Scotland's beautiful wilds are calling you. Loch Lomond & The Trossachs National Park was created as Scotland’s first National Park to protect a place of outstanding natural beauty with over 720 square miles of untamed and unspoilt ancient landscapes. It was also established to welcome people from all over the world to share in the joy of such an idyllic environment. This is a natural playground for wonderful wildlife including eagles, red deer, otters and pine martens, and it could be a wonderland for your family too. You can try walking, climbing, fishing, watersports, mountain biking or even cliff jumping.

It’s time to venture out and explore the ‘bonnie banks’ of Loch Lomond, its secluded islands and over 20 other lochs, as well as the region’s 21 Munros and enchanting glens that lie between these peaks. You’ll find we’re just a short journey from Glasgow and Stirling so you can be here in less than an hour from the city centre.

After you’ve worked up an appetite you can reward yourself with delicious food and drink – much of it produced right here in the park. Get ready to enjoy fascinating events, a rich culture and to meet some welcoming people. The memories you take away with you from here will stay with you for the rest of your life.

Welcome to…
Loch Lomond
& The Trossachs
National Park
Visitscotland.com

Loch Lomond & The Trossachs National Park

At a Glance

Where will you start exploring? Loch Lomond & The Trossachs National Park is Scotland’s first National Park, and here you can roam over 720 square miles of beautiful mountains, ancient woodlands, hidden glens and remote islands. Within its winding 220-mile boundary are 57 special nature conservation sites, creating precious sanctuaries for wildlife – maybe you’ll see some of these creatures when you’re here.

Argyll Forest Park
This ancient woodland was the first in Britain to be designated as a Forest Park, back in 1935. Here you can wander amid craggy peaks, deep glens, peaceful sea lochs and rushing rivers. Its rugged scenery was formed by the Highland Boundary Fault, the great crack in the Earth’s surface that divides Lowland and Highland Scotland.

Watch out for otters as you stroll along the shores of Loch Long. If you feel like a challenge, you can continue your walk up one of Britain’s most spectacular mountains - Ben Arthur, known as the ‘Cobbler’.

It was hard work indeed to reach this lofty viewpoint in the days before cars, which is how the ‘Cobbler’ got its name! Today you can simply turn off the A83 road to enjoy the view, and the panorama of deep glens, shimmering lochs and rocky mountains is every bit as impressive as it’s always been. Glenbranter’s carpet of bluebells adds a dash of mesmerising colour to the forest in spring and early summer. If you explore quietly enough, you may even find yourself observing some grazing red deer.

The steep, narrow gorge at Puck’s Glen will enchant you with its rock pools and cascading waterfalls. Visit after rainfall to see the waterfalls at their most spectacular. Stroll around the nearby Kilmun Arboretum where 162 species of trees from around the world grow thanks to the mild west coast climate.

Loch Lomond
Loch Lomond is the largest expanse of fresh water in mainland Britain, and a place of outstanding natural beauty. Where better to try a fantastic range of water-based activities? You can go water skiing, sailing, canoeing and kayaking or hire boats for fishing on the calm loch.

Imagine calling the stunning Hill House in Helensburgh your home. This beautiful dwelling was designed and furnished by Charles Rennie Mackintosh.

Breadalbane
Delve into the fascinating past of the picturesque village of Killin on the Killin Heritage Trail. Discover the stories behind its beautiful old buildings, the origins of its place names, its local folklore and more.

Cross the bridge in Killin and admire the spectacular Falls of Dochart as they cascade over rocks and swirl around the island of Inchbuie. The Glen Ogle Trail between Lochearnhead and Killin is a favourite route for cyclists and hillwalkers. The Glen Ogle Viaduct is one of the most spectacular of its kind in the world.

If you’re a waterfall fan, you have to walk the Waterfall Trail, which leads from the Lodge Forest Visitor Centre thanks to live CCTV footage. Just one of many in this part of the National Park, the Loch Ard Waterfall is a perfect spot to see cascading waterfalls over the length of Loch Lomond and east towards the Trossachs.

Queen Elizabeth Forest Park is one of the most vibrant parts of the park with dozens of rare wildlife species for you to spot. Catch a glimpse of awe-inspiring birds of prey in the wild or see directly into the nests of ospreys at the Lodge Forest Visitor Centre thanks to live CCTV footage.

Spend a day in the bustling town of Callander and browse its independent stores before enjoying lunch in one of its many pubs and restaurants. Save an hour or so for the lovely walk up to the impressive footbridge over the Bracklinn Falls.

The John Muir Way - this trail stretches over 132 miles from the east to the west coast of Scotland. Walk the route between Helensburgh and Strathblane as it passes through the National Park.

The West Highland Way - hugging the western shore of Loch Lomond, this popular route takes you on a spectacular 96-mile walk from just outside Glasgow to Fort William in the Highlands.

Three Lochs Forest Drive – a 7.5-mile meandering road through the Queen Elizabeth Forest Park that treats you to stunning views over Loch Achray and the Trossachs.

