east of Aviemore.
- 🚗 Hard surface parking with 2 dedicated bays.
- ❶ Café Coffee shop. Wheelchair accessible toilet.
- 📶 01470 861 700



Cobbs Cafe at Aviemore

Coffee Shop / Cafe

- ➔ High Street in Aviemore opposite Tesco.
- 🚗 Limited street parking on tarmac.
- ❶ Cafe/ Coffe shop. Wheelchair accessible toilet.
- 📶 01470 811 266



Giovanni's Italian Ristorante

Pizzeria

- ➔ At Macdonalds Aviemore Centre.
- 🚗 Ample parking on tarmac.
- ❶ Italian restaurant with Pizzas, pastas
Wheelchair accessible toilet.
- 📶 0344 879 9152



Glenmore Lodge - Bar

Bar

- ➔ At Glenmore Lodge Outdoor centre.
- 🚗 Parking on tarmac.
- ❗ Come and enjoy a great bar meal and drink while overlooking the Cairngorm Mountains.
- 📶 01479 861256



La Taverna

Bar - Restaurant

- ➔ On B9152, South end of village.
- 🚗 Dedicated park bays and can draw to entrance.
- ❗ Italian food, all-day buffet and bar.
Level entrance. Wheelchair accessible toilet
- 📶 01479 810 683



Macdui's

Bar and Restaurant

- ➔ Next to the railway Station, south end of village.
- 🚗 Disabled parking on tarmac and at railway.
- ❗ Offering, large varied menu and separate bar.
Wheelchair accessible toilet.
- 📶 01470 811 214



Mackenzies Inn

Hotel, Bar and Restaurant

- ➔ Near centre of village, opposite church
- 🚗 On tarmac adjacent to building.
- ❗ Bar and restaurant. Access, via internal ramp (4cm threshold) with double doors or at side next to car park. Wheelchair accessible toilet.
- 📶 01479 810 672



Mambos*Bar - Restaurant*

- ➔ High Street main shopping precinct.
- 🚗 Roadside parking or at nearby station (100m)
- ❶ Offering meals, snacks and fully licensed bar
Wheelchair accessible toilet. Level entrance.
- 📶 01479 811 670

**Roos Leap***Restaurant*

- ➔ At Railway Station, south end of village.
- 🚗 On tarmac, disabled bay at Railway Station.
- ❶ Comfort food, texmex, burgers etc.
Ramped entrance. Wheelchair accessible toilet.
- 📶 01479 811 161

**Route 7 Cafe***Cafe*

- ➔ Dalfaber Industrial Estate north end of town.
- 🚗 1 dedicated parking on tarmac at entrance.
- ❶ Breakfast, Lunches, Teas coffees cakes.
Wheelchair accessible toilets, internal lift to
cafe floor.

📶 01479 812 433

**Royal Tandoori***Restaurant / Take Away*

- ➔ Main Road in Aviemore at the south end.
- 🚗 Limited off road parking on tarmac close by.
- ❶ Traditional Indian sit in or take away restaurant.
Unassuming Asian dining room serving
dishes from around India, with a kids' menu.

📶 01479 811 199



Skiing Doo

Restaurant

- ➔ Main Road in Aviemore at the north end.
- 🚗 Parking street parking close by and further parking at the rear. Dedicated disabled bays.
- ❶ Casual, retro steak and burger restaurant with vegetarian options and a kids' menu.

📶 01479 810 392



Smithys Fish & Chip Shop *Restaurant / Take Away*

- ➔ Main Road in Aviemore opposite Tesco's.
- 🚗 Limited street parking close by.
- ❶ Established in 1981, situated in the centre of Aviemore traditional Fish & Chip restaurant, eat in or take away.

📶 01479 810 190



Snow Mountain Chinese

Take Away

- ➔ Along the main road near the Post Office.
- 🚗 Limited street parking close by.
- ❶ Chinese Takeaway, no sit in services.

📶 01479 810 705

Spey Valley Golf & Country Club *Bar & Functions*

- ➔ Off Dalfaber Drive at north end of village.
- 🚗 On tarmac with two disabled bays.
- ❶ Fine dining restaurant and bar meals
Level entrance through double doors
Wheelchair accessible toilet.

📶 01479 810 244



The Old Bridge Inn*Bar - Restaurant*

- ➔ On Dalfaber Road, close to Aviemore centre.
- 🚗 On compacted grit adjacent to, or across road from building.
- ❶ A la carte, grill and bar meals. Ramped access at front of building (may need assistance).
- 📶 01479 811 137

**The Chippy***Take Away*

- ➔ North End of Aviemore near the Co op.
- 🚗 Off road street parking close by.
- ❶ Traditional Fish & Chip takeaway restaurant.
- 📶 01479 811 822

The Coffee Corner*Coffee Shop*

- ➔ Grampian Road, central Aviemore.
- 🚗 Limited off street parking close by.
- ❶ Long established local coffee shop serving light hot and cold snacks. Disabled access with a wheel chair is tight, but possible and staff will happily assist. Wheelchair accessible toilet.
- 📶 014 79 810 564

**The Coffee Pot***Coffee Shop*

- ➔ Grampian Road, near the Post Office.
- 🚗 No direct spaces but parking is possible close.
- ❶ Cafe popular with locals. Simple menu with light hot and cold snacks. Wheelchair accessible toilet. Access is via a small single step.
- 📶 014 811 351



The Druie

Restaurant / Cafe

- ➔ Mountain Road at Rothiemurchus Visitor Centre.
- 🚗 Parking on tarmac close to entrance.
- ① The Druie Restaurant Cafe is open daily 9.30am - 5.00pm for breakfasts, tasty lunches, locally roasted coffee and homemade cakes. With a focus on Estate grown Highland beef, velvety venison and rainbow trout from the Estate accompanied by seasonal produce grown by specialist artisan producers locally and further afield, served in a relaxed, friendly environment. Level access, and disabled toilet.

📶 01479 810005



The Ptarmigan Restaurant

Restaurant



- ➔ On the Cairngorms end of the Ski road (1250ft) 7 miles east of Aviemore.
- 🚗 The car park is situated at 635m/ 2083 feet above sea level. Parking is on firm grit, however during the winter season there may be snow and ice. Disabled parking is situated near the main entrance.
- ① The Ptarmigan Restaurant is located at the top station at 1097m/3599 feet being the highest restaurant in the UK. Access is via the Mountain funicular and then a lift to the exhibition, shop, viewing terrace and then restaurant.

📶 01479 861 311





Sports, Outdoor Activities and Attractions

Cairngorm Brewery

Visitor Centre

- ➔ Off Dalfaber Drive at Dalfaber Industrial Est.
- 🚗 Level parking on tarmac close to entrance.
- ❗ Tour of mash room but platform to see inside the vats is not wheelchair accessible. Wheelchair accessible toilet available in other building close by. Booking advised .

📶 01479 813 303



Cairngorm Mountain

Visitor Centre



- ➔ On the Cairngorms end of the Ski road (1250ft) 7 miles east of Aviemore.
- 🚗 Parking on firm grit (can be snow and ice in the winter). Disabled parking close to entrance.
- ❗ The funicular is an experience not to be missed for wheelchair users including most powered chair users. There is a maximum of 3 manual wheelchairs on each journey. There is a lift from the car park to the station platform and level access to the carriage. The journey up the steep track to the top station which sits at over 3500ft is slow and smooth and the views are incredible.

