



Cover: The view along Loch Lomond and Arrochar



Explore  
Enjoy  
and  
Discover

Loch Lomond & The Trossachs National Park  
Forestry Commission Scotland  
Comhairle na Collachaidh Alba

### Loch Lomond

East  
Gateway to the Highlands

**Balmaha trails information**

- Wester Salliochy 1.2 kms | 45 mins
- Woodland Walk 2.2 kms | 1 hr 30 mins
- Salliochy Trail 7.5 kms | 4 hr 30 mins
- Conifer Walk 2 kms | 1 hr

**Salliochy trails information**

- Wester Salliochy 1.2 kms | 45 mins
- Woodland Walk 2.2 kms | 1 hr 30 mins
- Salliochy Trail 7.5 kms | 4 hr 30 mins
- Conifer Walk 2 kms | 1 hr

The Ben Lomond National Memorial Park was created in 1996 for the benefit of everyone who loves Loch Lomond and as a tribute to those who gave so much for their countries during the Second World War.

North of Balmaha pass lie the Loch Lomond oakwoods which were managed for the last 300-400 years to produce charcoal, tannin and timber. Now, these woodlands are prized for their wildlife and Forestry Commission Scotland is restoring them to their original extent and condition so that they can be enjoyed by future generations.

The waymarked trails at Salliochy offer superb views of the Loch Lomond is Scotland's most southerly Munro.

Disprey

Through the first 50 years of the QEFP, the Forestry Commission has evolved into an organisation that is passionate about tourism, recreation, wildlife and communities. Visitors enjoy the peace and quiet, the magnificent views and the marvellous opportunities for recreation including; woodland walks, hill walks, cycle routes, horse-riding routes, the Forest Drive, the David Marshall Lodge Visitor Centre, lochs and rivers for fishing and canoeing, picnic areas, barbecue sites and campsites.

Looking ahead, and with 2.4 million people within one hours drive, the QEFP also aims to make a major contribution to improving the health of the Scottish population by continuing to provide a wide variety of options for activity and fun in the forest.

Forestry Commission Scotland welcomes visitors to the QEFP and manages the area to provide visitors with routes and facilities that make their visit enjoyable. The widest variety of facilities are available at David Marshall Lodge Visitor Centre in Aberfoyle and this makes a good starting point for any visit to the QEFP.

### Loch Lomond

East  
Gateway to the Highlands

**Balmaha trails information**

- Wester Salliochy 1.2 kms | 45 mins
- Woodland Walk 2.2 kms | 1 hr 30 mins
- Salliochy Trail 7.5 kms | 4 hr 30 mins
- Conifer Walk 2 kms | 1 hr

**Salliochy trails information**

- Wester Salliochy 1.2 kms | 45 mins
- Woodland Walk 2.2 kms | 1 hr 30 mins
- Salliochy Trail 7.5 kms | 4 hr 30 mins
- Conifer Walk 2 kms | 1 hr

Map showing Loch Lomond, Loch Katrine, and surrounding hills like Ben Lomond and Ben Venue. Includes a scale bar from 0 to 5 km.

### Strathgryne

Chiselled from the land

**Strathgryne trails information**

- Black Parks 2 kms | 45 mins
- Tigheans Burn 2.5 kms | 1 hr 30 mins
- Bailefhill 6.5 kms | 2 hr 30 mins
- Beinn an t-Sidhean 7 kms | 3 hr 30 mins

Today similar principles are followed to create the next generation of Strathgryne Forest. Opportunities are also taken to expand native woodlands, and to improve recreation facilities and the conservation potential of the forest.

When planning the forest layout in the 30's and 40's, he was able to match tree species with the appropriate soil types. This paid handsome dividends, not only through his forest's dramatic effect on the landscape but also in the quality of timber we are now harvesting.

of the land by the brute force of a glacier. Much of the early work of the Forestry Commission must be attributed to the Head Forester, Alistair Cameron. Foresty Commission Scotland

### QEFP Wildlife

In a diverse and exciting landscape

The Forest Park provides a wide range of habitats; small ponds and large lochs, broadleaved and conifer woodland, open ground and mountain tops.

Many species of wildlife make the forest their home, from Red and Roe Deer to Red Squirrels and the elusive Pine Marten to insects such as ants, dragonflies, butterflies and moths - all have benefited from Forestry Commission Scotland's habitat improvements, as have many reptile and amphibian species.