Another Munro that hillwalkers flock to is Ben Lui, the highest of a group of four Munros that lie south of Glen Lochy. Begin the 3 km ascent to the top where the burn of Eas Daimh flows into the loch, and descend via its smaller but equally impressive sister, Beinn a’ Chleibh.

The Trossachs
The enthrancing Loch Katrine in the Trossachs was the inspiration behind Sir Walter Scott’s poem The Lady of the Lake. You can cruise across it aboard a historic steamship named in honour of the famous Scottish writer.

DON’T MISS...

- Cruising on Loch Lomond – several operators can take you on cruises on the loch. You’ll be able to explore some of its 22 islands.
- Inchailloch – carpeted in bluebells in springtime, this island on Loch Lomond transforms in winter, unmasking its ruins. It is also the perfect spot to see roaming deer.
- Inchmahome Island – found on the Lake of Menteith, you can visit by ferry from April to October to see the ruins of a 13th-century Augustinian monastery, where Mary Queen of Scots once took refuge.
- Ben Lomond – starting from Rowardennan, climb Scotland’s most southerly Munro for stunning views over the length of Loch Lomond and east towards the Trossachs.
- There are 21 Munros (mountains over 3,000 ft high) inside the park.

- The John Muir Way - this trail stretches over 132 miles from the east to the west coast of Scotland. Walk the route between Helensburgh and Strathblane as it passes through the National Park.
- The West Highland Way - hugging the western shore of Loch Lomond, this popular route takes you on a spectacular 96-mile walk from just outside Glasgow to Fort William in the Highlands.
- Three Lochs Forest Drive – a 7.5-mile meandering road through the Queen Elizabeth Forest Park that treats you to stunning views over Loch Achray and the Trossachs.
Blessed with expanses of still, crystal-clear water, dramatic mountain peaks and rolling woodland, glens and forests, Loch Lomond & The Trossachs National Park beckons every lover of the outdoors. You can choose many memorable ways to absorb the breathtaking scenery, including mountain biking, walking, climbing, golf and fishing. Which adventure will you go on first?

Running right through the park, the Highland Boundary Fault formed 390 million years ago when the Highland and Lowlands violently clashed. Setting out from The Lodge Forest Visitor Centre near Aberfoyle, you can climb to the summit of Lime Craig by way of oakwoods and dramatic waterfalls. Fancy a waterside walk? The 34-mile Three Lochs Way links freshwater Loch Lomond with the Clyde sea lochs of Long and Gare on a route that slowly takes you from gentle slopes to mountain crags and loch shores. You can join it at several points via local train services on the West Highland Line.


Jump on your bike

Riders ready, pedals ready, go! If you want to run loose on Britain’s largest network of off-road bike tracks, head for Queen Elizabeth Forest Park. There are plenty of trails here to challenge your skills and give you a thrilling day out. For a gentler day out on your bike, try the West Loch Lomond Cycle Path, a picturesque 17-mile route from Balloch at the southern tip of Loch Lomond to Tarbet. Both villages have railway stations so you can easily start from either end of the route.

Storming over rolling hills, past babbling brooks, through woods and over mountain passes, the Glen Finglas loop is a bruising 15-mile mountain biking route starting from Brig o’ Turk. But enjoying the untamed, spectacular scenery all to yourself along the way is a just reward.

Head to Loch Katrine in the heart of the national park, where you can hire an electric bike at Katrine Wheelz and enjoy a leisurely cycle along the shore path. Why not cycle one way and rest on the return journey by boat as you cruise along the loch? Just remember to book ahead.

Running from Glasgow through Aberfoyle, Callander, Killin and onwards to Inverness, the National Cycle Route 7 snakes its way through the National Park, offering you an excellent way to see it in all its glory on two wheels.

The perfect catch

Cast your line and try your luck on the pristine waters of Loch Venachar? As well as fishing for pike or trout on the banks, you could make your catch from a hired boat out on the water. For all fishing activities on waters within the National Park, you must first purchase permits which are available at outlets throughout the park.

Many of the salmon destined for Loch Tay pass up the river, which has helped earn it a reputation as one of the best places to fish for salmon in the region.

If you’re new to fishing, why not take a lesson on the pristine waters of Loch Venachar? As well as fishing for pike or trout on the banks, you could make your catch from a hired boat out on the water. For all fishing activities on waters within the National Park, you must first purchase permits which are available at outlets throughout the park.

The closing hole at Killin is one of the most beautiful in Scotland.

The Carrick course unfolds over the lovely banks of Loch Lomond.

Callander is an 18-hole golf course with stunning views.

Vale of Leven is a tricky course with bunkers and short holes.

Fore!

Don’t Miss...

Go Apel! – swing through the trees of the Queen Elizabeth Forest Park, home to this aerial playground. Dare you fly down one of Britain’s longest zip wires 150 ft above the forest floor?

In Your Element – book a host of land and water-based activities including archery, canoeing, gorge scrambling, stand up paddleboarding and more in and around Loch Lomond.