📶 01479 861 261



Cairngorm Sled Dogs

Visitor Centre



- ➔ Located off the main Mountain road to the Cairngorms 3 miles east of Aviemore.
- 🚗 Parking is on dirt track and loose gravel.
- ❗ A unique adventurous experience with a team of Husky dogs, with magnificent views. No snow needed. No steps but wheelchair users may need assistance to negotiate some areas to visit dogs. They use a variety of equipment to provide extra security for disabled participants. Summer visits to log shelter museum, video show and kennel tours by booking only as with all dog sled trips where it is essential to discuss feasibility with good care at time of booking as weather conditions can be extreme and client may need to be lifted. No disabled toilet.

📶 07767 270 526 www.sled-dogs.co.uk

Cairngorm Reindeer Centre

Visitor Centre

- ➔ At Glenmore along the Mountain road to the Cairngorms 7 miles east of Aviemore.
- 🚗 Parking adjacent on firm grit.
- ❗ Reindeers, paddock, shop and museum. Wheelchair accessible to paddock, portable ramp available to shop. Wheelchair accessible toilets available at Glenmore Visitor Centre. Because of the Reindeer no dogs, including guide dogs are allowed in the paddocks

📶 01479 861 228



Coylumbridge Hotel Swimming Pool

- ➔ At the Hilton Coylumbridge Hotel east of Aviemore along the road to the Cairngorms.
- 🚗 Parking on tarmac with 4 disabled bays.
- ❶ Pool for children and adults with assistance and with wheelchair accessible toilet.

📶 01479 810661



Disability Snowsport UK



- ➔ Glenmore Lodge Grounds, 0.75 of a mile from Glenmore Village, 8 miles from Aviemore.
- 🚗 On tarmac with disabled spaces
- ❶ We work to make sure anyone with a disability, may it be learning, sensory or physical, can ski or snowboard alongside other people. We are a membership organisation, and welcome anyone of any levels.

📶 01479 861272 - www.disabilitysnowsport.org.uk

Glenmore Forest Park VC

Visitor Centre

- ➔ At Glenmore along the Mountain road to the Cairngorms 7 miles east of Aviemore.
- 🚗 2 disabled bays on tarmac in upper car park
- ❶ Bridge to tarmac path with level entrance to exhibition, and cafe. Wheelchair accessible toilet.

📶 01479 861 220



The Fun House

Kids Play



- ➔ At the Hilton Coylumbridge Hotel east of Aviemore along the road to the Cairngorms.
- 🚗 Parking on tarmac with 4 disabled bays.
- ❶ Cafe area and games room are accessible but not the actual soft play apparatus. Wheelchair accessible toilet.

📶 01479 813 081



Rothiemurchus Estate

Visitor Centre



- ➔ Located 1/2 a mile east of Aviemore along the Mountain road to the Cairngorms.
- 🚗 Parking on tarmac adjacent to building, with 1 dedicated disabled bay
- ❶ Shop, Cafe, activity information centre. Small threshold on level access. Narrow door will accommodate standard wheelchairs. Wheelchair accessible toilet.

📶 01479 812 345





- ➔ Located in the centre of Aviemore.
- 🚗 Parking on tarmac adjacent to the station.
- ❗ By foot the Strathspey Railway Platform 3, can be accessed by crossing the footbridge located at the mainline station. By car access is via Dalfaber Road, past the Old Bridge Inn. A level crossing via a long gradual ramp is provided. Level entrance to Ticket Office. Please telephone in advance and notify station staff on your arrival. Wheelchair friendly accommodation on board is limited to Guard's Van with a very limited number of seats available. Station guard staff will be available to assist any visitors who may be restricted to travelling in the Guard's Van. No disabled access to toilets on board carriages. Fine Dining carriages are not wheelchair accessible. Wheelchair accessible toilet at station only.

📶 01479 810 725



Aviemore Highland Resort

- ➔ Centre of village.
- 🚗 Parking on tarmac with designated spaces.
- ❶ Full disabled facilities. Walk in pool and soft play area.
- 📶 01805 125 5455



Aviemore Bowling Club

- ➔ North end of the village of Dalfaber Road.
- 🚗 Tarmac car park adjacent.
- ❶ Ramp to main entrance, path to outdoor green suitable for wheelchair users. Wheelchair accessible toilet.
- 📶 07974 033036



Clay Pigeon Shooting



- ➔ Rothiemurchus Estate, 1 mile east of Coylumbridge, 5 minutes from Aviemore.
- 🚗 Ample parking on grit.
- ❶ Shooting ground accessible with assistance, by sloping path. 2 steps to enter building if required. Step to enter toilet.
- 📶 01479 811 272

Glenmore Lodge National Outdoor Centre

- ➔ 0.75 of a mile from Glenmore Village, 8 miles from Aviemore.
- 🚗 On tarmac with disabled spaces.
- ❶ Facilities include wheelchair accessible toilets, gym, Lochain bar. They are fully committed to the inclusion of people with disabilities in all aspects of the Centre. They will attempt to minimise the difficulties and help overcome the barriers that current and potential Centre users may face.

📶 01479 861 256



Osprey Fishing School

- ➔ Avielochan, 1 mile north of Aviemore.
- 🚗 On gravel track beside lochan
- ❶ Not suitable for wheelchairs; however instructor has lots of experience teaching fly fishing to ambulant disabled and visually impaired people.

📶 01479 810 632

Rothiemurchus Fishery

- ➔ 1/2 a mile east of Aviemore.
- 🚗 Parking available on firm gravel.
- ❶ Firm Grit path to 3 platforms for Wheelchair users. Ramped entry to shop. All accessible with assistance. Wheelchair accessible toilet. 2 artificial lochans stocked with rainbow trout. Open all year. Rods and permits available.

📶 01479 810 703



Boat of Garten



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Boat of Garten, a small Highland village, a few miles north of Aviemore just off the A95. Over the years the village has gained the reputation as the Osprey village thanks to the RSPB osprey wildlife centre situated at Loch Garten. The village runs along a main road and is paved through out the village centre on both sides of the road. At road junctions there are dropped kerbs but no tactile footings to aid the sight impaired. There are no pedestrian crossings.

For such a small village it offers lots of good local and visitor services. There are a couple of local shops, a cafe and two restaurants. There is a large hotel and bed and breakfast accommodation.

The village is serviced by local buses that run between Grantown-on-Spey and Aviemore, and there is train services in Aviemore. However there is the tourist steam train, that runs to and from Aviemore.

Information - www.boatofgarten.com



Accommodation

In all cases we advise that you clarify all details of accessibility to suit your own requirements

Alba Highland Cottages *Self Catering*

- ➔ Chapelton, Boat of Garten PH24 3BU
- 🚗 Ample square footage and parking
- 📍 2 houses accessible for assisted wheelchair use.
- 📶 01505 842 062



Pilmuir Cottage *Self Catering*

- ➔ 1 mile north of Boat of Garten PH24 3BX
- 🚗 Park close by.
- 📍 Accessible for assisted wheelchair use.
- 📶 01467 671 437 www.speysidecottage.co.uk

The Boat Hotel *Hotel*

- ➔ South end of village at Boat Hotel .
- 🚗 Off road parking adjacent to hotel.
- 📍 Portable access ramp on request.
- 📶 01479 831 258 www.boathotel.co.uk



Banks & Post Offices

Boat of Garten Post Office & Shop

- ➔ On the main road in Boat of Garten
- 🚗 Street parking close by
- 📍 Level entry. Post office and general store.