Raptors are well represented, from the smallest - the Merlin, to the largest - the Golden Eagle. The famous osprey can often be seen hunting for fish over many of the lochs in the Park as Peregrines, hunting near crags or on the upper forest edges. The forest is alive with many other bird species including the rare Capercaillie, black grouse and Crossbill along with the smallest British bird, the Goldcrest.

### Loch Lomond & The Trossachs National Park

Forestry Commission Scotland  
Comhairle na Collachaidh Alba

Public enquiry line 0845 FORESTS 1367 37871  
Web: www.forestry.gov.uk/scotland  
E-mail: cowl.trossachs@forestry.gsi.gov.uk  
Tel: 01877 382383  
Aberfoyle, Stirlingshire FK8 3UX  
Cowl & Trossachs Forest District  
Forestry Commission Scotland

For information on public transport services contact:  
Trossachs National Park  
Forestry Commission Scotland, West Argyll Forest District  
Tel: 01546 602518  
e-mail: west.argyll@forestry.gsi.gov.uk

### INFORMATION CENTRE

What the map symbols mean

All Forestry Commission Scotland guide maps use symbols, the key shows what they mean.

Foresty Commission Land	Car Park
Foresty Commission Woodland	Suitable for the Less Able
Other Woodland	Toilets
Main Road	Picnic Place
Secondary Road	Cafe
Minor Road	Information
Forest Road	Viewpoint
Road/Track	Wildlife Viewing
Forest Drive	Childrens Play Area
Footpath	Caravan Site
Forest Trails (colour coded)	Non FC Car park
Leannach	Non FC - Suitable for the Less Able
Other Forest Walk Areas	Non FC Toilets
National Park Boundary	Non FC Picnic Place
National Cycle Network Route 7	Non FC Information
West Highland Way	Non FC Visitor Centre
	Non FC Caravan Site
	Orienteering

What the walk symbols mean

Walks are graded according to degree of difficulty and type of conditions to be expected.

Easy Sensible Footwear	Easy Muscle Loosener
Moderate Waterproof Footwear	Moderate Muscle Stretcher
Strenuous Hillwalking Boots	Strenuous Muscle Builder

