

CAIRNGORMS NATIONAL PARK – HISTORY, HERITAGE & CULTURE



Q Balmoral Castle and Gardens



Q Braemar Highland Games



Q Glenlivet Distillery



Q Hoop Rolling at Highland Folk Museum

The Cairngorms National Park is steeped in rich history, heritage and archaeology. People have lived and worked in the Cairngorms for thousands of years leaving fascinating remains of cultures past to explore as well as discovering the thriving industries of the Cairngorms today.

Traces of people living in the area centuries ago can be found all around including ancient sites and symbols, mysterious standing stones and longhouses and legendary castles and ruins - not to mention tales of Clans and myths and legends of giants, fairies and ghosts.

The Story of a place. The Cairngorms National Park is the biggest national park in the UK.

The southern gateway to the Park, Blair Atholl, sits at the bottom of the Cairngorm mountains and Glenshee which in folklore is known as a magical place or 'the Glen of the Fairies'.

Angus and the Angus Glens are known as the birthplace of Scotland having played a pivotal role in the formation of the Scottish nation, when the Declaration of Arbroath was signed in 1320. Be sure to visit some of the museums and galleries that tell the rich story of Scotland.

Royal Deeside has been a favourite holiday spot for the Royal Family since the days of Queen Victoria. There are more castles per acre of land than anywhere else in the UK including Balmoral Castle.

Tomintoul and Glenlivet boast stunning religious properties and you can learn about agriculture and a modern interpretation of the communities natural and cultural heritage at the Tomintoul and Glenlivet Discovery Centre. Speyside is also the home of the Speyside Malt Whisky Trail, with some of the worlds' best loved single malt whiskies.

Historic Badenoch and Strathspey is famous for dramatic landscapes and events which shaped Scotland's history, such as the famous Jacobite rebellion highlighted in the early Outlander books by author Diana Gabaldon, now a hit international TV series. The area's fascinating folk museums recount the cruelty of the Highland Clearances.

With such dramatic diversity and rich heritage, you can explore the Cairngorms National Park time and time again to unearth something new each time.

EVENTS

MARCH

Badenoch & Strathspey Music Festival
www.strathfest.com

MAY

Cairngorms Nature Big Weekend
www.cairngormsnaturebigweekend.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

AUGUST

Lonach Highland Gathering and Games
www.lonach.org

DAY 1 - BLAIR ATHOLL TO BRAEMAR



1 Blair Castle and Gardens – the spectacular Blair Castle dominates the landscape – home to the Stewarts and Murrays of Atholl for 19 generations. The castle bursts with Scotland's history and the gardens are a real treat to explore for the entire family. Part of the hit TV series Victoria was filmed here, a wonderful way to document the many stays Queen Victoria enjoyed at the castle.
T: 01796 481207
E: bookings@blair-castle.co.uk
www.blair-castle.co.uk



2 The Braemar Highland Games Centre – housed in the stunning Duke of Rothesay Highland Games Pavilion explores the living tradition of highland games focusing on the world-famous Braemar Gathering. A fascinating exhibition tells the unique story of the Braemar Gathering and the Braemar Royal Highland Society. Enjoy the gallery space, the elegant café and quality gift shop.
T: 013397 49220
E: info@highlandgamescentre.org
www.highlandgamescentre.org



3 Braemar Castle – is Scotland's only community run castle where local guides offer tours of 12 fully furnished rooms with language cards. This 17th Century Castle has an exciting story having been built as a highland hunting lodge, burned in the first Jacobite uprising and home to the rebellion leader after the defeat of the Jacobites at Culloden as well as the chiefs of Clan Farquharson.
T: 01339 741219
E: info@braemarcastle.co.uk
www.braemarcastle.co.uk



4 St Margaret's, Braemar – is an A-listed building of historic and architectural importance celebrating the cultural heritage of Braemar and Royal Deeside. This was restored into an internationally-renowned performance and art venue with a full programme of concerts, performances and exhibitions and a permanent heritage display. Open in the Spring and Summer months.
T: 07850 758427
E: admin@stmargaretsbraemar.org.uk
www.stmargaretsbraemar.org.uk

DAY 2 - CRATHIE TO TOMINTOUL



1 Balmoral Castle – explore the stunning Scottish holiday home to the royal family including fabulous formal gardens, a lovely café with home cooked produce and a gift shop selling Scottish gifts. An audio tour available in different language guides you through exhibitions and shares the stories, history and workings of this beautiful estate. Open April to July.
T: 01339 742534
E: info@balmoralcastle.com
www.balmoralcastle.com