Churches & Church Hall

St Columba's Church and Church Hall

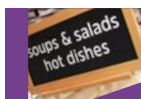
- ➔ Main road in the centre of Boat of Garten
- 🚗 Park up to church door on concrete ramp or on street or on gravel car park behind church.
- ❶ Ramped entrance. Disabled toilet. Induction loop. Large print hymnals
- 📶 01479 821 252



Community Halls & Council Service Points

Boat of Garten Community Hall

- ➔ North end of village turn off main road .
- 🚗 Tarmac parking with 2 disabled bays.
- ❶ Fully accessible. Excellent hall with good disabled friendly facilities.
- 📶 01479 831 123



Restaurants, Bars, Coffee Shops & Takeaways

1896 Tearoom and Gallery

Restaurant

- ➔ Beside Post Office in main street.
- 🚗 On tarmac adjacent to building. Designated disabled bay
- ❶ Level entrance at side. Wheelchair accessible toilet. Offering, light meals, coffees and baking.
- 📶 01479 831 111



Dow's Store and Osprey Cafe

- ➔ North end of the main road in Boat of Garten
- 🚗 Outside street parking
- 📍 Ramp access. Shop and cafe. Snacks and drinks. Wheelchair accessible toilet.
- 📞 01479 831225



Sports, Outdoor Activities and Attractions

Loch Garten RSPB Osprey Centre



- ➔ At Loch Garten east of the village.
- 🚗 Free parking on soft surface Blue Badge bays.
- 📍 Open April September. Entrance fees payable. RSPB members and carers free. Two manual wheelchairs available on request. Registered assistance dogs only welcome in Centre. Staff always present. Site manager has received disability awareness training.

📞 01479 831 476



Strathspey Railway Boat of Garten

- ➔ At railway station in centre of village.
- 🚗 On tarmac beside adjacent to platform.
- 📍 Level to platform at side of building. Wheelchair accessible toilet.

📞 01479 810 725





Carrbridge



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The village of Carr-bridge, situated below the Monadhliath Mountains, has something to suit all ages and activity levels. Try an amble through the forest, or one of the more strenuous hill walks. For Munro baggers – take your pick. There is a plethora of offroad bike tracks and winter sports are on offer at the Cairngorm ski-resort. Or why not potter around the nearby villages of Grantown-on-Spey or Aviemore, with shops offering a range of quality, bespoke goods.

The main street runs straight and is level with good pavements down both sides of the road. But the pavements are not wide, and there are not tactile footings. There are no pedestrian crossings and in the summer the main street can be very busy due to the traffic visiting the Landmark tourist attraction.

Information - www.visitgrantown.co.uk



Banks & Post Offices

Carr-Bridge Post Office

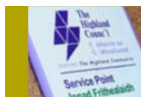
- ➔ In the Spar Shop, north end of the village.
- 🚗 Restricted roadside parking.
- ❗ Through shop. Stairs down to the Post Office.
- 📶 01479 841 201



Churches & Church Hall

Carr-bridge Parish Church (Cof S)

- ➔ On main road at centre of village.
- 🚗 Adjacent at top of steep drive.
- ❗ Portable ramp available. Disabled toilet.
Induction loop. Large print hymnal
- 📶 01479 831 252



Community Halls & Council Service Points

Carr-Bridge Community Hall

- ➔ Off main road at centre of village.
- 🚗 On grit up moderate slope. Disabled space.
- ❗ 2m ramp or level entry to side door.
Wheelchair accessible toilet.
- 📶 01479 841281



Carr-Bridge Public Toilets

- ➔ Adjacent to public car park, village centre.
- 🚗 1 disabled parking bay on nearby Tarmac.
- 📞 Open all year, 24 hours a day.



Fuel Stations

Old Bridge Garage

- ➔ North end of the village along the main road.
- 📞 Petrol, diesel, small shop. Vehicle repairs.
- 📞 01479 841 277



Restaurants, Bars, Coffee Shops & Takeaways

Carr-bridge Kitchen Restaurant

- ➔ Centre of the village along the main road.
- 🚗 Limited road side parking.
- 📞 Easy access via the front and rear, Disabled accessible toilet.
- 📞 01479 841 442



Jakes Bar and Restaurant

- ➔ North of the Village at the Lochanhully Woodland Club.
- 🚗 2 disabled bays next to building
- 📞 Restaurant bar with an extensive menu from breakfast to late dinners .
Shared wheelchair accessible toilet. Ramp available for patio entrance.
- 📞 01479 841 290



The Old Bakery

➔ Centre of the village along the main road.

🚗 Limited road side parking

❶ Light meals, coffees and home baking
Wheelchair accessible toilet.

📶 01479 841 320



Sports, Outdoor Activities and Attractions

Landmark Forest Theme Park



➔ On main road at the north end of the village.

🚗 Lots of parking on a soft surface level ground.

❶ Set in 30 acres of native pinewood Landmark offers a host of adventurous activities and fun things to see and do for all ages. The site offers a host of easy access disabled facilities, parking, toilets and assistance. Wheelchair or walking-restricted access around the whole site is good with the exception of: The Tower and within Ant City, RopeworX, the Water-coaster and the Tarzan Trail.

📶 01479 841 613. www.landmarkpark.co.uk



Carr-bridge Studios

➔ North end of the village on the main street.

🚗 Restricted roadside parking.

❶ Working Artists Studio and Gallery.

📶 01479 841 687

Dalwhinnie



Lying north of Drumochter, just off the A9 Dalwhinnie is about 2½ hours drive from both Edinburgh and Glasgow, and 25 miles south of Aviemore.

The area is teeming with wildlife and there are walks along the River Truim and in Cairngorm and Monadhliath Mountains.

As a small outlying village, local services are basically zero, but there is one major feature, Dalwhinnie Distillery home to a famous Highland Single Malt Whisky.

The village stretches along flat straight street with a separate pavement most of the way that has dropped kerbs but only with only one tactile area. The north end of the pavement is far better than the southern end of a very long street.

There is a train station but with limited services and no disabled assistance. The village is serviced by local and intercity buses.



Restaurants, Bars, Coffee Shops & Takeaways

The Toll House

- ➔ North end of the village along the station road.
- 🚗 Gravel car park.
- ❗ Family owned cafe, tea room, with disabled toilet. Ramp access for wheelchairs.
- 📶 01528 522 291



Fuel Stations

Dalwhinnie Filling Station and Shop

- ➔ South end of the village along the main road.
- 🚗 Hard packed car park, but no dedicated bays.
- ❗ Small local fuel station with post office and shop that sells hot and cold snacks and drinks. Disabled toilet, level entry via a manual door
- 📶 01528 522 311



Sports, Outdoor Activities and Attractions

Dalwhinnie Distillery

- ➔ Located off the A889 1.5 miles from village.
- 🚗 Parking on tarmac with 3 disabled bays.
- ❗ The distillery is open to all but tours are not accessible to wheelchairs but there is a DVD virtual show tour. Level entry with wheelchair accessible toilets and braille visitor guides.
- 📶 01540 672 219



Dulnain Bridge

Dulnain Bridge is a small community centred around the River Dulnain which passes through the village. There are no local services, although there is a very good hotel. Grantown is also only a few miles away, with a host of facilities.

<http://www.dulnainbridge.com>



Accommodation

In all cases we advise that you clarify all details of accessibility to suit your own requirements

Muckrach Lodge hotel

Hotel

- ➔ 1.5 miles north of Dulnain Bridge.
- 🚗 Gravel car park.
- ❗ Accessible for ambulant disabled people.
Access Statement available on line
- 📶 01479 851 227. www.muckrach.com

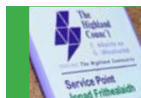


Churches & Church Hall

Parish Church (Church of Scotland)

- ➔ On A938 east end of the village.
- 🚗 Ample parking on tarmac (25m)
- ❗ 2 steps, portable ramp available. Induction loop and amplification system. Large print hymnals.
Ramp to toilet suitable for wheelchairs at rear.
- 📶 01479 872 084.





