



Nature reborn

The natural world faces bigger challenges now more than ever. At Mar Lodge Estate we are restoring ecosystems and creating a place where people can reconnect with nature. There's never been a more exciting time to explore the wild heart of the Cairngorms.



When the National Trust for Scotland began work here in 1995, our native Caledonian pinewood was in a bad way. Centuries of deforestation had left it clinging to existence. Now, this special woodland and its wildlife are being reborn.



4215 20m PP 4/18



The wild heart of the Cairngorms

With vast tracts of Caledonian pinewoods, rolling moorland and some of the highest mountains in Scotland, adventure awaits in the largest National Nature Reserve in the UK.

Contact us

Mar Lodge Estate, Braemar
Aberdeenshire AB35 5YJ
Tel: 01339 720164
email: marlodgeestate@nts.org.uk

nts.org.uk

The National Trust for Scotland is a Scottish charity, SC007410



MAR LODGE ESTATE

NATIONAL NATURE RESERVE



Scotland's
National Nature
Reserves



On your visit today

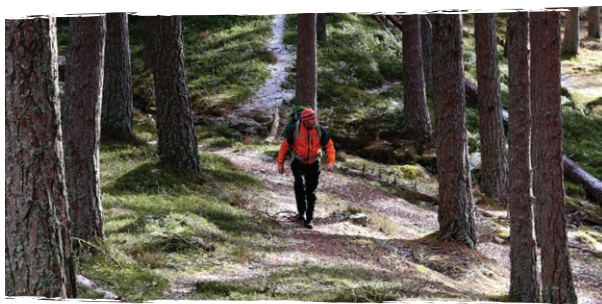
From high mountain peaks to the banks of the River Dee, Mar Lodge Estate is wild land. Whether you're wandering down to the Linn of Dee or venturing out onto the subarctic Cairngorm plateau, this is a place to savour.

- * Look out for red squirrels and crossbills feeding in the pines
- * See red deer roaming the glens and spot golden eagles soaring in the skies
- * Keep an eye out for mountain hares, ptarmigan and other subarctic species on the hills



If you're heading into the hills, remember that hillwalking can be dangerous. Make sure that you are properly equipped.

If you're thinking of wild camping, be sure to follow the Scottish Outdoor Access Code at all times. Please note that campfires are not allowed anywhere on Mar Lodge Estate NNR.



Linn of Dee trails

Our woodland walks are a great way to see what Mar Lodge Estate has to offer.

Linn of Dee Trail



easy



gold

Easy | ½ mile (0.8km) | Allow 15 mins

Mostly a wide, smooth path with some uneven sections. Includes one steep, stepped section. Can be muddy after rain and slippery in cold weather.

Enjoy spectacular waterfalls where thousands of years of rushing water have carved their way through the rock. Spot rare wildflowers below the pines and firs, and keep an eye out for salmon in the cool clear waters of the Dee.

Glen Lui Trail



moderate

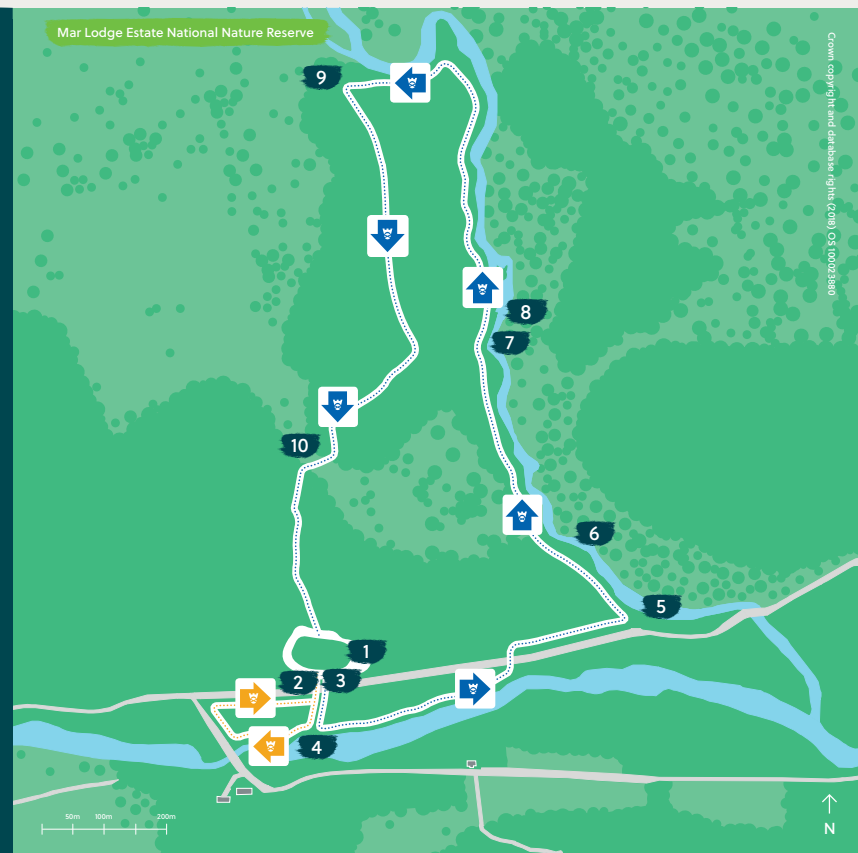


blue

Moderate | 1¼ miles (2.8km) | Allow 1 hour 15 mins

Short, moderate slopes. Mostly a smooth, narrow path with some uneven sections. Can be muddy after rain and slippery in cold weather.

Stroll through the pinewoods looking for red squirrels. Find the remains of the old salmon ladder among the raging waters of the Lui, and see if you can spot dippers and goosanders. Take in the views deep into the mountains.



- | | | | | | |
|---|--------------------------|---|----|-------------------------------|---|
| 1 | Car park and Information | P | 7 | Salmon ladder | → |
| 2 | Linn of Dee Trail start | → | 8 | Waterfall | → |
| 3 | Glen Lui Trail start | → | 9 | Caledonian pinewood viewpoint | → |
| 4 | Linn of Dee | → | 10 | Deer management fence | → |
| 5 | Lui Water | → | | | |
| 6 | Dam | → | | | |