Go Country – this hive of outdoor activities offers a unique waterpark, cliff jumping, quad biking, archery and more at Loch Ard.
With 22 lochs, 50 rivers and streams and miles of sheltered coastal waters, Loch Lomond & The Trossachs National Park is an aquatic playground. Boating and canoeing are just two of your options with many more adrenaline-packed thrills and water-based adventures to choose from. You can hire equipment from many operators and get to our waterways by ferries, cruises and water buses, so why not take to the water and view this stunning National Park from a different perspective?

Sailing is a pleasure on Loch Long – the scenery is beautiful and the conditions are often ideal. Come along to see Cove Sailing Club’s spectacular summer regatta, which also has a children’s race.

You can go windsurfing, water skiing, canoeing and kayaking on tranquil Loch Lomond. For equipment hire, try Loch Lomond Water Ski Club and Loch Lomond Leisure Scotland Ltd.

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Hire a boat or bring your own and explore the islands on Loch Lomond. If you take a boat out, ensure you understand and follow the Loch Lomond byelaws. Find out more at www.lochlomond-trossachs.org

Loch Lomond and its volcanic islands still retain many of their centuries-old secrets. Discover castle ruins, clan graves, the remnants of medieval communities and more on a Wild by Nature canoe safari. You also have an excellent chance of spotting ospreys, buzzards, capercaillies and otters. At Balmaha Boathouse you can hire a traditional clinker-style boat or take a boat cruise to explore the islands.

All aboard the Loch Lomond Water Bus service! This will speed you to the west, east and south shores. Then hire a bike from Cruise Loch Lomond and cycle between stops before boarding the water bus back to where you started.

A fantastic way to explore Loch Lomond’s 18,000 acres of water and tree-lined shores is by bike and canoe. You can cycle around the loch’s edge, visit places like Balloch Castle, before taking to the water with an instructor who will tell you all about the legends and history of the loch as you paddle.

Leave your everyday cares a long way behind as you glide across placid Loch Katrine aboard the historic steamship Sir Walter Scott. The sweeping landscapes around you inspired the renowned Scottish wordsmith to pen his famous poem The Lady of the Lake.

Enjoy a memorable boat tour with Sweeney’s Cruise Co., who run a number of routes including the Evening Sunset and Island Discovery cruises. The on-board commentary is by much-loved TV historian Neil Oliver. During July and August, take some lessons at the sailing school at Rosneath Castle Park near Helensburgh. You’ll learn a trick or two whatever your level, and you can also try windsurfing, canoeing and kayaking.

Loch Lomond Wakeboard is the first purpose-built wakeboard and wakesurf school in Scotland. You’ll find it next to the Ardlui Hotel on the shores of the loch, and it won’t take long before you’re picking up tips from one of the UK’s top 10 boarding and surfing coaches.

For a more sedate trip on the water, try Stand Up Paddleboarding, the water sports world’s newest craze. The loch’s calm waters provide the perfect conditions to try the sport, and its numerous islands provide sheltered spaces to explore. You can hire a board from providers such as Loch Lomond Leisure at Luss or Rowardennan.
If you don’t manage to spot ospreys fishing in the wild, head to The Lodge Visitor Centre near Aberfoyle where you can watch live streaming of their nests transmitted via CCTV.

Watch live footage of other animals around the National Park here too, including pine martens and red squirrels, or simply admire The Lodge’s stunning views of Loch Ard Forest and Ben Lomond.

Have your binoculars close to hand on a ranger-led guided walk through the spectacular Queen Elizabeth Forest Park. Scan the skies to spot golden eagles prowling the heavens as well as sparrowhawks, kestrels, peregrines, red kites, buzzards or even a red squirrel or two.

The new Loch Lomond RSPB Nature Reserve, part of the Loch Lomond National Nature Reserve (NNR), is an important wintering centre for Greenland white-fronted geese, some of the rarest geese to visit the UK’s shores. Spot these rare birds, as well as pink-footed and greylag geese, in the wild in one of Britain’s most important sites of biodiversity.

On the east shore of Loch Lomond you’ll find Inversnaid RSPB Nature Reserve, home to buzzards, woodpeckers and red deer. Spring is a great time to catch a glimpse of the rare black grouse on the hills around the reserve. Watch out for golden eagles soaring in spring and hen harriers in autumn.

Please follow the Outdoor Access Code when you visit – we want to keep the park wild and beautiful!

www.outdooraccess-scotland.scot

Drive along the 25-mile circular route of the Bird of Prey Trail and spot up to 13 different species along the way. You can also get up close to magnificent raptors during a Hawk Walk or a Meet The Owls session at the Loch Lomond Bird of Prey Centre. Don’t worry if you haven’t spotted a golden eagle during your time in the National Park; meet the centre’s star turn, Orla, its resident golden eagle, as well as falcons, buzzards and more.

There are several pairs of ospreys who choose to return here from Africa each spring to mate. Watch them hunting for a fish takeaway at Loch Venachar, Loch Lomond, Loch Eck and the Lake of Menteith during the summer months.
As you head west from Glasgow city centre you enter West Dunbartonshire, an area that blends bustling towns with rolling farmland and, to the north west, the shore of beautiful Loch Lomond. In many ways it’s your gateway to Loch Lomond & The Trossachs National Park and, with historic boat trips, incredible sea creatures and fun family activities, it’s a terrific place to explore.

