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| Mileage | **Mountain, Sea and Glen: “Mountain section”: Directions** | **Comments (Mileages are point-to-point)** |
| Starting point: | This is a circular route, and mileages are shown point-to-point, so you can start anywhere. Suggested starts, with accommodation are highlighted, and interchanges with other parts of the Mountain, Sea & Glens routes are noted. | The written version of the route has to start somewhere however, so we begin at Grantown-on-Spey, which has the advantage of being quite close to the other sections of the MS&G routes and has hotels & B&Bs. You could circle back to your start point or consider continuing to Ballater to start the “Glen” or perhaps heading to Nairn for the “Sea” section tomorrow…. |
| Leaving... | Having explored Grantown, from the **war memorial in The Square** make your way north out of town on the A939. | Continue along the A939 onto Dava Moor, and look out for the sign…. |
| 7.1 miles | Turn Left onto narrow road | Signed Lochindorb 3. Continue on the single track past Lochindorb on the right...(road popular with bikes, use caution) |
| 5.3 miles | Turn Left at T-Junction onto B9007 | No Sign |
| 6.0 miles | Turn Right at T-Junction onto A938 | Signed Carrbridge, Inverness, Perth |
| 1.8 miles | Turn Left in Carrbridge | Signed Aviemore (B9152) & Landmark Centre. The turn is by the green triangle at the Carrbridge Hotel |
| 2.8 miles | Turn Right on A95 | Signed Perth, Aviemore |
| 2.5 miles | Continue straight on where A95 turns Right. Road becomes B9152 | Signed Coylumbridge, Aviemore |
| 1.6 miles | At roundabout in Aviemore, take first exit | Consider a coffee stop and a look round Aviemore with its many attractions, including the Strathspey Steam Railway. |
| 0.7 miles | Straight on at roundabout to stay on B9152 | Signed Kingussie, Kincraig |
| 10.7 miles | Continue straight, road becomes A86 | Signed South, Alternative Tourist Route, Kingussie  Continue through Kingussie towards Newtonmore |
| 3.7 miles | Take the Right fork in Newtonmore to stay on A86 | Signed Spean Bridge, Ft. William (A82)  Follow the A86 passing Loch Laggan to Spean Bridge |
| 36.2 miles | Turn Right at T-Junction onto A82 | Signed Inverness, Commando Memorial. Look out for the memorial on your left. There’s a turn just beyond it with access to a car park if you would like to stop for a closer look.  Continue on A86 past Loch Lochy and cross the Laggan Swing Bridge at the foot of Loch Oich. |
| 15.2 miles | Turn left onto A87, just after crossing the River Garry | Signed Kyle of Lochalsh, Isle of Skye. Look out for the Glengarry viewpoint. |
| 13.2 miles | Turn Right at T-Junction onto A887 | Signed Invermoriston, Inverness |
| 15.0 miles | Turn Right at T-Junction onto A82 | Signed Fort William. Continue to Fort Augustus, and consider stopping for a look at the locks on the Caledonian Canal. Plenty of food & refreshment places here. |
| 6.3 miles | Turn Left onto B862 in Fort Augustus, just after the swing bridge | Signed Whitebridge, Errogie, Dores B862  (Caution, observe mileage to next turn! Narrow roads ahead...) |
| 17.5 miles | Turn Right onto B851 | Signed Daviot 16 (Caution, junction not well signed. It branches right at a LH bend.) |
| 13.5 miles | Turn Left at T-junction onto A9 | Signed Croy, Inverness |
| 1.5 miles | Turn Right onto B851 | Signed Croy |
| 3.9 miles | Turn Right at T-Junction onto B9006 | Signed Croy (There’s no sign to tell you it’s the B9006, but it is just after the sign for Culloden Battlefield) |
| 4.0 miles | Keep straight ahead as the road becomes the B9091 | Signed Cawdor (B9090), Nairn B9091 |
| 1.5 miles | Turn Right at Staggered Crossroads in Clephanton | Signed Cawdor B9090. The Cawdor Tavern is a popular food stop. The road passes a Left turn to Nairn – keep straight on towards Auldearn, road becomes B9101. |
| 6.0 miles | Turn Right at Staggered Crossroads onto A939 | Signed Grantown-on-Spey |
| (Option:  8.2 miles) | Turn Left to interchange onto the ‘Sea’ Route | Signed Forres (A940) B9007. When you reach the A940 (5 miles), Turn Left towards Forres. |
| 21.1 miles | Arrive back in Grantown to complete the circuit. | You are back at the start of this route |