Community Halls & Council Service Points

Dulnain Community Hall

- ➔ Beside Church on A95, east end of the village
- 🚗 On firm grit adjacent to hall.
- ❗ Ramp and hand rail to side. Wheelchair accessible toilet. Induction loop
- 📶 01479 872 084.



Restaurants, Bars, Coffee Shops & Takeaways

Clootie Dumpling Tearoom

Currently being redeveloped.

- ➔ Off A95, 3 miles south of Dulnain Bridge.
- 🚗 2 disabled bays on firm Grit
- ❗ Ramped to main entrance of centre then a further internal ramp to tearoom. Wheelchair accessible toilet. Coffees, lunches afternoon tea, a huge variety of clootie dumplings.
- 📶 01479 851 359.



Sports, Outdoor Activities and Attractions

Speyside Heather Centre

Currently being redeveloped.

- ➔ Off A95, 3 miles south of Dulnain Bridge
- 🚗 2 disabled bays on firm grit.
- ❗ Currently being redeveloped.

Grantown-on-Spey



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Grantown on Spey is situated in the centre of the Scottish Highlands, 14 miles from Aviemore. A traditional Highland town on the River Spey, the town is surrounded by ancient woodlands, much of which is community owned and which offers a unique habitat for a wide variety of wildlife. The town's Square and High Street are lined with unique, independent and interesting shops and there are numerous cafes, bars and restaurants offering a wide range of meals, drinks and snacks to suit all tastes and pockets.

The main high street sits on a slight incline, but its still managabe in a wheel chair. There are assisted traffic lights in the centre of the town and the pavements do have lowered kerbs with some having tactile footings.

Information - www.visitgrantown.co.uk



Accommodation

In all cases we advise that you clarify all details of accessibility to suit your own requirements

Grant Arms Hotel

Hotel

➔ 25 The Square PH26 3HF.

① 2 adapted rooms for independent wheelchair use. Pending, vibrating alarm pillows.

📶 01479 872 526. www.grantarmshotel.com



Kinross House

B&B

➔ Woodside Avenue PH26 3JR.

① Accessible for assisted wheelchair use. one double downstairs room which is suitable for a wheel chair and a guide dog. This room has a private bathroom which is about 3 feet from the room but does not have a disabled toilet. Small step to access path and front door.

📶 01479 872 042. www.kinrosshouse.co.uk



Banks & Post Offices

Bank of Scotland

➔ On the high street close to town square.

🚗 Restricted road side parking.

① Level entry. Automatic doors. Induction loop. Large print available, adapted writing desk. Special needs pen/pencil grips.



TSB

- ➔ On the high street in the centre of the village.
- 🚗 Restricted on street.
- ❶ Slight lip on entrance but okay for wheelchairs.
- 📶 01479 661 197



Churches & Church Hall

Inverallen Church (Church of Scotland)

- ➔ On Church Avenue, north end of the village.
- 🚗 On-street or within church grounds on tarmac.
- ❶ Ramped entry. Disabled toilet. Induction loop. Large print orders and hymn books
- 📶 01479 873 376



Baptist Church

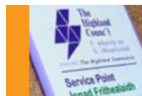
- ➔ On the high street at first set of traffic lights.
- 🚗 On-street.
- ❶ 1 small step to enter. Induction loop. Hymns and order projected onto screen overhead.
- 📶 01479 872 084



St Anne's Catholic & St Columba's Episcopalian

- ➔ Main road near at the south end of town.
- 🚗 Roadside parking or use turning bay inside church grounds if necessary.
- ❶ Ramped entry. Disabled toilet.
- 📶 01479 831 365





Community Halls & Council Service Points

Granttown YMCA Community Hall

- ➔ On the high street at south end of the town.
- 🚗 Limited on-street parking. A public carpark is located 50 metres away.
- ❶ Ramped entrance, number of swing double doors in hallways, no wheelchair accessible toilets, nearest public facilities are along the high street, 50 metres away.

📶 01479 872 262



Highland Council Service Point

- ➔ Town house, upper end of Square.
- 🚗 1 disabled bay is along side the building on the main street or next to building.
- ❶ Level entry and automatic internal door.
Open between 9am & 12pm

📶 01349 886 606



Doctors, Dentists & Health Centres

Ian Charles Hospital - Doctors & Dentist

- ➔ On the A939 at the far end of town.
- 🚗 Ample parking on tarmac. 4 disabled spaces.
- ❶ Ramped entry, ring bell for assistance.
Toilet suitable for wheelchair users.

📶 01479 872 484



Your Perfect Smile

➔ Behind Grant Arms Hotel in the Square.

🚗 Gravel based hard car park.

❶ Ramped entrance, with hand rails.
Toilet suitable for wheelchair users.

📶 01479 872 107



Fuel Stations

Esso Fuel Station

➔ Located on Spey Road in the centre of town.

🚗 Off street parking.

❶ The shop and pay point is very tight and not good for wheelchair use. Petrol, diesel, convenience shop, wood and coal. Car wash.



Gardens, Walks & Trails

Anagach Woods



➔ On the outskirts of the town.

🚗 Park near the woods entrance.

❶ Next to the golf course Anagach Woods is a network of way-marked walks. There are three colour-coded easy walks along flat paths which are suitable for wheelchair users.

Kylintra Meadows



- ➔ Southern end of the High Street.
- 🚗 Park entrance and around Grantown..
- ❶ A few minutes walk from the town centre, has to be one of the finest centre-pieces of any of the towns or villages in the Cairngorms National Park. The meadows are rich with plant life, not to mention birds - many of which can be seen swimming around the small lochan in the centre of the park. Access is from a number of areas within the village and at each there is a map and well-informed board giving precise details on all the features.



Public Services & Facilities

Grantown Public Toilets

- ➔ At Burnfield car park.
- 🚗 On tarmac.
- ❶ Open April to October 8am to 5pm.
Radar key at other times.
*Nightly facility all year for wheelchair users at Ian Charles Hospital.



LloydsPharmacy

- ➔ 69 High St, Grantown-on-Spey
- 🚗 Restricted parking near the building.
- 📶 01479 872006



Restaurants, Bars, Coffee Shops & Takeaways

Ice Cream Parlour

- ➔ On High Street.
- 🚗 Roadside or at Burnfield Car Park (400m).
- 📍 Offering: Meals, coffees, ice cream menu.
Level entrance. Wheelchair accessible toilet.
- 📶 01479 872 001



Just Delicious Tea Room



- ➔ On High Street.
- 🚗 Roadside or at Burnfield Car Park
- 📍 Offering: Light Lunches, drinks & take aways.
Level entrance. Wheelchair accessible toilet with low wash basin. Hand rail leading down to toilets. Open from 10am Mon to Sat.
- 📶 01479 872 001



Maclean's Highland Bakery

➔ On Town Square.

🚗 Roadside, adjacent to building.

① Cafe and tea room Level entrance . Wheelchair accessible toilet. 7 days 8;30 to 4pm.

📶 01479 873 827



No 7 Bistro

➔ On Town Square.

🚗 Roadside, adjacent to building.

① Licensed restaurant, Level entrance (3cm lip). Wheelchair accessible toilet.

📶 01479 872 087



The High Street Merchants

➔ On High Street, south end of town.

🚗 Roadside or at South Car Park (100m).

① Light meals, baking and coffees. Level entry. Wheelchair accessible toilet.

📶 01479 872 246



The Wee Puffin

➔ On High Street.

🚗 Roadside or at Burnfield Car Park (350m)

① Meals, snacks and coffees. Level entrance. Wheelchair accessible toilet.

📶 01479 873377





Sports, Outdoor Activities and Attractions

Craggan Fishery and golf course

➔ Of the A95 close to the towns outskirts.

