

# Foyers & Inverfarigaig

Foyers provides much enjoyment for a wide range of visitors. Whether you wish to stroll along the paths, picnic, bird watch or cycle you will be sure to find a quiet spot to enjoy the area.



Red Squirrel - Janice Campbell

The paths network was set up in response to popular demand. The idea was to find and create paths around communities that could be used by a wide variety of people, of all ages and abilities, including horseriders and cyclists. Foyers and Inverfarigaig now have the first network of this kind in the Highlands.

Most of the land around Foyers is owned and managed by Forest Enterprise. Pine and spruce plantations in places have suffered from fire damage, allowing birch and heather to regenerate over wide areas. The Farigaig Forest Centre is the starting point for several forest trails as well as the longer walks listed overleaf.

Over many millions of years, the River Foyers has shaped the surrounding countryside and the force of the river has cut Foyers Gorge out of the rock.

By walking in the area, it is possible to see how the river has helped shape the countryside and the community.

Foyers was a staging post on the old military road from Inverness to Fort Augustus. Foyers Falls later became a spectacular Victorian attraction of some renown. The falls are 30m (100ft) high and are worth a visit. The Gaelic name Eas na Smudh means 'Waterfall of Smoke' and it's easy to see why.



The water in the River Foyers is now used to generate electricity. The first industrial hydro electric power station for aluminium smelting was built in Foyers in 1895. The aluminium smelter closed in 1967. However hydro electric generation continues at Foyers with a modern 300 megawatt reversible pumped storage station on the loch shore. Water is brought to the generating station from Loch Mhor in Stratherrick through a tunnel in Gleann Liath.

# Short Walks From Foyers

## How To Get There:

Located on the eastern shores of Loch Ness, Foyers is 19 miles / 31 km south west of Inverness on the B852.

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# Routes & Key

## A) Foyers Falls. **BLUE ROUTE**

Don't miss the spectacle that made Foyers famous. Start from the shop and follow the signs to the waterfall. The waymarked route follows the gorge.

## B) Upper to Lower Foyers. **BLUE ROUTE**

The alternative route downhill. Why not return by following the blue waymarked Foyers Falls path?

## C) Round Foyers Bay. **YELLOW ROUTE**

An attractive woodland walk giving good views over Loch Ness. Start from the fish farm.

## D) The Burial Ground. **GREEN ROUTE**

Access to the woodland and monument overlooking Loch Ness.

## E) Foyers Hotel to the pier. **BLUE ROUTE**

Takes you along a woodland path down to the loch shore.

## F) Creag nam Broc reservoir. **GREEN ROUTE**

A little more challenging but worth the effort! Good views. Path can be wet at times.

### LEGEND

	Forestry Commission Land
	Forestry Commission Woodland
	Other Woodland
	Main Road
	Secondary Road
	Minor Road
	Road/Track
	Footpath
	Forest Walks (colour coded)
	Viewpoint

# Description of Walks

The walks detailed in this leaflet provide nearly 16 miles of footpaths and tracks that can be joined together to form individual circular routes. Combinations of these walks can be linked together to offer a wide choice of scenery and distance to suit most tastes and abilities.

For your guidance and safety the routes are waymarked with coloured posts and signposts which can be found where major paths leave roads. In general, always follow the main path or track unless directed otherwise.

There are steep drops adjacent to some sections of the walks and working machinery and vehicles can present danger. It may be necessary to close sections of the walk network for short periods while essential operations are in progress. So always take care when walking in the countryside and keep control of young children and dogs.

Even on short walks conditions can vary considerably. Be prepared for muddy paths, long grass and wet weather. Stout shoes and waterproofs make walking more comfortable and together with a map are essential on the hill routes.

**Cyclists** are welcome on roads and vehicle tracks.

**Horseriders** should inquire locally about using tracks and paths. Maps are available from Forest Enterprise showing routes suitable for horses.

**Wheelchairs users** may find many of these routes too steep or too rough for satisfactory exploration. Some of the routes worth considering are those around Lower Foyers old bridge, the works, the pier, by Loch Ness and the burial ground. See routes C and D.

# Enjoy Your Visit

**What shall I take?** Stout shoes or boots are best as some of the paths go over rough or wet ground. Take waterproofs just in case it rains. Take a snack and a drink too. It's always a good excuse to stop for a rest and admire the view.

**Can I take my dog?** Yes, but keep dogs under close control or on a lead if there are sheep and cows around.

**What else should I know?** Check your map and route before you go. Can you make it? If going alone, let someone know where you are going.

## ... and the Country Code ?

Please follow it and especially:

- Avoid all risk of fire.
- Take all your litter home.
- Leave wild flowers, livestock, crops and machinery alone.
- Follow advice about forestry operations.
- Help keep all water clean.
- Leave gates as you find them.
- Go carefully on country roads, please park considerately.

