## 10 Leisure Walks of Discovery **A Boot Up THE SPEYSIDE WAY**

#### Heidi M. Sands

The Speyside Way is approximately 80 miles in total. It has been extended from its original length and there are plans to extend it further from Aviemore to Newtonmore. A large part of it is along the old Strathspey railway line and if you look there are still signs along the way of bridges, platforms and the most fantastic tunnel approaching Craigellachie from Aberlour. But it is the accessibility that the Speyside Way affords to other gems in the area that makes this path worth traversing. Just off the Speyside Way there is much to see, both unique sights and national treasures.

Using the Speyside Way as its starting point, this book takes in 10 walks, on, along and deviating off, the Speyside Way, each with a point, or in some cases several points, of interest to explore. Some walks offer the opportunity to see the wildlife of the area, the dolphins at Spey Bay if you are lucky, the chance to camp out under the stars or to rest peacefully in one of the excellent establishments along the way. Most of the walks are not too long and are suitable for families with older children, although one – to Loch Spey – is a walk for the more experienced.

The walks reflect the many varied facets of the area – its people, its history, and its landscape and will help first time visitors to experience some of the great scenery the area has to offer. Some of the walks feature a pub along the route. Halsgrove's new-format guidebook, containing maps, photographs and useful information will ensure a great walking experience. Packed with colour, the book is an ideal reminder of a visit to Speyside.



### ABOUT THE AUTHOR

Born in rural Lancashire Heidi Sands has spent the last 20 years living and working on Speyside in north east Scotland. Her writing career took off in 1995. Contributing more than 300 illustrated articles to UK wide magazines with equine, rural or agricultural themes, she studied art and design, including photographic studies, at Preston Polytechnic and Blackpool and Fylde College in the 1980s. Farming in partnership with her husband, Heidi's interests include native ponies and fell walking in the Lake District.

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Heidi M. Sands

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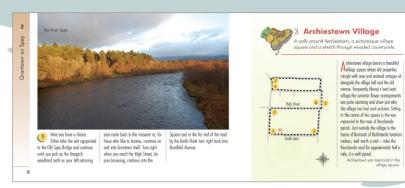


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Right: The Telford Bridge at Craigellachie.







Taking in the view from the top with Ben Rinnes the highest point on view.



The great River Spey begins life as a much smaller water source.