🚗 Large car park

❶ Craggan Outdoors has a splendid 9 hole par 3 golf course and a pitch and putt course for complete beginners to accomplished low handicappers. There are a few 'inviting' water hazards on the course, which surrounds a trout fishery, where osprey can often be seen looking for a meal.

Wheelchair accessible toilet.

📶 01479 873377



Craig Maclean Centre

➔ Along the road next to the Grammar School.

🚗 On tarmac with 2 disabled bays.

❶ The Craig Maclean Leisure Centre opened in April 2007 and named in honour of Grantown on Spey's Olympic cyclist the centre caters for all ages and levels of ability providing quality facilities and boasting an impressive range of affordable activities. Our professionally trained teams are dedicated to fulfilling your leisure needs. Level entry. Fully accessible with disabled changing facilities. Ladder entry to pool with handrails. Hoist is available. Open to public when not in school use.

📶 01479 870 281. www.highlifehighland.com



Granttown Heritage Cnt Tourist Information Centre



- ➔ Off Burnfield Car Park at north end of town.
- 🚗 Large public car park opposite or one space adjacent to building.
- ❶ Firm gravel sloped approach to gentle ramp and level entry. Wheelchair accessible toilet.
- 📶 01479 870477



Granttown Golf Club



- ➔ Off Burnfield Car park at north end of town.
- 🚗 Large public car park with dedicated disabled bays opposite and adjacent to the building
- ❶ Established in 1890 Granttown-on-Spey 18 hole Golf Club is one of the finest golf venues in Cairngorm National Park. Wheelchair accessible toilet.
- 📶 01479 872 478. www.granttownonspeygc.co.uk





Kincaig

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Kincaig is small village sandwiched between Kingussie and Aviemore.

The village has a host of unique attractions, from the Highland Wildlife Park, Loch Insh Water Sports, Alvie Estate with its Zip wire, a gliding school, sheep dog trials, and Ospreys, making it a perfect location to visit

The village is a disjointed which means its not a place where you can move around easily if you are in a wheel chair, as pavements do not always link up, nor is there any pedestrian crossing or tactile dropped kerbs. Some parts of the village don't have pavements.

Kincaig is a satellite village so it doesn't offer any local government services, such as doctors and council facilities, but there are local and intercity buses which may stop in the centre. Sadly, there are no longer any shops, but there are two pubs, and a restaurant.

Information - www.visitkincaig.com



Accommodation

In all cases we advise that you clarify all details of accessibility to suit your own requirements

Loch Insh Chalets

Self-Catering

- ➔ On the banks of Loch Insh.
- 🚗 Parking on Tarmac, with disabled bays.
- 📍 Adapted chalets accessible for independent wheelchair use.
- 📞 01540 651 272. www.lochinsh.com



Lagganlia Outdoor Centre

Self-Catering

- ➔ 2 miles from the village.
- 🚗 Ample parking on tarmac.
- 📍 Chalet accessible for ambulant disabled.
- 📞 01540 651 265.



Churches & Church Hall

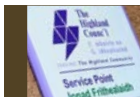
Insh Church (Church of Scotland)

- ➔ Off 89152, 1/2 mile east of Kincaig.
- 🚗 Tarmac road to top car park, hard packed grit.
- 📍 Gravel and grass path. Level entrance. Induction loop. Large print bibles and hymnals. Portable toilet outside.
- 📞 01540 661 918.



Kincraig Church Hall

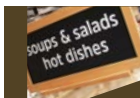
- ➔ Opposite the war memorial.
 - 🚗 Ample parking on tarmac.
 - ❶ Ramped entrance. Induction loop and projected presentations. Toilets
- 📶 01540 661 918.



Community Halls & Council Service Points

Kincraig Community Hall

- ➔ Off the B9152 on Suidhe Crescent.
 - 🚗 On loose gravel. Can draw up at main door or use pavement from side road to entrance.
 - ❶ Fully accessible Wheelchair accessible toilet. The hall is used for all sorts of local events and can be booked by individuals to cater for own requirement and needs
- 📶 01540 651 663.



Restaurants, Bars, Coffee Shops & Takeaways

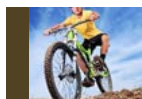
Loch Insh Outdoor Centre

- ➔ Off B970, 1/2 mile east of Kincraig.
 - 🚗 Tarmac road to top car park, hard packed grit.
 - ❶ Family owned Boathouse Bar and Restaurant on the shores of Loch Insh, offering breakfast, lunch and late evening meals. Restaurant, bar and toilets are all wheelchair accessible
- 📶 01540 651 272 www.lochinsh.com



Suidhe Lodge

- ➔ Off B9152, in the centre of Kinraig.
- 🚗 Gravel car park with level access to the bar.
- ❶ Small family owned local bar open to all.
Small bar, but will accommodate a wheelchair.
- 📶 01540 651344 www.suiehotel.com



Sports, Outdoor Activities and Attractions

Highland Wildlife Park

- ➔ Off B9152 5km South of Kinraig.
- 🚗 Disabled parking close to main visitor centre.
- ❶ Disabled toilet. Some of the animals can be viewed from a car in the large drive through area. Upgraded pathways at Polar Bear enclosure and in the Wildcat section. The park is steep and rugged so it can make getting around quite strenuous. Disabled visitors are offered free admission for accompanying carer. Transport available to take disabled groups.

📶 01540 651 270 www.highlandwildlifepark.org.uk



Loch Insh Outdoor Activities

- ➔ Off B970, 1/2 mile east of Kinraig.
- 🚗 Tarmac road to top car park, hard packed grit.
- ❶ 20m concrete ramp to the beach and landing stage. Prepare to be lifted. The centre has had experience catering for disabled participants. Wheelchair accessible changing facilities.

📶 01540 651 272 www.lochinsh.com



Kingussie



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Kingussie a small town, with a big heart and friendly attitude. Disabled visitors are well catered. Access around the town is good. The high street has a flat level pavement on both sides and can accommodate wheel chairs with tactile dropped kerbs. However, the pedestrian crossings are silent and do not bleep to assist the visually impaired. Off the high street to the west, the town is laid out on a hill, which in places is very steep, and will pose some problems for wheelchair users if you want to take a stroll.

Kingussie railway station is about 200 yards from the High Street, but only one platform is disabled friendly. Intercity and local buses stop at various bus stops along the high street.

Information - www.kingussie.co.uk



Accommodation

In all cases we advise that you clarify all details of accessibility to suit your own requirements

Arden House

B&B

- ➔ Newtonmore Road, Kingussie PH21 1 HE.
- ❶ Accessible for assisted wheelchair use.
- 📶 01540 661 369. www.arden-house.info

Columba House Hotel

Hotel

- ➔ Manse Road PH21 1JF.
- ❶ Accessible for assisted wheelchair use.
- 📶 01540 661 402. www.columbahousehotel.com

The Duke of Gordon Hotel

Hotel

- ➔ Newtonmore Road PH21 1 HE.
- ❶ Accessible for assisted wheelchair use.
- 📶 0845 644 1781. www.dukeofgordonhotel.co.uk



Banks & Post Offices



Kingussie Post Office

- ➔ On King Street in the local newsagents.
- ❶ Street parking with disabled space.
- 📶 01540 661553





Churches & Church Hall

Parish Church & Church Hall

- ➔ North end of the village.
- 🚗 Street parking, and grass in church grounds.
- ❗ Steep tarmac path or drive to church door.
Level entrance, induction loop.
- 📶 01540 662 327



St Columba's (Catholic)

- ➔ South end of the village.
- 🚗 Roadside or at Ardvonie Car Park (100m).
- ❗ Single step to enter back entrance.
- 📶 01540 661 322



Badenoch Free Church of Scotland

- ➔ Ruthven Road near the station.
- 🚗 1 disabled bay in adjacent car park.
- ❗ Front door is heavy. Disabled toilet.