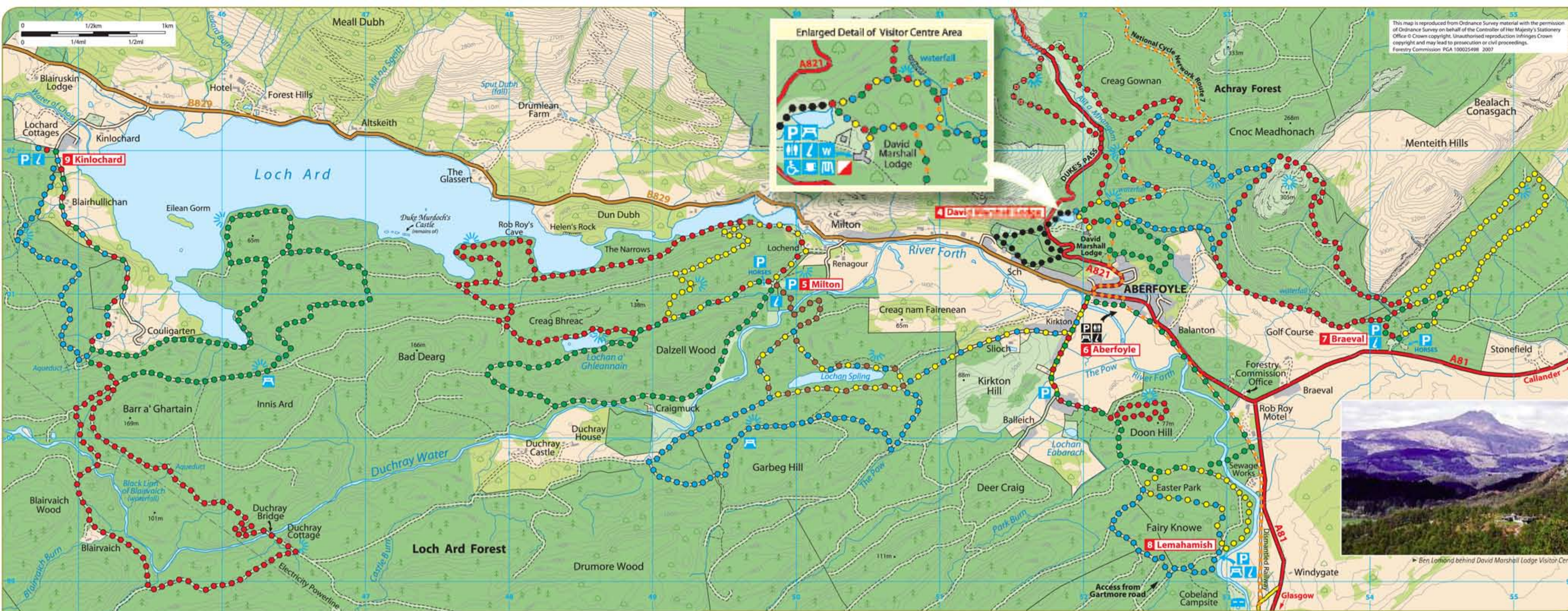
The Outdoor Access Code

Know the Code before you go

When you are in the outdoors:

- take responsibility for your own actions;
- respect the interests of other people;
- care for the environment.

Find out more by visiting  
www.outdooraccess-scotland.com  
or call your local Scottish Natural Heritage office.



# DAVID MARSHALL LODGE

## Visitor Centre

The David Marshall Lodge overlooks the village of Aberfoyle and is the perfect place to start your visit to the Queen Elizabeth Forest Park. This impressive building was gifted to the Forestry Commission by the Carnegie Trust in 1960 and is named after the then Chairman. The facilities offered include a restaurant, Go Ape high wire forest adventure, forest shop, wildlife viewing centre, picnic areas, toilets and a childrens play area.

Achray Forest can be explored via several waymarked trails starting from the Lodge. Ranger led guided walks, fun days and other family events are held at the visitor centre throughout the year.



- David Marshall Lodge trails information** Walk Start **4**
  - Waterfall Trail 0.8 kms | 20 mins
  - Craigmore Woodland Walk 1.3 kms | 30 mins
  - Oak Coppice Trail 2 kms | 45 mins
  - Achray 6 kms | 3 hrs
  - Highland Boundary Fault Trail 6.5 kms | 3 hr
- Milton trails information** Walk Start **5**
  - Viewpoint Walk 2 kms | 1 hr
  - Lochan Spiling 3 kms | 1 hr 30 mins
  - Dalzell Wood 5 kms | 2 hr 15 mins
  - Ghleannain Loch 6 kms | 2 hr 30 mins
- Aberfoyle trails information** Walk Start **6**
  - Easter Park 4 kms | 1 hr 30 mins
  - Doon Hill 4 kms | 1 hr 30 mins
  - Lochan Spiling 6 kms | 2 hr 30 mins
  - Duchray 7.7 kms | 3 hr
- Braeval trails information** Walk Start **7**
  - Larch Loop 1 kms | 30 mins
  - Menteith 4 kms | 1 hr 30 mins
  - Lime Craig 5.3 kms | 2 hr 30 mins
- Lemahamish trails information** Walk Start **8**
  - Dunverig Woodland 2.3 kms | 1 hr
  - Fairy Knowe 2.4 kms | 1 hr 15 mins

## The Great Forest of LOCH ARD

By foot, horse or bike

From Aberfoyle to the foothills of Ben Lomond, enjoy the variety and the scale of the landscape as you explore the Great Forest of Loch Ard.

### Loch Ard – the Faeries

In the 17th Century a local minister – the Reverend Robert Kirk – upset the Faeries by publishing his book "The Secret Commonwealth of Elves, Fauns and Faeries." The Faeries took their revenge. On top of Doon Hill stands a solitary Scots pine amid the oak. It is said to contain the tormented soul of Reverend Kirk imprisoned by the Faeries as a lesson to others who might have similar thoughts.

### Loch Ard – the Water

Throughout the forest there are many lochs and lochans, from the striking Loch Chon and Loch Ard to picturesque Lochan a'



Ghleannain and tiny Clashmore Loch. Two important rivers – the Duchray Water and the Kilty Water – rise here, tumbling down through the forest to join the River Forth. You will notice that stream and riverbanks are being cleared of conifers. These corridors will gradually be colonised by native trees and shrubs such as Oak, Birch, Alder, Hazel, Willow and Rowan, improving the streamside environment and adding to the natural beauty of the forest.



Fun for all the family

### Loch Ard – the Forest

Loch Ard Forest is a productive forest, but it is so much more than that. There are many areas of native woodland including remnants of the ancient oak woods that once covered this area. Forestry Commission Scotland is protecting these important areas and extending them to ensure that they will be here for future generations to enjoy.

