



Insh Area

Including BWWC Map Sites 17, 18 & 19

Days Out Guides

Insh Marshes National Nature Reserve (BWWC Map Site 17) is one of the most important wetlands in Europe and is free to visit. The car park provides access to three hides: Circular Hide/Viewpoint, Gordonhall Hide and Invertromie Hide. The reserve has two walking options: Invertromie Trail (approx. 1 mile) and an extension on Tromie Meadow Trail (approx. 3 miles). You can find a leaflet about Insh Marshes in the 'Reserves' section in the corridor from Reception to the Club Room, or see www.rspb.org.uk/reserves for more information.



Species List:

All year: Tree Creeper, Coal Tit, Blue Tit, Great Tit, Long-tailed Tit, Chaffinch, Greenfinch, Siskin, Goldeneye, Snipe, Curlew, Mallard, Roe Deer, Otter and Buzzard.

Spring/Summer: Lapwing, Redshank, Osprey, Pied Flycatcher, Wood Warbler, Redstart and Tree Pipit.

Autumn: Fieldfare, Redwing, Greylag Goose, Whooper Swan and Hen Harrier.

Winter: As above plus Wigeon and Teal.

Uath Lochans (BWWC Map Site 18) is

one of the most scenic locations in Inshriach Forest but a relatively quiet spot. Uath Lochans are to the south of Loch Insh - from the B970 turn left onto a minor road (0.5 miles south west of the right-hand turning for 'Loch Insh Watersports') and you'll find the Forestry Commission car park on your right after 1.5 miles. From the car park you can follow the 0.8 mile Uath Lochans Trail, the 1.3 mile Farleitter Ridge Trail, the 2.2 mile Farleitter Crag Trail or the 2.8 mile trail to Feshiebridge. The Uath Lochans Trail takes you past trees, heather moorland and bogland - the largest of which is overlooked by a small bird hide. Both Farleitter Trails require a more strenuous walk but offer panoramic views of the Spey Valley and Loch Insh.

Species List:

All year: Goldeneye, Greylag Goose, Crested Tit, Common and Scottish Crossbills, Siskin, Great Spotted Woodpecker, Red Squirrel and Roe Deer.

Summer: Spotted Flycatcher, Redstart, Tree Pipit and various dragonflies and damselflies.



Suggested Walk: There are numerous waymarked walks to be enjoyed in Inshriach

Forest (approx. 8000 acres). There are two car parks to choose from: Feshiebridge (signposted off the B970 east of Loch Insh) and Uath Lochans (see above). Look out for Scottish and Common Crossbills, Crested Tit, Red Squirrel, Roe Deer and other woodland species. Both of these areas offer great picnic spots.





Loch Insh (BWWC Map Site 19) is another nice area to look for wildlife. You could follow the nature trail from the Loch Insh Watersports Centre (south of Kincaig between the B970 and the B9152), or join the Badenoch Way for a longer walk. Wildlife Boat Trips operate from the Watersports Centre in spring and summer, when nesting Osprey can often be seen on an island in the Loch. This Osprey nest can also be seen from the loch-side at Insh Church (between Kincaig and the Watersports Centre: grid reference NH835054).

Species List:

All year: Goosander, Red-breasted Merganser, Goldeneye, Oystercatcher, Wigeon, Cormorant, Greylag Goose, Treecreeper, Great Spotted Woodpecker, Red Squirrel, Roe Deer and Otter.

Spring/Summer: Osprey and Willow Warbler.

Autumn/Winter: Whooper Swan.

Suggested Tearooms:

The Potting Shed at Inshriach Nursery on the B970 sells delicious cakes and hot drinks, with a fantastic bird/squirrel feeding station outside. Open daily March to October 10am-5pm.

The Potting Shed in Kingussie has the same great cakes as the original Potting Shed at Inshriach Nursery but is located on the High Street in Kingussie. Open Thurs-Mon 9:30am-5pm.

The Boathouse Restaurant at Loch Insh Watersports Centre has a full lunchtime menu and views over the Loch. Food is served daily between 10am-5pm (also open evenings during the summer).



Directions: RSPB Insh Marshes is south of Aviemore on the B970 (2.8 miles south-west of Insh village and 0.6 miles east of Ruthven Barracks).

Distance from Grant Arms: Approximately 30 miles – 45min drive to RSPB Insh Marshes.

Wheelchair accessible: The Circular/Viewpoint Hide at Insh Marshes is wheelchair accessible (but the other two hides/trails are not). There is a nice all abilities trail in Inshriach Forest, accessed via the Feshiebridge car park.

Nearest toilets: Public toilets in Aviemore on Grampian Road, B9152.

Nearest petrol station: Aviemore (Grampian Road, B9152).

Tourist Attractions:

Highland Wildlife Park: Ok it may be cheating, but the Highland Wildlife Park offers you the chance to see some of the Highlands more elusive inhabitants as well as more exotic species! Situated just off the B9152 between Kingussie and Kincaig. www.highlandwildlifepark.org

Open Apr, May, Jun, Sep, Oct 10am-5pm/Jul-Aug 10am-6pm/Nov-March 10am-4pm

(last entry is 1 hour before closing). Entrance charge applies (see *The Watcher*), discounted rates between November and March. (01540) 651270. Sat Nav: PH211NL.



Highland Folk Museum: An award-winning living history folk museum where you can learn about the development of living and working conditions from the 1700s to the present day.

www.highlandfolk.com

Open 2nd Apr-31st Aug 10:30am-5:30pm/ Sept-Oct 11am-4:30pm.

Free entry. (01540) 673551. Sat Nav: PH20 1AY.