Community Halls & Council Service Points

Highland Council Kingussie

- ➔ Office at the Court House on the high street.
🚗 Street parking but no dedicated bays.
- ❗ Ramp access with automatic doors. Level entry. Disabled toilet but difficult to access.
- 📶 01349 886606



Kingussie Community Hall - Talla nan Ros

➔ King Street, off the high street.

🚗 Restricted street parking with one dedicated bay on King Street (not in front of building). ⓘ Paved ramp. Wheelchair accessible toilet.

☎ 01540 661 228

The Badenoch Centre

➔ Spey St, Kingussie.

🚗 2 disabled bays outside the entrance.

ⓘ Level access, automatic door. Sports hall, and Library. Disabled toilets on two floors.

☎ 01540 600 351



Doctors, Dentists & Health Centres

Doctors Surgery Kingussie

➔ Ardvonie Car Park, south end of the village.

🚗 2 disabled spaces beside the building.

ⓘ Ramped entry. Toilet suitable for wheelchairs.

☎ 01540 544 288

Inspire Dental

➔ Gynack Street, Kingussie PH21 1EL.

🚗 Limited close by street parking

ⓘ Level access and tight space inside. No wheelchair accessible toilet.

☎ 01540 661 280



Gardens, Walks & Trails

Duke of Gordon Gardens

- ➔ Between High Steet and Spey Street.
- 🚗 Car Park behind Duke of Gordon Hotel.
- 📍 Sloped ramped entrance Paths designed for wheelchairs, wide & level.

Glebe Ponds and Nature Walk

- ➔ North end of the village, off main road.
- 🚗 Roadside parking adjacent to entrance.
- 📍 Graded ramp to walk level, circular route.



Public Services & Facilities

Boots Pharmacy

- ➔ Along the high street.
- 🚗 Limited street parking outside.
- 📶 01479 810259



Caberfeidh Horizons

- ➔ Along the high street.
- 🚗 Limited street parking outside.
- 📍 Social Enterprise with charitable status.
- 📶 01540 661 000 www.caberfeidhhorizons.com



Kingussie Public Toilets

- ➔ At Ardvonie Car Park, at south end of the Village. RADAR key Scheme
- 🚗 Adjacent on tarmac surface





Public Transport Services

Kingussie Train Station

➔ Ruthven Road south end of town.

🚗 One dedicated disabled parking bay.

❶ Easy access to ticket office and the platform

but other platform not wheelchair accessible.

Disabled toilets during office opening hours.

Ramps are available for train access.

📶 0800 912 2901; 18001 0800 912 2901 (for the hard of hearing).



Restaurants, Bars, Coffee Shops & Takeaways

Cafe Bistro

➔ North end of the High Street

🚗 Street parking next to pavement outside.

❶ Offering: Lunches, high teas & evening meals.

Pavement to level entry. Wheelchair accessible toilet. Helpful assistance on request.

📶 01540 661 402



Joes Chippy

➔ Mid-way along the High Street.

🚗 Street parking close by.

❶ Offering: Superb traditional fish and chip shop, eat-in or take away.

📶 01540 662036 - Facebook



The Cross

- ➔ Off Ardbroilach Rd, 300m from town centre.
- 🚗 On tarmac close to entrance.
- ❶ Offering: Fine dining (dinner and lunches).
Level entrance. Wheelchair accessible toilet.
- 📶 01540 661 166



The Sugar Bowl

- ➔ Mid-way along the High Street.
- 🚗 Street parking close by.
- ❶ Offering: Wonderful family run Coffee shop with an extensive light food menu.
- 📶 01540 661 641 - Facebook



The Silverfjord Hotel

- ➔ On Ruthven Road, south end of town.
- 🚗 Paved car park outside hotel.
- ❶ Offering: Bar meals and al a carte. Level entrance. Wheelchair accessible toilet.
- 📶 01540 662 433



Sports, Outdoor Activities and Attractions

Cairngorms RDA Highland Horse Fun

- ➔ Behind the Railway Station, Kingussie
- 🚗 Large parking area.
- ❶ Offering: Local charity for adults and children with disabilities to have access to horses.
- 📶 01540 670000 www.highlandhorsefun.com



Kingussie Golf Club

- ➔ Along Gynack Road up the steep hill.
- 🚗 Two levels of level car park outside club.
- ❶ Offering: 18 hole golf course with club house.
Access to the Club House is via a short path from the car park. Disabled toilets available in the near by associated caravan park.
- 📶 01540 661 600 www.kingussie-golf.co.uk



The Iona Gallery

- ➔ Along Duke Street, PH21 1JG
- 🚗 Street parking near by.
- ❶ Public art gallery by local artists. Disabled access at the rear.
- 📶 01540 662900 www.theionagallery.co.uk



Ruthven Barracks



- ➔ Ruthven, 1 mile East of the town centre.
- 🚗 Limited car parking is available across the road from the Barracks.
- ❶ Offering: Ruthven Barracks were built by George II's government in the early 1700s after the failed Jacobite uprising of 1715. The troops stationed there were to maintain law and order and enforce the Disarming Act of 1716. Ruthven Barracks are free to visit and open year-round. No Wheel chair access.

Laggan



Laggan is in the Cairngorms National Park and featured as the fictional village of Glenbogle in the BBC TV drama series Monarch of the Glen where many of the locals took part in playing the minor background roles. The village has a Pottery Coffee Shop and Bunkhouse. .

Information - www.laggan



Accommodation

In all cases we advise that you clarify all details of accessibility to suit your own requirements

Gaskbeg Cottages

Self-Catering

➔ Gaskbeg Farm PH20 1 BS.

❶ Accessible for assisted wheelchair use.

📶 01528 544 336. www.gaskbeg.co.uk



Churches & Church Hall

Church of Scotland

➔ On main road through village.

❶ Tarmac car park adjacent to church

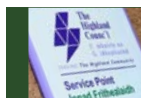
Access: Single step to enter. Ramp available

Induction loop and amplification systems.

Wheelchair space at front of church

📶 01540 673 238.

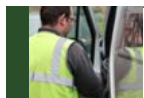




Community Halls & Council Service Points

Laggan Community Hall

- ➔ Off A86, turn at shop, then 300m past shop.
- 🚗 Roadside, or tarmac car park (40m)
- ❗ Steep downward ramp with rail at entrance.
Wheelchair accessible toilet
- 📶 07772 583 499.



Public Services & Facilities

Laggan Public Toilets

- ➔ Opposite village store, on the main road.
- 🚗 Adjacent to toilets on tarmac.
- ❗ Open all year, 24 hours.



Restaurants, Bars, Coffee Shops & Takeaways

Pottery Coffee Shop

- ➔ Reached of the A889 road.
- 🚗 Gravel surfaced car park. No dedicated bays
- ❗ Family run, warm and friendly coffee shop with a great selection of home baked foods for lunch and afternoon teas. Also incorporates a small retail shop.
- 📶 01528 544 231



Nethybridge



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Often affectionately referred to simply as “Nethy” the village has, since Victorian times been a tourist destination noted for its quiet and secluded location at the edge of the Abernethy Forest.

The village of Nethy Bridge lies 11 miles north of Aviemore. This is a small hamlet that twists and turns around the Abernethy Forest with the River Nethy running through the centre.

The village lay out means it lacks connected pavements making it a bit tricky in places for wheel chairs. There are no tactile surfaces on pavements, but there are at least lots of dropped down kerbs.

