

Cairngorms Ultra Route Highlights & Course Overview:



A taste of the wild Cairngorms, from beautiful pine forested glens to spectacular mountain vistas, here are some of the main features incorporated into the route...

- Extensive views across to the vast plateau around the Cairngorms' most spectacular corries & summits, including Ben Macdui, Braeriach & Cairn Toul the UK's second, third & fourth highest mountains.
- Visits both the major Cairngorm Lairig passes - the Lairig an Laoigh and Lairig Ghru and passes beneath the shadow of the rugged Devils Point
- The dramatic Corrie Etchachan
- Through the magnificent Caledonian pinewoods of Glens Derry, Luibeg & Quoich
- Following mountain rivers with their waterfalls, narrow gorges, & crystal-clear pools
- Visiting iconic mountain bothies
- This route is great for any friends & family who are spectating. With the route returning through the Derry Lodge CP & the iconic Linn of Dee, there'll be plenty of opportunity to provide a bit of encouragement.

Section 1: Start to Derry Lodge (CP1)



Start from Mar Lodge



Doire Bhraghad Woods



Black Bridge & the section along Lui Water towards Derry Lodge

This initial section takes you through beautiful Caledonian Pines & alongside the crystal-clear waters of Lui Water, following the main track between Derry Lodge and the Linn of Dee. CP 1 is located to the rear of Derry Lodge at the footbridge over the river Derry.



Trail leading to Derry Lodge

Section 2: Derry Lodge to Hutchison Refuge: Continue along the track amongst the pines on the west side of Derry Burn, climbing into the upper reaches of Glen Derry.



The pines gradually become more scattered & the views are very extensive as the route continues up Glen Derry.





Soon after crossing Glas Alt Mor the track forks left heading into the wide expanse of Corrie Etchachan towards CP2 at the Hutchinson Memorial Hut. The Refuge lies at 690 metres & is the highest point on the course.



Hutchison Refuge & Corrie Etchachan



Heading towards the refuge at CP2

Section 3: Hutchison Refuge to Derry Lodge:



From the CP, retrace your steps back along Glen Derry to the track junction at the location of the old Derry Dam. The route crosses Derry Burn here & follows the track through the Caledonian Pines on the east side of the burn to reach CP3 (first aid station location). This will be located just across the footbridge from CP1 as you'll be returning on this side of Derry Burn & continuing along Glen Luibeg.

Note: As the footbridge at Derry Dam is currently closed this will entail fording the burn. If the water levels are too high, then the route will return the same way as the outward leg to CP3.



Crossing point of the Derry Burn at the old Derry Dam Location

Section 4: Derry Lodge CP3 to Corrou Bothy CP4

Follow the trail through Glenn Luibeg past some magnificent old granny pines. There are two options here; either ford the river or continue 400m upstream & cross the footbridge over Luibeg Burn.



Trail at Glen Luibeg



Crossing Luibeg Bridge

The next section leads into the initial reaches of the Lairig Ghru. On a clear day the views are truly outstanding, revealing the edge of a vast plateau around the Cairngorms' most spectacular corries & high mountains; Ben Macdui, Braeriach & Cairn Toul (UK's second & third & fourth highest mountains) & the Devils Point.



From this point the trail becomes more rough underfoot & full concentration is needed as you descend towards the river Dee.



The trail leading towards the Lairig Ghru with the imposing peaks of The Devil's Point & Cairn Toul

Cross the footbridge over the river Dee to reach CP3 located a short distance further on at Corrou Bothy.



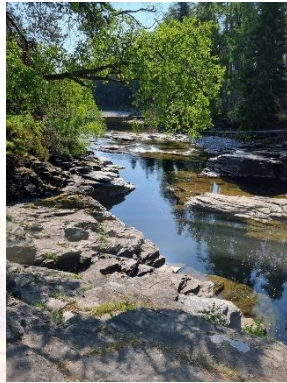
Corrou Bothy & the bridge across the river Dee

Section 5: Corrou Bothy to Linn of Dee: Cross back over the bridge then follow the track along Glen Dee towards White Bridge. The route continues across boggy ground for the next few kilometres & the path is quite rough in places. It's worth taking a breather at the waterfalls & pools of the Chest of Dee just before White Bridge.



Section along Glen Dee with The Devils Point in the distance & the Chest of Dee

At White Bridge the trail joins the main ATV track to reach the Linn of Dee & CP 5 (second aid station location).



Linn of Dee

Section 6: Linn of Dee to Finish: After the CP, follow a section of singletrack through the pinewoods to the left of the National Trust parking area. The path soon emerges onto the main track leading to Black Bridge. Cross the bridge and turn left following this track up Glen Lui once again (the main track to Derry Lodge). After approx. 1km. turn right onto a small singletrack which climbs over moorland to the Clais Fhearnaig. Follow the singletrack alongside the lochans then descend into Glen Quioch & CP6.





Stunning singletrack through the Clais Fhearnaig



The return is down beautiful Glen Quoich. The track climbs high above the river, giving good views over the Caledonian Pinewoods, returning through the grounds of Mar Lodge to the finish.





Finish section at Mar Lodge