2 The Old Royal Station – the newly refurbished station houses Ballater's Tourist Information Centre, a well-stocked shop and a museum and exhibition celebrating the station's links with royalty. Much of the royalty of nineteenth century Europe passed through this railway station including the Czar of Russia. The Carriage café, tearoom and bistro offers delicious, local food.
T: 01339 755050
E: enquiries@thecarriageballater.co.uk
www.thecarriageballater.co.uk



3 Butterworth Gallery – this friendly and welcoming gallery in Royal Deeside is a three-star visitor attraction complete with a red telephone box. It hosts a permanent display of original artwork by renowned Scottish landscape artist, Howard Butterworth, and his daughter Mary Louise, famed for her atmospheric night scenes of Aberdeen. Buy original fine art, quality prints and cards.
T: 01339 886104
E: sarah@butterworthpaintings.co.uk
www.thebutterworthgallery.com



4 Tomintoul and Glenlivet Discovery Centre – an exciting new attraction with a whisky themed Virtual Reality experience, a digital community archive and new displays telling the stories of the communities and highlighting the best things to see and do in the area. The Tomintoul coat is on display for the first time in a generation. Open from Easter to the end of October.
T: 01807 580760
E: discovery@tgdt.org.uk
www.tomintoulandglenlivet.com/discovery-centre

DAY 3 - BALLINDALLOCH TO NEWTONMORE



1 Ballindalloch Castle and Gardens – one of the finest surviving examples of a Scottish Baronial Castle also known as the 'Pearl of the North'. Explore five hundred years of Highland history, acres of formal gardens, woodlands and riverside walks, a children's playground, picnic area, tearoom and gift shop. Tours are available to explore the interior of the castle in Spring and Summer.
T: 01807 500 205
E: enquiries@ballindallochcastle.co.uk
www.ballindallochcastle.co.uk



2 The Balmenach Distillery – discover the home of the premium, hand-crafted Caorunn Gin and get an insight into the artisanal production process with a behind-the-scenes tour. Then enjoy a tutored deconstructed nosing and tasting session featuring five locally foraged and six traditional botanicals. The experience then closes with a refreshing Caorunn and tonic with red apple wedges.
T: 01479 874 933
E: contact@caorunnjin.com
www.caorunnjin.com



3 Grantown Museum – learn about the Scottish enlightenment, royal connections, fascinating inventors and mighty musicians. The museum has lots of interactive exhibitions, including the opportunity to dress up and take a picture in a Victorian photographer's studio. You'll find everything you need to know about local activities, heritage and walks. Opens April to October.
T: 01479 872478
E: info@grantownmuseum.co.uk
www.grantownmuseum.co.uk



4 Highland Folk Museum – experience how Highland people lived and worked from the 1700s up to the 1950s in this open air museum situated among some of the most beautiful scenery in the world. Explore 30 historical buildings with period furnishings and displays. There is also a café, gift shop and children's playground. Opens in the Spring and the Summer months.
T: 01349 781650
E: highland.folk@highlifehighland.com
www.highlifehighland.com/highlandfolkmuseum

DAY 4 - AVIEMORE TO DALWHINNIE



1 Cairngorm Brewery – providing tours and offering samples of ales, the award-winning brewery offers a warm friendly Highland welcome. Keen to keep traditional recipes alive, as well as brewing new styles, the brewery has gained many accolades 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 Chapel Houses Arts – a welcoming space, with exhibits throughout the year showing great contemporary art from myriad local and UK artists. The gallery runs workshops in various media and for all levels, from beginner to advanced, led by experienced tutors. In the warmer months, plein air workshops in the Cairngorms take advantage of the extraordinary landscape on the doorstep.
T: 01540 662438
E: info@chapelhousearts.co.uk
www.thelaundrygallery.net



3 Ruthven Barracks – visit this fascinating site which was built in the early 1700s and stands on a mound which is visible for miles around. A 300-strong Jacobite attack failed to take the barracks in 1745, but a more heavily-armed attack the next year forced the barracks' surrender. The Jacobites rallied here after their defeat at Culloden before conceding. Open all year round.
T: 01975 651 460
E: ticketing@hes.scot
www.historicenvironment.scot



4 Dalwhinnie Distillery – set in splendid mountain scenery, Dalwhinnie is the highest distillery in Scotland and home to a famous whisky renowned for its gentle flavours. This five-star visitor attraction offers tours explaining the art of malt whisky distilling, a complimentary dram of whisky with a matching handmade chocolate, a souvenir tasting glass and a discount voucher in the distillery shop.
T: 01540 672219
E: Dalwhinnie.distillery@diageo.com
www.discovering-distilleries.com/dalwhinnie

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