The village post office is well located and can be accessed with nearby parking. The community centre, which is close to the post office, is a 3 Star Visitor Attraction offering a host of facilities (local to Park-wide) including info on paths, Dell Woods National Nature Reserve and Cairngorms National Park and disabled toilet.

Information - www.nethybridge.com



Accommodation

In all cases we advise that you clarify all details of accessibility to suit your own requirements

Dell of Abernethy Cottages *Self-Catering*

- ➔ Dell Road PH25 3DL
- 🚗 Parking for East, Little and West Dell are on the left and south before you pass through the gates to Dell Lodge.
- ❗ Accessible for ambulant disabled people.
- 📶 01479 821 643. www.thedellofabernethy.co.uk



Lazy Duck Hostel *Hostel*

- ➔ Nethybridge PH25 3ED.
- ❗ Category 2 access for wheelchair users with assistance. Entrance ramps available and a self-wheeling shower chair on request.
- 📶 0131 618 6198. www.lazyduck.co.uk



Nethybridge Hotel *Hotel*

- ➔ Nethybridge PH25 3DP.
- 🚗 Parking outside of ramped entrance. 2 dedicated disabled parking bays.
- ❗ Accessible for assisted wheelchair use. Large traditional hotel with bar and restaurant. Ground floor rooms and lift to upper floors. vibrating pillows for adults or children with sensory processing disorders
- 📶 01479 821 203. www.strathmorehotels.com



Accommodation Continued:

Osprey House

Self-Catering

- ➔ Nethybridge PH25.
- ❶ Accessible for ambulant disabled people.
- 📶 01479 811 463.
www.highlandholidayhomes.com



Banks & Post Offices

Nethybridge Post Office



- ➔ At Nethybridge store, in centre of village.
- 🚗 Roadside parking close to entrance.
- ❶ Post office with the local Spar Shop
- 📶 01479 821 953



Churches & Church Halls

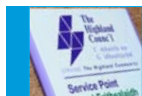
Parish Church (Church of Scotland)

- ➔ 300m up Dell Road.
- 🚗 Three paved spaces close to ramp.
- ❶ Gradual (5m) ramp to level entrance. Space for wheelchairs. Wheelchair available. Induction loop and amplification. Large print hymn book and orders. Toilet suitable for wheelchair users in adjacent church hall.
- 📶 01479 831 252.



Nethybridge Church Hall

- ➔ On Dell Road next to Church of Scotland.
- 🚗 Fine gravel car park or at paved area adjacent to hall.
- ❶ Level entry, toilet suitable for wheelchairs.
- 📶 01479 821280.



Community Halls & Council Service Points

Nethybridge Community Hall

- ➔ On Dell Road at centre of village.
- 🚗 Tarmac carpark adjacent. 2 disabled places
- ❶ Ramped access. Wheelchair accessible toilet
- 📶 01479 821 689.



Nethybridge Public Toilets

- ➔ Adjacent to village hall in Dell Road.
- 🚗 Tarmac, adjacent to hall, 2 disabled bays.
- ❶ All year: 24 hours.



Restaurants, Bars, Coffee Shops & Takeaways

Nethy House Cafe

- ➔ In the centre of the village by the bridge
- 🚗 Two disabled bays at rear
- ❶ Cafe and rooms
- 📶 07963 217793.



Newtonmore



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Newtonmore has a fair share of accommodation options along with two internationally known museums. The Highland Folk Museum showing life in the Highlands of Scotland and the Clan MacPherson Museum.

The high street is paved both side of the main road and passable with a wheelchair, and while there are lots of dropped kerbs there are no tactile pavements, nor are there any electronic pedestrian crossing with audio or visual signals.

The post office is easy to reach and access. The petrol station at the south end of the village is not really wheel chair friendly, although you will be able to get around. There is a train station but with very limited services and no disabled assistance. The village is serviced by buses.

Information - www.newtonmore



Accommodation

Balavil Hotel

Hotel

➔ Main Street PH20 1 DL

❶ Accessible for ambulant disabled people.
Pool.

📶 01540 673 220. www.balavilhotel.com



Croft Dhu Steading

Self-Catering

➔ Strone Road PH20 1 BA.

❶ Accessible for assisted wheelchair use.

📶 07921 729 249. www.croftholidays.co.uk



Crubenbeg House

Guest House

➔ Falls of Truim 3 miles south of Newtonmore

❶ Adapted room. Accessible for independent wheelchair use except for 4 steps into lounge.

📶 01540 673 300. www.crubenbeghouse.com



Strathspey Mountain Hostel

Hostel

➔ Main Street, Newton more PH20 1 DR

❶ Accessible for assisted wheelchair use.

📶 01540 673 694. www.strathspeymountainhostel.com





Banks & Post Offices

Newtonmore Post Office

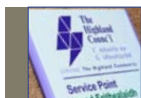
- ➔ On Main Street in the centre of the village.
- 🚗 On-street parking and limited level tarmac spaces beside building.
- ❗ Single step to enter.
- 📶 01540 673 201



Churches & Church Halls

St Bride's (Church of Scotland)

- ➔ Off the main road at centre of village.
- 🚗 Slightly sloping tarmac car park adjacent to church, or roadside parking.
- ❗ Wheelchair users enter by side door. Induction loop. Lightweight 4 wheeled walker with seat is available.
- 📶 01504 673 238



Community Halls & Council Service Points

Newtonmore Community Hall

- ➔ Location: On Main Street at centre of village.
- 🚗 Across main road behind Letterbox Restaurant (20m).
- ❗ Ramp with railings to enter. Public wheelchair accessible toilet adjacent.
- 📶 Email: janjohnson7@btinternet.com





Fuel Stations

Esso Fuel Station

- ➔ Located on the Main Road at the south end.
- 🚗 Off street parking but no dedicated parking.
- ❗ Accessible for assisted wheelchair use, but tight entrance via a sloped access. Petrol, Diesel, shop, wood and coal.



Gardens, Walks & Trails

Loch Imrich Trail

- ➔ In the village centre just off the high street not far from the bowling club.
- 🚗 Street parking near the walk.
- ❗ Open: Fully open to public access all year. The path is not suitable for wheelchair users. The walk is a pleasant sheltered one and a nice place to sit and relax on park benches.



Public Services & Facilities

Newtonmore Public Toilets

- ➔ Adjacent to village hall in the village centre.
- 🚗 Off street parking near to the toilets.
- ❗ Open: April to October 8am to 9pm
November to March 8am to 6pm.





Restaurants, Bars, Coffee Shops & Takeaways.

Antler Cafe

- ➔ Located along the main high street.
- 🚗 Street Parking, outside the cafe.
- ❶ Open daily. Serving teas, coffee and light meals. Disabled toilet.

📶 01540 673 798



The Wildflour Cafe

- ➔ Located along the main high street.
- 🚗 Street Parking, outside the cafe.
- ❶ Open: 10 to 4 pm daily. Serving teas, coffee and light meals. Disabled toilet. Access via a choppy side path that is easy to negotiate.

📶 01540 673 702



Ralia Cafe



- ➔ Located just off the A9 south of the village.
- 🚗 3 disabled bays.
- ❶ Open: 8 to 8 pm Serving teas, coffee and light meals. Access via a winding ramp from the car park. Disabled toilet on the ground floor.

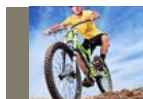
📶 01540 670 066



Newtonmore Grill

- ➔ On the southern out skirts of the village.
- 🚗 Large car park near but no reserved spaces.
- ❶ Open: Between 7 am to 10pm weeks with weekend variations. Traditional truckers cafe with a licensed bar. Disabled toilet and ramp access from car park.