- Kinlochard trails information** Walk Start **9**
  - Couligarten | 4 kms | 1 hour 30 mins
  - Bell House Walk | 9.5 kms | 3 hour 45 mins
  - Kinlochard Bay Walk | 10 kms | 4 hour

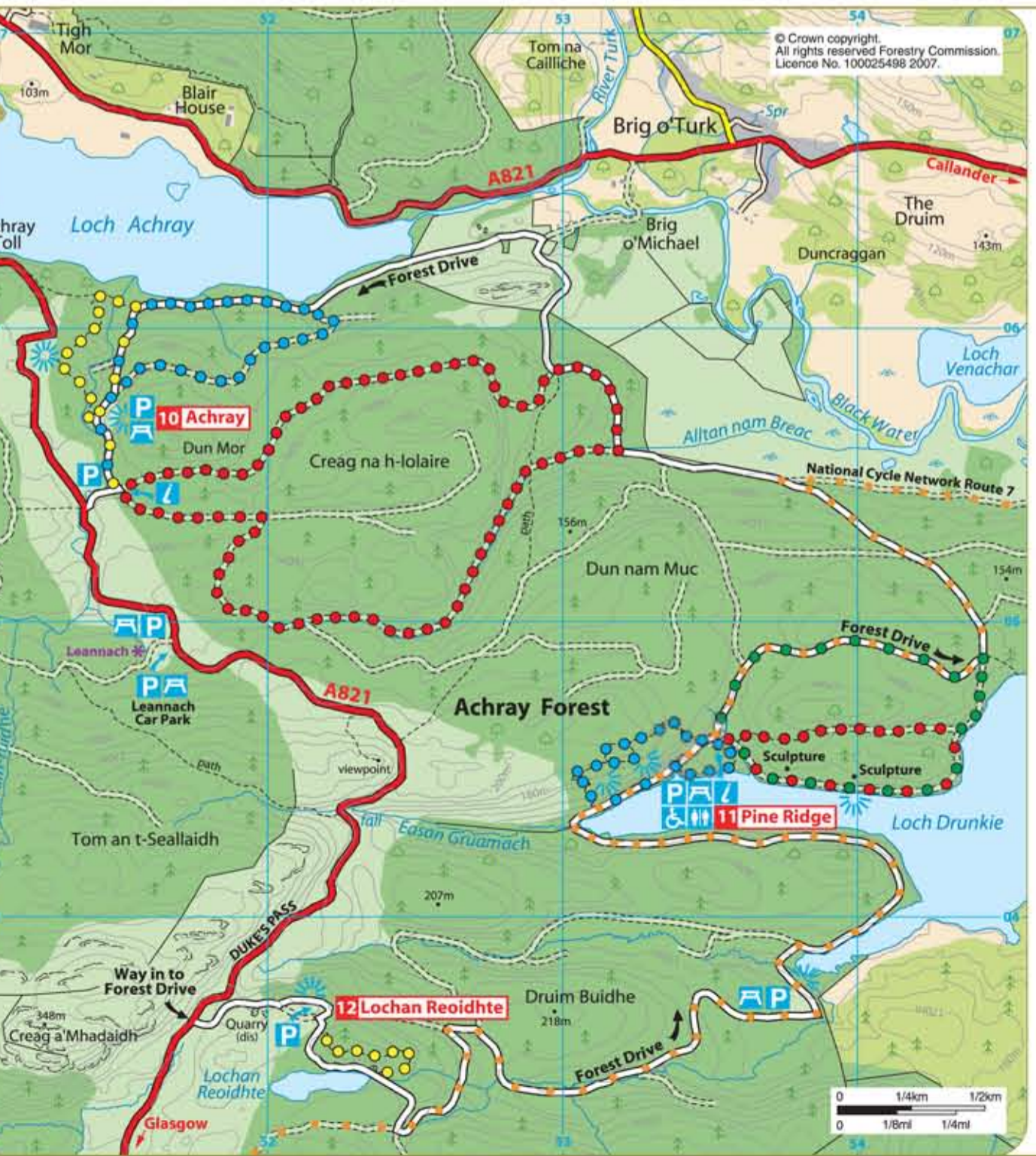
## THREE LOCHS FOREST DRIVE

Opened in 1977 to mark the Silver Jubilee of Queen Elizabeth, it consists of 7 1/2 miles of winding forest road with car parks and trails to help you enjoy the forest.