Feed the sharks or turtles at Loch Lomond SEA LIFE Aquarium, Balloch and press your nose up to the glass to see over 5,000 marine creatures including elegant seahorses, the largest collection of sharks in Scotland and a playful family of otters.

Walk up the gangplank to board the Maid of the Loch, a paddle steamer berthed at Balloch Pier. In summer you can visit this historic visitor attraction to see the steam engine and gearing system in operation on special ‘in steam’ days. She is the last paddle steamer built in Britain and is currently being restored to her full splendour.

Let your mind wander free as you explore Balloch Castle Country Park’s 200 acres of lush woodland and ornamental gardens. The 19th-century walled garden is an ideal spot to enjoy an alfresco lunch on the lawn. You can stroll on paths right down to the lochside, and many routes are accessible for pushchairs, prams and wheelchairs.

The Titan Crane, which has dominated the Clydebank skyline for a century, is another lofty viewpoint that’s worth a look. Take the fascinating 150 ft trip to the top, and imagine the scene below you when the crane was serving a bustling dockside.

Explore the fascinating boutiques, studios and galleries of the area to pick up some fantastic purchases. Visit Lomond Galleries, a selection of great shops housed in an ornate A-listed building of red sandstone and opulent marble.

The Shore Circular Path is a 4-mile route past the Bruculli Cliffs and the Clyde shore – watch out for wading birds on the mudflats.

Spend a few hours at the picturesque spot of Bowling Basin, at the western edge of the Forth & Clyde Canal. Look out for unusual wildlife between some of the boat locks, such as black and wild rabbits, pipistrelle bats and wild black minks. Take a walk or cycle along this area and watch the boats make their way peacefully along the canal and through the locks.

Clydebank’s industry was a powerhouse of British trade, and you can discover this proud industrial heritage in the town’s museum. View one of the largest and most important collections of Singer sewing machines, three ship models built by John Brown of Clydebank, and a selection of fine art.

GATEWAY TO THE PARK

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Three times the charm – at Auchentoshan Distillery you can take a tour and taste the only Scotch whisky that is triple distilled. Perching on an imposing volcanic outcrop overlooking the Firth of Clyde, Dumbarton Castle was a vital royal refuge during the Dark Ages. You’ll be puffed but happy after climbing the 557 steps to the top of the White Tower Crag and being rewarded with a panoramic view of the River Clyde and mountains in the distance.

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The Loch Lomond Sea Life Aquarium at Loch Lomond Shores, Balloch
With miles of rolling hills, lush farmland, lochs and miles of seashore, it’s no surprise that here in Loch Lomond & The Trossachs National Park you can take your pick of the country’s tastiest food and drink. Sample delicious, fresh local produce in some of the region’s most highly-regarded restaurants and eateries, with some set in spectacular lochside locations. While you’re here you have to try Scotland’s national drink, whisky, which in Gaelic is ‘uisge beatha’ – the water of life. Our distilleries will open their doors to you, so take a behind-the-scenes tour to discover the secrets of this world-famous spirit.

**Tasty treats**
The list of eateries in the National Park’s towns and villages is like a menu in itself! Whether you want to have a casual lunch or treat yourself to some fine dining, you’ll have an excellent selection to choose from.

Savour locally-sourced produce at Knockderry House, selecting from award-winning menus and enjoying wine selected especially by enthusiasts, owners Beth and Murdo MacLeod. Wine fans will love the special wine lovers’ weekends.

If you are looking for relaxed dining, delicious fresh ingredients and stunning views of Loch Lomond, then head to the Boat House Restaurant at Cameron House. Who could resist afternoon tea at the Bridge of Lochay Hotel, a traditional family-run Scottish Inn. The menu reflects Scottish favourites and on a Sunday you can enjoy a traditional roast dinner.

Indulge yourself at Monachyle Mhor, a former farmhouse which is now a boutique hotel and restaurant. This is a regular pilgrimage site for foodies as it offers the very best in fresh, locally sourced produce cooked by award-winning chef Tom Lewis. Head further north to Killin and enjoy the surroundings of the Bridge of Lochay Hotel, a traditional family-run Scottish Inn. The menu reflects Scottish favourites and on a Sunday you can enjoy a traditional roast dinner.

Get creative and cook up your own delights by heading direct to the source. Pick up top local produce at the farmers’ market at Loch Lomond Shores every first and third Sunday, or in Helensburgh on the second Saturday of each month.

Treat yourself to a few scoops of Loch Lomond Luxury Ice Cream or a flat white and a slice of home-baked cake at the St Mocha Coffee Shop and ice cream parlour at the Oak Tree Inn in Balmaha.

For a traditional village pub experience, stop at the Loch Lomond Arms Hotel in the pretty lochside village of Luss and tuck into their Sunday lunch.

**Drams and pints**
Glengoyne Distillery, near Killearn, is one of Scotland’s most beautiful distilleries. Their whisky is distilled slower than any other single malt Scotch whisky. Try the Nucoco chocolate matching tour where you’ll pair two Glengoyne malt whiskies with handmade chocolates.

