

Spirit of SPEYSIDE

Heidi M. Sands

As a salmon fishing river the Spey hardly needs any introduction. It speeds from hill to sea through Speyside passing tiny crofts and historic castles. Highland cattle and native sheep pepper the landscape and the Speyside Malt Whisky Trail trickles life into the area.

Rising from the vicinity of little Loch Spey, at more than 300m, south of the Corrieyairack Forest, 18 miles west of Newtonmore and 10 miles south of Fort Augustus, the power of the Spey begins. Running for just over 100 miles in length to Spey Bay on the coast, this most magnificent of salmon rivers diverts through heather hills, farmland and villages, skirting rocky outcrops, all the while swirling round and under a variety of picturesque bridges.

Visitors and locals alike embrace the beauty, natural environment and changes each season brings to Speyside and for Heidi Sands, capturing the spirit of Speyside on film for others to enjoy has been a privilege and a passion.



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.

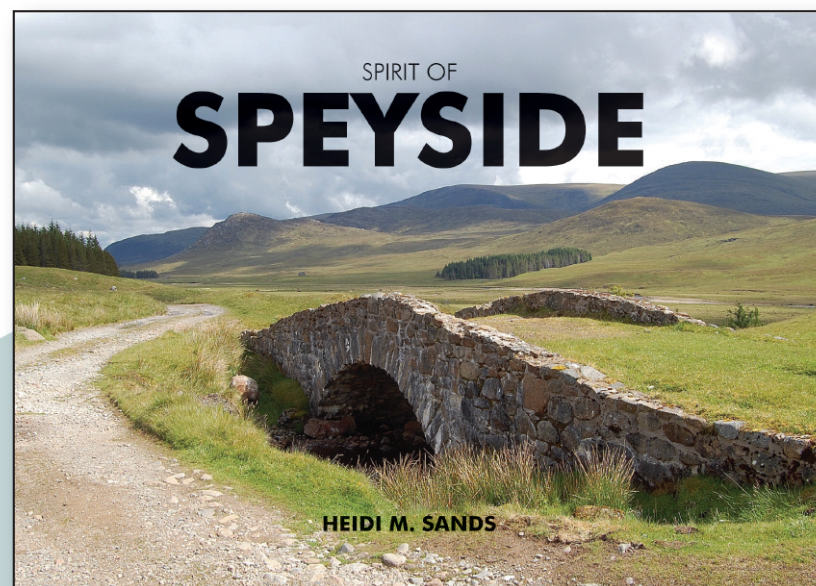
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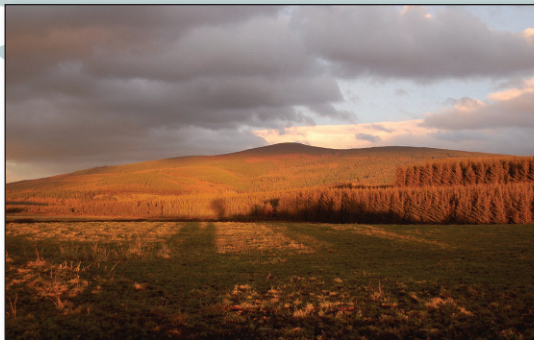
Dufftown Pipe Band piping a mounted cavalcade under the bridge by the Mash Tun public house in Aberlour.



Broomhill Station where several scenes for the popular TV series 'Monarch of the Glen' were filmed.



Right: Ballindalloch Castle photographed from the top of the stunning rock garden.



Example of a double-page spread.



Ben Algon winter snow scene.

Opposite page:
Ben Algon winter sunshine.



Highland cattle in the snow.



Red deer are often seen in the area. These sit in the winter sun at Kingussie at the Highland Wildlife Centre.