

CAIRNGORMS NATIONAL PARK – FOOD, DRINK AND FEELING LOCAL



Q Hello from The Highland Wildlife Park



Q Golden Spurtle - World Porridge making Championships



Q Speyside Whisky Festival



Q Ballater Victoria Week - The Duck Race

The Cairngorms National Park is an area not only with spectacular landscapes and rich heritage but a place where excellent food and drink is grown, reared and produced. A visit to the Cairngorms and you're guaranteed to experience field to fork and grass to glass provenance and you can even meet the local folk making a living from our fantastic produce to learn about their fascinating crafts and the stories behind the world-famous fayre. After filling up with fabulous cuisine there is also an abundance of family-friendly activities to get stuck into to truly immerse yourself in Cairngorms National Park life and leave you feeling just like a local.

Dramatic, Wild and Rugged The nature of the landscape nurtured in the Cairngorms National Park is reflected in the food and drink within. Few regions in Scotland encapsulate the traditional and

world-famous cuisine of the country as well as the Cairngorms – venison from deer that range across the hills, beef from Highland cattle and hardy rare breeds, salmon and trout from pristine rivers and lochs and whisky from age-old distilleries. Beyond the headliners are other delights: bread baked daily, world-leading gin, award-winning beer and wild food for the faithful forager.

Local Life and Produce The farmland around the rivers provides the most fertile agricultural land in the area, but it's not only valuable for the farming industry it supports. Because the Cairngorms National Park farms are relatively small, the low-intensity farming that happens here creates habitat and supports lots of plants and wildlife that just wouldn't exist otherwise.

Enjoy a day packed full of activities with plenty opportunity to stop and re-fuel. For a truly authentic taste of the Cairngorms why not sample some local venison, beef or lamb maybe washed down with a locally brewed beer? For desert perhaps some locally-grown berries and to end the evening a dram from one of our world-famous whisky distilleries?

Stop by a Farmer's Market or some of our grocery shops and butchers which stock local produce. When buying local you are helping to support the local economy, reducing food miles, creating jobs and benefitting local producers. Buying local helps farmers and land managers to keep caring for this special place.

EVENTS

FEBRUARY

Braemar Mountain Festival
www.braemarmountainfestival.com

MAY

Spirit of Speyside Whisky Festival
www.spiritofspeyside.com

MAY

Atholl Arms Gathering
www.atholl-estates.co.uk/events/atholl-gathering-highland-games

AUGUST

Abernethy Highland Games
www.nethybridge.com/abernethy-highland-games

OCTOBER

Lonach Highland Gathering and Games
www.lonach.org

DAY 1 - BRAEMAR



1
Mar Lodge Estate – is the largest National Nature Reserve in the UK with astonishing Scottish landscape, heather-covered moorland, Caledonian Pine forest, towering mountains and the Quoich Wetlands, home to wading birds and otters. Spot some iconic Scottish wildlife and watch the wild beauty of the Cairngorms unfold around a 19th-century sporting lodge on this spectacular estate.
T: 01339 720163
E: marlodgeestate@nts.org.uk
www.nts.org.uk/visit/places/mar-lodge-estate



2
The Fife Arms Hotel – is a Victorian coaching inn situated within the magnificent Cairngorms National Park. A passionate project conceived of by its owners Iwan and Manuela Wirth; The Fife Arms brings together Scottish heritage, craftsmanship and culture with world-class contemporary art and a strong sense of community.
T: 01339 720200
E: mail@thefifearms.com
www.thefifearms.com



3
Royal Lochnagar Distillery – neighbours Balmoral Castle, is one of the jewels in the Royal Deeside crown and the perfect place to discover how Scottish whisky is made. See traditional mashtuns and gleaming copper stills in this distillery which retains much of its original charm. The tour ends with a dram of the award-winning Royal Lochnagar 12 Year Old Single Highland Malt.
T: 01339 742700
E: royal.lochnagar.distillery@diageo.com
www.malts.com



4
Taste – in Braemar uses the tastiest of local ingredients to produce a range of home baking, fresh soups, locally baked bread and homemade fillings. Browse the deli section which has a great selection of gluten free and Scottish products. Enjoy environmentally sourced coffee and tea, combined with delicious fresh food, friendly service and excellent views of village life!
T: 01439 741425
E: email@taste-braemar.co.uk
www.taste-braemar.co.uk

DAY 2 - BALLINDALLOCH TO GLENMORE



1
Ghillie Basan – is a writer, broadcaster, and food anthropologist. At her remote home in the Scottish Highlands, she runs relaxed and inspiring cookery workshops described as 'going on a food safari' and looking at the traditions and tastes of different cultures. She also hosts 'Mezze on the Move' picnic-style food for groups as well as whisky.
T: 01807 590420
E: ghilliebasan@hotmail.com
www.ghilliebasan.com