Head to Loch Lomond Brewery where you can arrange a tour of this award-winning craft brewery or try West Highland Way and Bonnie and Blonde ales.

**Natural Larder**

- The Bridge of Lochay Hotel, a traditional family-run Scottish Inn. The menu reflects Scottish favourites and on a Sunday you can enjoy a traditional roast dinner.
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**Did you know?**

- Sampling Scotland’s national drink – whisky – created from the water and crops the land provides. At Auchentoshan Distillery, you can bottle your own straight from the cask. Or taste drams from specially selected casks with the Tantalizing Tasting Experience.

**Food with a view**

- Venachar Lochside – enjoy homebaking on the deck and watch fishing boats drift by.
- Maid of the Loch Tearoom – savour delicious home baking with views across Loch Lomond and towards Ben Lomond.
- The Garden Rooms, Rhu – admire the surrounding gardens and views of the Firth of Clyde.
- Pier Café – with views across Loch Katrine where you can watch the Sir Walter Scott Steamship come and go.

**Did you know?**

- The Scottish Real Ale Shop, just outside Callander, has more than 160 beers from across Scotland.

**Visitscotland.com**
Scotland’s coasts and waters have shaped our history, from fishing and textiles to whisky and wave power, they have influenced our culture, our stories and our way of life. This influence is still seen today throughout Loch Lomond & The Trossachs National Park, from the rainwater which adds to the drama of waterfalls to the glistening lochs and rivers. There is also plenty of fun to be had, including kayaking and fishing or discovering stunning walks.

Loch Lomond & The Trossachs National Park offers brilliant outdoor activities, from walks and hiking, an abundance of watersports, and cycling trails, to angling, golf, Munro bagging and even pony trekking. Spot otters, deer, ospreys and golden eagles, tackle the nearby landscape and try out climbing, or enjoy windsurfing and paddleboarding, among other activities, that cater for all ages and abilities.

All aboard the Sir Walter Scott Steamship, sailing across the tranquil Loch Katrine and boasting beautiful views of the surrounding area, or head to Helensburgh and the Scottish Submarine Centre, an educational and cultural hub for west Scotland.

Loch Lomond is home to wild scenery, fascinating history and superb local food and drink. Take a cruise across Loch Lomond and admire the mighty Ben Lomond, and the jagged shoulders of the Arrochar Alps. There are around 22 islands on the loch, or take to the shoreline and explore the Loch Lomond Faerie Trail. Delve further and take to the Clyde Sea Lochs Trail, which links the necklace of coastal communities to the south west of the park and discover the attractions, people and places that make this area so special. The Three Lochs Way is one of Scotland’s Great Walking Trails and with Loch Lomond, The Gareloch and Long Long as recurrent backdrops, you are sure of spectacular views at every turn. Further north, take to the BLISS Trail, and follow art installations through the heart of Rob Roy country, with an audio tour available to download in advance.

Never miss the perfect snap by visiting the scenic route viewpoints across the park, from Woven Sound above the Falls of Falloch to LookOut at Loch Voil.

2020 is officially the Year of Coasts and Waters, so look out for a year packed with events, but in the meantime there is plenty for you to discover!
Calling all fans of music, food, sport, books and laughter – there’s an event happening this year in Loch Lomond & The Trossachs National Park that you’re going to love. We have foodie events and festivals, a jam-packed programme of unmissable music, Highland games and so much more.

At the end of May enjoy singing, dancing, cooking and more at the Mhor Festival. Or get your toes tapping at Doune the Rabbit Hole in July, a family-friendly music festival which also has a host of activities to enjoy.

During the summer months, the Highland games season gets into full swing. Watch traditional events, like the tug o’ war, tossing the caber, Highland dancing and more at the Helensburgh and Lomond Highland Games in June, the Loch Lomond Food & Drink Festival, the Balquhidder, Lochearnhead & Strathyre Highlands Games in July, and the Killin Highland Games in August.

Also in August, take part in Go Swim Loch Lomond for an open water swimming experience you will never forget. Choose from six different lengths of swim or stand on the shore and watch world-class open swimmers race to the finish.

Visit Loch Lomond Shores in September for the annual Loch Lomond Food & Drink Festival. Or head to Aberfoyle for the Dukes Weekender, a cycling festival with one of the most beautiful backdrops around.

Jazz fever takes hold of the small picturesque town of Callander in October. With a typical annual programme of nearly 50 gigs in over 20 venues, the festival attracts an array of local, national and international talent.

Explore the varied walks and paths during CowalFest in October with expert walk leaders. Throughout December, be enchanted by festive magic at Santa’s Woodland Experience in Balfron.
The park is an idyllic sanctuary, with dense forests, shimmering lochs and craggy mountains – but happily it is also right on the doorstep of the cities of Glasgow and Stirling. So getting here is not going to be a problem, although you may not want to leave!

Because Loch Lomond & The Trossachs National Park is so beautiful the park authority asks you to please use the excellent public transport options to get here and travel around. Not only does this help conserve its stunning natural beauty but it means everyone can truly enjoy the awe-inspiring scenery.

