

## Green Lochan

This leaflet is provided as a guide only. Please make sure that you have a map, suitable clothing and the equipment appropriate to your planned route, particularly in poor weather conditions. Remember – the conditions in the can change quickly in the mountains.

### Description

A varied circular walk through the scenic Ryvoan Pass to the beautiful An Lochan Uaine (Green Lochan) taking in steep rocky paths mixed with easier forest trails. There are refreshment options at the Pine Marten Bar, Cobbs Café and the National Outdoor Centre at Glenmore Lodge (evening bar meals).

### Starting point

Start at the Glenmore Visitor Centre car park at NH 977098, PH22 1QU.

### The walk

1. Head past white building housing the café to pass the Kompani Linge monument commemorating the Norwegian resistance fighters who trained in the area as part of the top-secret SOE (Special Operations Executive) during WWII. Continue along the level tarmac road to reach the Reindeer Centre.
2. Walk in front of the reindeer centre to reach a minor road heading into the forest – walk a short distance along the road to reach the footpath running parallel to the road.
3. Follow the elevated footpath above the road, passing the Norwegian Lodge and later the National Outdoor Centre at Glenmore Lodge. The footpath soon descends to meet the end of the public road.
4. Walk past the green gate and continue straight up the wide track through the forest. At the junction, continue straight ahead (signposted 'An Lochan Uaine'). After about 1.2 miles you will see the green lochan to your right. There is a viewing platform at the southern end of the loch and steps leading down to the shore a short distance further up the track. According to legend, the green colour of the water is caused by pixies washing their clothes in it!
5. At this point there is an optional extension into more open landscape to the Ryvoan Bothy by following the same track beyond the An Lochan Uaine, and then returning via the same track back to the lochan. The route to the bothy is a little rougher beyond the lochan.
6. To return to Glenmore, take the narrower path that branches off the main track opposite the lochan (marked with a blue marker post), heading towards the steep-sided Meall a'Bhuachaille. The path soon becomes steep and with rocky steps, exposed tree roots, and occasional sections of boardwalk.
7. Follow the narrow path up a steep gradient which then levels out as the path contours around the hillside, passing through pine, silver birch and ancient juniper with teasing glimpses of the magnificent Cairngorms.
8. After about 0.5 miles the path joins a wider forest track. Follow the track downhill, enjoying the views until you reach some houses.
9. Continue downhill past the houses on the tarmac track until you reach the Reindeer Visitor Centre, then turn right to return to the car park.

# Map

