

## Tromie Meadows Walk

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 pleasant 2.7-mile circular walk starting in Drumguish, taking in sections of the Badenoch Way and the Speyside Way. The route passes through a meadow alongside the River Tromie and then peaceful silver birch woodland.

### Starting point

Start from Aonach.

### The walk

1. Cross the road and follow the narrow path into the woods opposite the house.
2. Follow the path for a short distance until you reach a fence with a metal gate. Stay in the woods and continue along the path downhill to the right.
3. When you reach a fork in the path, take the left path down the steep slope through the trees to the Killiehuntly track. Take care not to lose your footing on the pine cones!
4. When you reach the track, turn right and walk down to the Tromie Bridge.
5. Cross the bridge and turn immediately right to pass through the pedestrian gate (signed 'Insh Marshes National Nature Reserve Tromie Meadows').
6. After passing through the gate, you can either follow the wider track straight ahead to the meadow, or for views of the river take the narrower path on your right. Take care here as the path runs close to the edge of the rocks above the river. This short diversion soon re-joins the main path.
7. Follow the grassy path through the meadow with the river on your right until you reach a wooden gate. Pass through the gate into the woods.
8. Pass through another wooden gate and carry on along the narrow path next to the wall.
9. Continue until you reach a square marker post. The route heads uphill to the left here - a short diversion to the old cemetery can be made by going straight ahead at the marker post and returning to the same point to continue the walk.
10. When you reach a fork, take the wider path to the right.
11. Continue through the Silver Birch trees, gradually gaining height until you reach a bench with views down the Spey Valley. If you've brought a picnic, this is the place to enjoy it!
12. Continue along the path, which soon runs parallel to a wire fence up to a wooden gate.
13. Pass through the gate and continue until you reach the new section of the Speyside Way. Turn left and follow the clear track back to the Tromie Bridge.
14. Cross the bridge and turn right up the Killiehuntly Track, walking further up the track past the steep path where you came down the bank on the way out and turn left into the pine trees up the path until you reach the wider stony track.
15. Turn left on to the track and continue through the houses to the crossroads in Drumguish, turning left at the crossroads to return to the house.

Photographs

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2.



3.



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Map