The preparation of this leaflet has only been possible with the help of the local community, Stratherrick and Foyers Community Council, Forest Enterprise and other landowners.



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From Cover: *Foyers Falls - Tony Dyer* . Background *Tor: Stratherrick - Martin Hill*  
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# Recommended Routes Around Foyers

## FOYERS PIER TO INVERFARIGAIG - lochside route

3.5km / 2 miles, allow 1.5 hours - **BLUE ROUTE**

This route takes you along the loch side through hazel woodland once coppiced for fencing and charcoal making as well as an old conifer plantation. Look out for the bat boxes attached to the conifers between path and shore. This route runs parallel to General Wade's military road.

## INVERFARIGAIG TO GLEANN LIATH CIRCUIT

5km / 3 miles, allow 2 hours - **GREEN ROUTE**

Starting at the Farigaig Forest Centre, this route climbs into the forest before descending into Gleann Liath (its name means 'grey glen'). Enjoy the green, moss covered sides of the glen, before returning to Inverfarigaig. Admire the views over Dun Dearduil, site of an ancient hill fort, on your return.

## CAMUS FOREST

4km / 2.5 miles from Upper to Lower Foyers, via viewpoint  
over Loch Ness, allow 1.5 hours - **YELLOW ROUTE**

This route takes you over the Upper Falls of Foyers. There has been a bridge over the Upper Falls since 1786. Before that there was only a log over a narrow point that was used as a footbridge! The track then starts to climb gently. It's worth the effort though, as there are splendid views across Loch Ness. To return from the viewpoint retrace your steps to the main path. Look out for the old dovecot by Foyers Mains Farm.

## ALLT CAOL LOOP

3.5km / 2 miles, Allow 1.5 hours - **GREEN ROUTE**

This delightful circuit follows the course of the Allt Caol Burn which winds through mature woodland, before returning to the road on well built forest track. Try to spot the hut circle remains as the path joins the forest track. This path can be wet underfoot.

## FOYERS TO INVERFARIGAIG - hill route

4km / 2 miles, allow 1.5 hours - **RED ROUTE**

Follow the track in front of the church, behind the primary school, and uphill. The waymarkers will lead you over the hill Toman Tarsuinn. From the summit you get great views over Loch Ness.

## Flowers

Spring-time brings primroses, bluebells and the pretty white flowers of wood anemone after the first burst of colour from snowdrops and daffodils. On the forest floor look for wood sorrel, violets and even the splendid chickweed wintergreen amongst others. On the more open high ground, heather (or ling) flowers after the bell heather comes into bloom. Carpets of blaeberry coat the ground. In wetter patches, look for bog asphodel and orchids.



Primrose - Murray Alton

## Woodlands



Hazel, birch and oak woods line the shore of Loch Ness. These havens provide a home for many animals and plants. Further inland, the trees have been extensively managed and have been for many years providing local industries with supplies of fuel and raw materials. Today Forest Enterprise manages the large areas of conifer woodland.

## Wildlife



Red Deer Stag - Lauren Campbell

Both roe and red deer can be readily seen. Roe deer are more likely to be seen in the woodlands and larger red deer on the higher ground. Keep your eyes open for red squirrels, often to be seen in the autumn scurrying across the road. For the really lucky visitor, pine marten, fox and wildcat can be glimpsed. On the hilltops look out for capercaillies and grouse.



Small Tortoiseshell - Murray Alton

In the summer look out for butterflies such as the Speckled Wood, the pretty Scotch Argus and Small Tortoiseshell.

## The Highland Council Countryside Ranger Service

Are you interested in wild flowers, animals, birds, geology, archaeology, local history, walking or simply enjoying peace, quiet and fresh air in beautiful Highland scenery? Yes. Then The Highland Council's Rangers can add to your enjoyment of the Highlands.

**Where are they?** There are Rangers based in the mountains of Skye and Lochaber, on the banks of the River Spey in Badenoch and Strathspey, on the wild coastlines of Caithness and Sutherland and around Loch Ness and the Moray Firth.

**So what do they do?** Rangers can help you enjoy your experience in the countryside by providing information on where to go and what to see. They can also provide a range of guided walks and talks and displays on many diverse topics. The Rangers also help protect the Highland countryside by working with local communities and schools and undertake and co-ordinate conservation work.



So whether you are on holiday or live locally; young or old; a keen naturalist or just interested then why not see what The Highland Council's Countryside Ranger Service can do for you.

Look for the symbol below on the Rangers' uniforms and vehicles. They will be pleased to answer any queries you have.

**If you have any information or suggestions relating to the walks described in this leaflet, please contact:**

The Highland Council Ranger Service  
Planning and Development Service  
The Highland Council . Town House  
Inverness . IV1 1JJ  
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# PATHS AROUND FOYERS