Loch Achray and Ben Alan

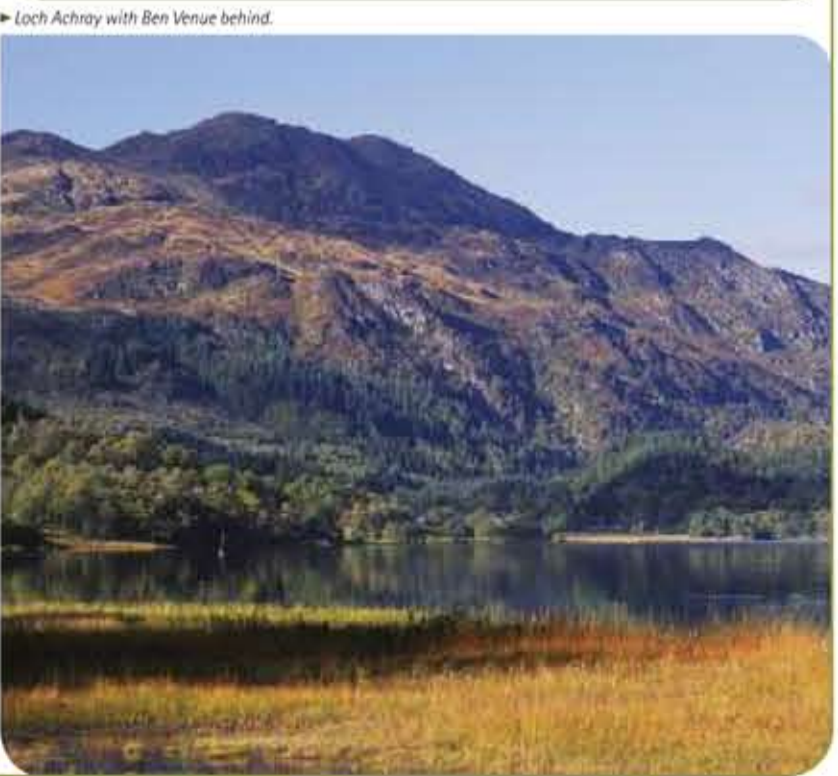
A fleeting glimpse of a deer, a picnic deep in the forest, fishing on the banks of Loch Drunkie or a leisurely walk – take your time there's lots to see and do.



- Achray trails information** Walk Start **10**
  - Allt a Cham-ruidhe 1.6 kms | 45 mins
  - Loch Achray 2.5 kms | 1 hr
  - Creag na h-Iolaire 4.4 kms | 1 hr 45 mins

- Pine Ridge trails information** Walk Start **11**
  - Pine Ridge 1.2 kms | 45 mins
  - Red Sound Trail 1.8 kms | 1 hr
  - Green Sound Trail 2.5 kms | 1 hr 15 mins

- Lochan Reoidhte trails information** Walk Start **12**
  - Lochan Reoidhte 0.7 kms | 20 mins



### Queen Elizabeth Forest Park Access Improvement Project 2000 – 2005

Between 2000 and 2005, Forestry Commission Scotland worked in partnership with Scottish Natural Heritage, Scottish Enterprise Forth Valley, The East of Scotland European Partnership and Loch Lomond and the Trossachs National Park Authority to invest £1.4 million in the improvement of recreation facilities within the Queen Elizabeth Forest Park. These facilities include:

- New and improved forest trails, hill paths and numerous lower level paths through woodlands, along loch shores and over rivers. These path routes are suitable for a variety of abilities.
- New bridges, including two of a laminated timber arch design, developed by Forestry Commission engineers.
- Visitor Centre improvements to David Marshall Lodge at Aberfoyle including extended car and coach parking, new signage and a new outdoor adventure play area.
- New and upgraded car parks including some which are particularly suitable for horse boxes and cycle trailers.
- Information points and waymarking across the Forest Park.



Forestry Commission Scotland and the Project Partners hope that the investment will add to your enjoyment as you explore the Forest Park.

### Take care on the hills

- Please remember that the weather on the hills can change very quickly. Even in summer, conditions on the tops of hills are often much colder and windier than at low levels, despite clear skies. Here are some pointers for a safe and enjoyable trip.
- Carry map & compass, know how to use them
  - Turn back if it gets too hard for you
  - In emergencies call 999 and ask for the POLICE
  - Be properly equipped
  - Plan your route carefully and stick to it
  - Tell someone where you are going and when you expect to return
  - Take adequate warm & waterproof clothing
  - Wear suitable footwear
  - Take sufficient food and drink
- When connected provide:
- Location of the incident
  - Number of people in the party
  - Any injuries (if there are ask the Police to inform the Ambulance Service)