By bus
Local bus services are excellent and we strongly encourage you to use them if you can. It’s worth checking timetables in advance, especially if you wish to travel to more remote communities.

By rail
You can also get here, and reach some surprisingly out-of-the-way places, by the good rail network which has stations at Balloch, Helensburgh and Dumbarton, all served from Glasgow. Arrochar & Tarbet, Crianlarich, Garelochhead, Ardlui and Tyndrum are all stations along the Glasgow to Oban and West Highland Lines. Stirling is an ideal starting point for exploring the Trossachs with train services from Glasgow, Edinburgh, Aberdeen and Inverness. For more information visit www.nationalrail.co.uk

By road
A good network of major and minor roads makes Loch Lomond & The Trossachs National Park highly accessible by car. Enjoy a scenic country drive or head direct to your destination.

You can get to Stirling from Glasgow and Edinburgh in less than one hour, from where you can take main roads or country roads further into the National Park. Loch Lomond is little more than 35 minutes from Glasgow. For more detailed information on planning your car journey visit www.trafficscotland.org

By water
Is there a more fun way to travel than water bus? You can take the water bus on Loch Lomond, linking west, east and south shores from Balloch to Luss and Balloch and Tarbet to Inversnaid and Rowardennan. Look out for timetables in local accommodation and visitor centres. For more information, visit www.lochlomond-trossachs.org

By ferry
You’ll find the National Park is accessible by road and rail links from the ports of Newcastle and Hull on the east coast, or via the ferry ports at Cairnryan in Dumfries & Galloway, Troon in Ayrshire and Campbeltown and Dunoon in Argyll. For more information visit www.kintyreexpress.com www.poferries.com www.stenaline.co.uk www.calmac.co.uk www.western-ferries.co.uk

DID YOU KNOW?

Cruise Loch Lomond at Tarbet offers bike hire so you can explore the National Park with ease on two wheels.

WHERE TO FIND OUT MORE

Discover more of the Loch Lomond & The Trossachs National Park in a VisitScotland iCentre. Our friendly information experts can offer advice on what’s on and where to go as well as book accommodation and tickets for events, activities and transport.

Our Shop Local initiative promotes local artisans so we can also help you find the perfect Scottish gift.

Find us at:
- Main Street, Aberfoyle, FK8 3UQ
- The Old Station Building, Balloch, G83 8SS

You can also get tailored advice and top tips on the local area from our accredited iKnow Partners.

Find out more at www.visitscotland.com/iknow

For all local and national public transport timetables and journey planning contact Traveline Scotland 24 hours a day on 0871 200 22 33, www.travelinescotland.com or download their app.
PRACTICAL INFORMATION

The listings within this guide have been split into the following sections:
• Places to visit
• Leisure activities
• Shopping
• Food & drink
• Tours

Businesses within these sections are listed in alphabetical order by business name. Each entry has a map reference (see example) rating to the map which appears at the back of this guide. Most entries have a postcode which can be used to pin point locations but it is always wise to check the actual location before making your journey.

SAMPLE ENTRY
Location
‘By’ designates that a property is within 10 miles of this location. Mileage in brackets after the location indicates the distance from the named location.

Name of business

Contact details

Business description

Quality award

Where a Quality Assurance award has been included on an entry, the business has been graded by VisitScotland and provides assurances on quality and standards. Further information on page 23 of this guide. Quality Assurance awards are correct as at January 2020.

Opening times and admission prices

Booking

Accepting a booking by telephone or in writing means you have entered into a legally binding contract with the proprietor of the establishment. If you cancel or fail to turn up, for whatever reason, the proprietor has the right to ask you for compensation. You should always check the cancellation terms in advance and, if you must cancel a booking, advise the business immediately. Online bookings are also subject to terms and conditions, please check directly with the proprietor of the business.

Insurance and cancellations

Should you have to cancel for whatever reason, it is reassuring to know that you can be insured against any compensation claim. It is advisable to take out cancellation insurance prior to your trip.

Accessibility

Whether you want a cosmopolitan city break or a relaxing holiday in the countryside, you’ll find a great range of accessible accommodation, attractions, things to see and do and transport. You can stay in a bustling city centre, with great access-friendly attractions right on your doorstep, or out in the countryside, where you can enjoy accessible walks or trips to the beach. For more information go to www.visitscotland.com/holidays-breaks/accessible. Also go to www.euanseguide.com for information on businesses throughout Scotland with good access reviews from disabled people, their family and friends.

Businesses with the logo (below) on their www.visitscotland.com entries have their own Accessibility Guide which will include information on their facilities such as onsite restaurants, free WiFi, hearing loop, level access and accessible parking or drop off points. It is always advisable to check the businesses own website for this information, which will be highlighted by this symbol (3).

Map reference

To assist you further in locating each business, this grid reference relates to the map on page 56.

Facilities and symbols

See page 23 and the page opposite for details.

Wi-Fi available*

Guest WiFi access is available at this location.