2
Speyside Wildlife – can tailor a full day or more of wildlife watching in the Cairngorms National Park and across Scotland. In such a vast area, where the special wildlife is elusive, you'll benefit from unbeatable local knowledge to find the species you most want to see. Speyside Wildlife has years of experience in organising private wildlife guiding with tailor-made itineraries.
T: 01479 812498
E: enquiries@speysidewildlife.co.uk
www.speysidewildlife.co.uk



3
Nethy Bridge Visitor Centre – drop into the Nethy Bridge Visitor Centre to discover the natural wonders and rich history of Abernethy. You'll find lots of information about the forests, farms and folk in this special corner of the Cairngorms National Park as well as exhibits and displays, hands on children's activities and historical information and artefacts.
T: 01479 821701
E: elspethg29@aol.com
www.nethybridge.com/visitor-information-centre/explore-abernethy



4
The Cairngorm Reindeer Herd – is Britain's only free-ranging herd of reindeer found in the Cairngorm mountains and on the Glenlivet Estate. These tame and friendly animals are a joy to all who come and see them. The shop and paddocks are open daily (except Jan-early Feb, shop only in March) and there is a daily guided hill trip to see the reindeer.
T: 01479 861228
E: info@cairngormreindeer.co.uk
www.cairngormreindeer.co.uk

DAY 3 - AVIEMORE



1
Cairngorm Brewery – the award-winning brewery offers a warm friendly Highland welcome and offers tours and samples of ales. Keen to keep traditional recipes alive, as well as brewing new and interesting styles, the brewery has gained many awards for its beers. Open year-round with a shop showcasing beers, merchandise and locally produced ciders, whiskies and gins.
T: 01479 812 222
E: info@cairngormbrewery.com
www.cairngormbrewery.com



2
Macdonald Aviemore Resort – boasts fantastic restaurants and bars. You can also enjoy the latest movies in the cinema or fashion in the luxury shopping store. There's a huge activity centre featuring a large leisure pool, soft play and activity rooms for babies up to teens. For golfers, there's Macdonald Spey Valley Championship Golf Course nearby, voted one of the best in Scotland.
T: 0344 879 9152
E: general.aviemore@macdonald-hotels.co.uk
www.macdonaldhotels.co.uk/aviemore



3
Strathspey Railway – brought back to life in 1978, this ten mile restored section of the original Highland Railway Line enables you to travel back in time to an era when steam whistles blew, carriage doors slammed shut and a click-clack sound was heard as the train travelled along the track. Enjoy on-train dining with Sunday lunch, Afternoon Tea or evening meals.
T: 01479 810725
E: enquiries@strathspeyrailway.co.uk
www.strathspeyrailway.co.uk



4
Hairy Coo Safari, Rothiemurchus – meet your friendly and knowledgeable Ranger at the Rothiemurchus Centre where. After heading to the farm, your Ranger will call over the wonderful hairy heilan coos. They come right up to the fence and are happy to pose for hundreds of photos. You will also have the opportunity to see other farm animals and learn about the history of farming.
T: 01479 812345
E: hello@rothie.net
www.rothiemurchus.net

DAY 4 - BADENOCH & STRATHSPEY



1
Rothiemurchus Estate Farm Shop – discover the famed Rothiemurchus produce, from grass-fed Highland beef and wild venison to fresh Rainbow trout and heather honey. Rothiemurchus works with small Scottish producers to ensure the deli is stocked with decadent chocolates, traditional fudge, black pudding, artisan cheeses, locally made gin and whisky. Enjoy!
T: 01479 812345
E: hello@rothie.net
www.rothiemurchus.net



2
Landmark Forest Adventure Park – was recently voted as one of the Top 10 Adventure Parks in the UK. Twist and turn through the trees on a family friendly roller-coaster, take the plunge down one of three water coasters and walk through an amazing tropical hot-house with hundreds of stunningly beautiful butterflies and exotic flowers! Spend the whole day on 20 attractions for all ages!
T: 0800 7313446
E: info@landmarkpark.co.uk
www.landmarkpark.co.uk



3
Highland Wildlife Park – this award-winning park allows visitors to get closer to nature with an animal adventure. Encounter rare and endangered species from amazing Amur tigers to playful polar bears and monkeys. Take the park safari and enjoy talks and animal feeds with the expert keepers. The site cares for many threatened species and is a visitor experience like no other.
T: 01540 651270
E: wildlife@rzs.co.uk
www.highlandwildlifepark.org.uk



4
Alba Chocolate – specialises in ethical handmade chocolates in Newtonmore. It uses local and Fairtrade ingredients to create truffles, chocolate disks and seasonal products with no flavourings, colourings or preservatives. Take a chocolate-making workshop for groups of 2 – 6, tailored to suit you, and make chocolate bars to take home or indulge in some handmade truffles.
T: 01540 673 847
E: Hello@AlbaChocolate.co.uk
www.albachocolate.co.uk

Please note some attractions have seasonal opening hours. Please check opening times with the attraction.

For more ideas and contacts go to www.visitscotlandtraveltrade.com or email traveltrade@visitscotland.com