📶 01540 673 702



Sports, Outdoor Activities and Attractions

Clan Macpherson Museum

- ➔ Main Street southen end.
- 🚗 Small easy to access car park at the rear.
- ❶ Admission is free. Assisted Wheelchair access is certified by Visit Scotland. Disabled facilities include access, parking and toilets. The entire exhibition is at ground floor level.

📶 www.clan-macpherson.org



Highland Folk Museum

- ➔ Main Street at the north end of the village.
- 🚗 Large car park with 5 disabled bays.
- ❶ Open: April to October. Free entry.
The museum offers an insight in to how Highland people lived and worked from the 1700s up until the 1960s! .
Toilets, Cafe, gift shop and a children's play ground can all be accessed in a wheelchair.

📶 www.highlifehighland.com



Further Afield

The following entries all cater for wheelchair users and are within easy driving distance of Badenoch and Strathspey.

For Access details please telephone before visiting.

Ballindalloch Castle Tel: 01807 500 206

Bridge of Avon. Off A95, 14 miles NE of Grantown

Balmoral Castle Tel: 01339 742 534

Nr Ballater. Off A98, 8 miles W. of Ballater

Baxters Highland Village Tel: 01343 820 393

Fochabers On A96, 6 miles E of Elgin

Blair Castle Tel: 01796 481 207

Blair Atholl Off A9.

Brodie Castle Tel: 01309 641 371

By Forres. Off A96, 3 miles W of Forres

Cardhu Distillery Tel: 01479874 635

By Aberlour. On B91 02 at Knockando

Culloden Battlefield Tel: 0844 493 2159

By Inverness. On B9006, 5 miles of Inverness

Eastgate Shopping Centre Tel: 01463 226 457

Inverness. City centre

Eden Court Theatre Tel: 01463 234 234

Inverness. On West side of river from city centre

Findhorn Foundation Tel: 01309 690 311
By Forres. On A9011 , 5 miles N of Forres

Fort George Tel: 01667 462 777
By Inverness. Off A96 at Ardersier
(motorised Scooters available)

Glen Grant Distillery Tel: 01542 783 220
By Elgin. On A941 at Rothies, 11 miles Sth of Elgin

Glenlivet Distillery Tel: 01542 783 220
By Tomintoul. Off B9008 at Sth end of Glen Livet

Home Mills Shopping Village Tel: 01463 223 311
Inverness. On B862, 1.5 miles SW of city centre

Inverness Botanic Gardens Tel: 01463 713 553
Inverness. Off A82, on W side of city

Inverness Museum and Art Gallery
Tel: 01463 237 114. Inverness city centre

Jacobite Cruises Tel: 01463 233 999
Inverness. On A82 at canal bridge
3 hour reflection cruise no accessible toilets

Loch Fishing, Glen of Rothies Tel: 01340 831 888
By Elgin. Off A941, 2 miles N of Rothies

Moray Leisure Centre Tel: 01343 550 033
Elgin. Nth side of city centre, sign posted off A96

Scottish Dolphin Centre Tel: 01343 820 339
Spey Bay. Off A96, 5 miles Nth of Fochabers

Further Afield Continued:

Nairn Leisure Centre Tel: 01667 453 061

Nairn. On Nth side of town, next to beaches

Northeast Falconry Tel: 01466 760 328

By Huntly. Off A96, 3 miles NW of Huntly

Pitlochry Festival Theatre Tel: 01796 484 626

Pitlochry. 26 miles Sth of Dalwhinnie

Rollerbowl Tel: 01463 235 100

Inverness. On Culduthel Road,

2 miles North of Inverness

Seagull Trust Cruises Tel: 01463 703 455

Inverness. On A82 at canal bridge

Speyside Cooperage Tel: 01340 871 108

Craigellachie. On A941 , 4 miles Nth of Dufftown

OTHER USEFUL LINKS

For those of you with access to a computer

www.sdef.org.uk

www.visitcairnngorms.com

www.iknowscotland.co.uk/highlands/disabled-access

www.travelscotland.com

www.EwansGuide.com

(personal reviews of disabled access)

www.trainlinesscotland.com

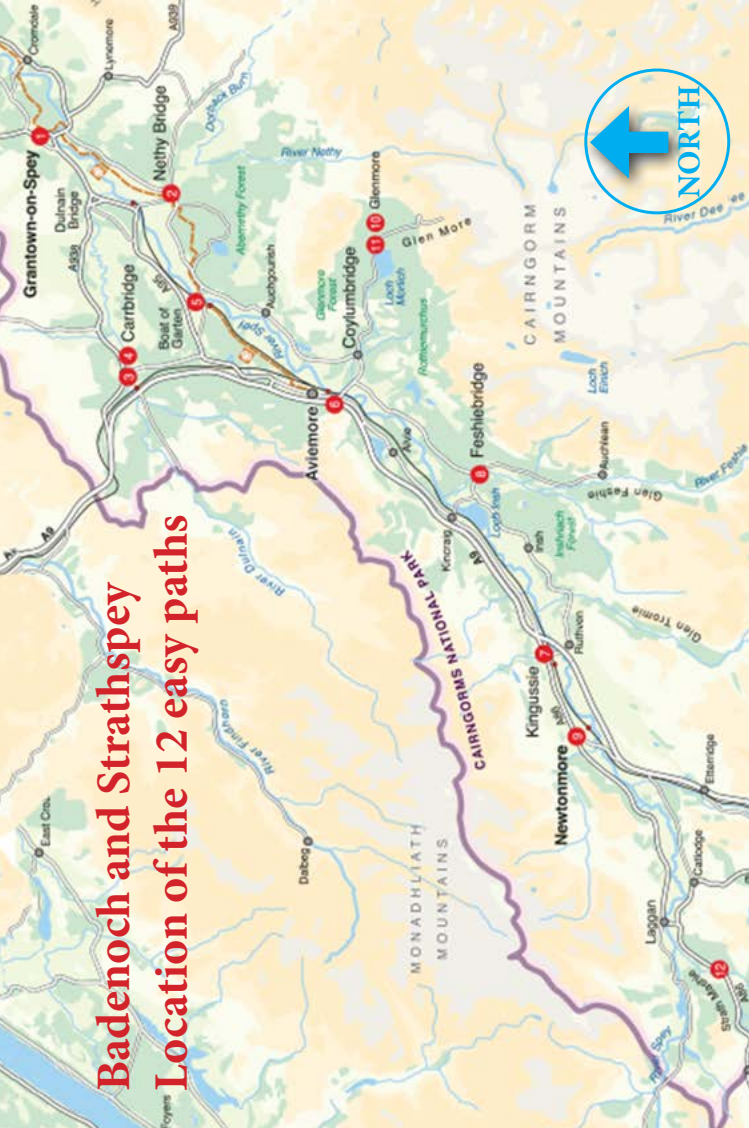
www.transport.gov.scot/our-approach/accessible-transport/



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Badenoch and Strathspey

Location of the 12 easy paths



- 1 - **Grantown-on-Spey**
Kylindra Meadow Path
- 2 - **Nethy Bridge**
The Birch Wood
- 3 - **Carr-Bridge**
Riverside Path
- 4 - **Carr-Bridge**
Ellan Wood Trail
- 5 - **Boat of Garten**
Heron Trail. Milton Loch
- 6 - **Aviemore, Craigellachie**
Loch Puladdern Trail
- 7 - **Kingussie**
Glebe Ponds
- 8 - **Feshiebridge**
Frank Bruce Sculpture Trail
- 9 - **Newtonmore**
Loch Imrich
- 10 - **Glenmore**
Ryvoan (Green Lochan) Trail
- 11 - **Glenmore**
Beach Trail
- 12 - **Laggan**
Wolf Trail