Wild camping

Wild camping is legal in Scotland but there are guidelines that all campers should follow. Please camp responsibly, in particular avoid overcrowding by moving on to another location if it’s already a busy spot. Wherever possible, use a stove rather than an open fire. Never light an open fire during dry periods or in sensitive places like forests or peaty ground. Take away your rubbish and consider picking up other litter as well. If in doubt, ask the landowner. Their advice just might help you find a better camping spot. For further information see the Scottish Access Code: www.outdooraccess-scotland.scot/practical-guide-all/camping

Take extra care and follow any local advice when parking cars or campervans. Please note, responsible access rights within the Scottish Outdoor Access Code do not extend to motorised transport. If you are planning to travel in a motorhome or campervan check with the landowner before you stop or book a pitch in a nearby camping park. Across the length and breadth of Scotland there are some really fantastic camping parks in stunning locations, from beachside crofts to wooded areas lined with ancient pines. By pitching up at a proper campsite, you’ll help ensure our natural environments and their often fragile ecosystems remain intact.

Smoking

Scotland’s indoor public places, including pubs, restaurants and cafes are smoke-free by law, creating a healthier and fresher environment for residents and visitors to our beautiful country.

Drinking and driving

Scotland’s drink drive limit is 50 mg (of alcohol per 100 ml of blood). The Scottish Government recommends the best approach is to have no alcohol at all, if you are intending to get behind a wheel in Scotland.

*Denotes that these symbols establishments have selected to include in their entries, they are not verified by VisitScotland and all facilities should be checked prior to arrival.

For further information go to www.visitscotland.com
Our accredited iKnow Partners are based throughout Scotland and can offer tailored advice to help you make the most of your visit. Chat with them for insider tips about the must see attractions in the local area. Find them at visitscotland.com/iknow

Our friendly information experts can offer advice on what’s on, where to go and book tickets for events, activities and transport. Our Shop Local initiative promotes local artisans so we’re sure to help you find the perfect gift from Scotland. Find us on page 21.

Only in Scotland can you find information and advice in so many places.

Walking up Ben Arthur

Walking up Ben Arthur

Dumbarton Castle
1 star Castle

Quite simply, it takes us the length and breadth of Scotland to visit thousands of different properties every year and grade them on the things we know matter to you. Things like the overall quality on offer and warmth of welcome to help you make a more informed choice. VisitScotland Quality Assurance – Quality you can trust.

An acceptable standard

A good, all round standard

** Very good standard, with attention to detail in every area

*** Excellent – superb food where provided and friendly, professional service

**** An exceptional standard where quality, hospitality and service are hard to fault

Serviced accommodation establishments awarded gold stars have consistently achieved the highest levels of excellence within their star grading.

Taste Our Best
One way to ensure that you’ll enjoy great quality Scottish food and drink, prepared with care and delivered with passion, is to look for places that are part of Taste Our Best, our food and drink quality scheme.

Green Tourism—because we care
Businesses that work in a sustainable, environmentally friendly way are graded: Bronze ☢, Silver ☢☢ or Gold ☢☢☢

For any feedback or comments you may have on quality assured properties please email us on qa@visitscotland.com.

We want you to feel welcome—find establishments that pay particular attention to your specific needs:

Walkers
Anglers
Classic Cars
Visiting golfers
Field Sports
Ancestral Tourism
Pets

VisitScotland Quality Assurance

VISITScotLAND.COM

Scottish Tourism Board
THE SIGN OF QUALITY
Places to visit

Castles, historic homes & attractions
Also check Visitor attractions

**DUMBARTON**

Dumbarton Castle
Historic Scotland, Castle Road, Dumbarton, G82 1LJ
Tel: 01389 732167 customer@hes.scot
www.historicenvironment.scot/daysout
This iconic Rock of the Clyde has heritage as breathtaking as its views over the Clyde, Loch Lomond and Argyll.

Open: Check up to date opening times.
Admission: Check website for current admission prices.

**PORT OF MENTEITH**

Inchmahome Priory
Historic Scotland, Port of Menteith, 8m S of Callander off A81, FK8 3RA
Tel: 01877 385294 M: 07836 313 769
customer@hes.scot
www.historicenvironment.scot/daysout
Take a scenic boat trip across Scotland's only lake to this peaceful, wooded island sanctuary with a medieval priory at its heart.

Open: Check up to date opening times.
Admission: Check website for current admission prices.

**DEANSTON**

Deanston Distillery Visitor Centre
Deanston, Near Doune FK16 6AG
Tel: 01786 843010 info@deanstondistillery.com www.deanstondistillery.com
Visit to experience the sights, aromas and sounds of a true working scotch whisky distillery. Situated eight miles north of Stirling on the A84 and A81, this visitor centre and shop offering in-depth tours.

Open: All year: Daily, 10am-5pm. Closed 25-26 Dec and 1-2 Jan. Reduced opening times during Christmas and New Year.
Admission: Adult £9, Child £4. Discounts available for group visits.

**GLENARN**

Glenarn Garden
Glenarn, Glenarn Road, Rhu, by Helensburgh G84 8LL
Tel: 01436 820493 masthome@btinternet.com
www.gardens-of-argyll.co.uk
Sheltered woodland garden, famous for rare and tender rhododendrons and magnolias. 16Heide rock garden with lots to see all year round.

