

After 200m you will come to a clearing and join the main Forest Drive. This clearing is a great spot to use your Nordic Walking poles to practice your strengthening exercises. Continue and turn right back into the main forest at the yellow marker. This woodland is managed by the Forestry Commission as both commercial and a multi activity recreational woodland. You will notice the popular orienteering markers.

Keep following the yellow markers, as the next section is undulating allowing you to work harder. Cross the outflow and then around the lochan. This is a good place to do some cool down exercises before following the yellow markers back to the car park.



**For further information, please contact ►**

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# NORDIC WALKING

## WALK 01 ►

### Cambus O'May Trail

**Distance ►** 3.5 km (2.2 miles)

**Time ►** 45 minutes

**Grade ►** moderate



*Cambus o'May*

**An ideal introductory circuit for you to develop your Nordic Walking skills amongst picturesque surroundings.**

From the A93 near the 'Crannach Tea Rooms' take the track signposted Cambus O' May Forest Trails. After a warm up session with fine views back to Ballater and the River Dee, leave the Car Park and follow the YELLOW signs. Initially slightly uphill and turn right under the transmission lines.

Follow the gravel path through the mixed Pine and Birch woodland. You will pass the Capercaillie fingerpost and then cross a stream, follow the yellow marker and continue until you come to a junction, turn right heading slightly downhill on a wider track.



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