Admission: Adult £5, Children under 16 free.

**RHU, by HELENSBURGH**

Scottish Maritime Museum - Denny Ship Model Test Tank
Castle Street, Dumbarton G82 1QS
Tel: 01389 732167 customer@hes.scot
www.scottishmaritimemuseum.org
Discover the world's first commercial ship model experiment tank, Workplace of Denny Brothers, builders of the Cutty Sark, inventors of the Denny helicopter, hovercraft and world famous Denny-Brown stabiliser's. New interpretation and listening posts and unique working environment.

Open: All year. Mon-Sat, 10am-4pm. Except 25 Dec 2019 to 3 Jan 2020. Check website for details of special events.
Admission: Children go free (up to 3 with accompanying adult). Adult £4.50, Concs £3.50 Further Child tickets are £2 Discounts available for group visits.

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Find out more at visitscotland.com/iknow

Our accredited Information Partners are based throughout Scotland and can offer tailored advice to help you make the most of your visit. Chat with them for insider tips about the must see attractions in the local area.

Look out for the sign or find us at visitscotland.com/iknow

**DUNGOYNE, by KILLEAN (3 miles)**

Glengoyne Distillery
Glengoyne, Near Killearn, Glasgow G63 9LB
Tel: 01360 550254 F: 01360 550094
reception@glengoyne.com www.glengoyne.com
One of Scotland's most beautiful distilleries for guided tours, whisky tastings, masterclasses & suberb whisky shop

Open: All year: Daily, Mar-Nov 10am-5pm. Dec-Feb 10am-4pm. Tours on the hour.
Admission: Glengoyne tour £10. Wee Tasting Tour £12. Whisky & Chocolate £25, Gold Medal £25, Malt Master £60. No. 1 Warehouse £80, Masterclass £150

Let us inspire you to discover more of Scotland. Come and talk to our knowledgeable and friendly information experts. You never know, we might just let you in on a few local secrets.

Find out where we are and when we're open at visitscotland.com/centre.

VISITSCOTLAND.COM
**Loch Lomond Shores**  
Ben Lomond Way, Balloch, G83 8QL  
T: 01389 721500  
info@lochlomondshores.com  www.lochlomondshores.com  

Loch Lomond Shores is a 5* visitor attraction which offers visitors a unique blend of shopping, outdoor activities, cafes & restaurants set within the National Park on the banks of Loch Lomond. With a great range of quality shops, the Loch Lomond Sea Life Aquarium and the opportunity to canoe, climb or cycle, there’s nowhere else like it.

- Free parking  
- Wide range of shops  
- Cafés and restaurants  
- Outdoor Activities  
- Dog friendly  
- Stunning Scenery

**Visitor Attraction**

- Open: All year.
- Admission: Free.

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**Leoch Ard Forest**  
Forestry and Land Scotland, Queen Elizabeth Forest Park, FK8 3TF  
T: 0131 370 5674  
enquiries.central@forestryandland.gov.scot

The gently rolling tracks around Loch Ard are made for exploring by bike and, with sculpture trails and play features to find, they are great fun for all the family. Watch out for woodland and water-loving wildlife along the way too.

Open: All year.  
Admission: Free.

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**Loch Lomond Bird of Prey Centre**  
Set in a natural woodland, Loch Lomond Bird of Prey Centre is home to over 35 birds of prey and owls. 

- Daily flying shows take place in our flying arena (see website for details). The centre has many of the native British species including 6 resident raptors and two magnificent Golden Eagles. The education cabin contains many exhibits; feathers, skulls, taxidermy and skeletons, illustrating the delicate structure of these predators of the sky. Completing the quiz sheet is a great way to learn about raptors and owls. Participate in one of our many experiences (see website for details).

Open: All year.  
Admission: Adult £8, Pensioners £6, Students £6, Child £4, under 3s free. 

---

**The Edinburgh Dungeon**  
21 Market Street, Edinburgh EH1 1TF  
T: 0131 240 1001  
edinburghdungeon@merlinentertainments.biz  
www.theduergions.com

Live and breathe Edinburgh’s darkest underground history. If you dare! Our unique, fully immersive and interactive experience brings history to life using live actor shows, 360 degree theatrical sets and thrilling rides, offering a unique scary fun journey through the city’s past meeting notorious historical characters, minus the boring bits! You’ll come face to face with Mary Queen of Scots, Burke & Hare, cannibal Sawney Bean and Edinburgh’s baddest witch, Agnes Finnie as well as our foul clenger and 17th century Judge Mental!

Open: Every day except Christmas Eve, Christmas Day and Boxing Day. Opening times vary, please see the website for further details.

Admission: Prices and opening times may vary, please visit the website for full details.

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**VisitScotland Quality Assurance**

Quality you can trust

www.visitscotland.com/qa

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**Loch Lomond Sea Life Aquarium**  
Loch Lomond Shores, Ben Lomond Way, Balloch G83 8QL  
T: 01389 721500  
scottishsealifemarketing@merlinentertainments.biz  
www.visitsealife.co.uk/lochlomond

Discover the amazing underwater world of SEA LIFE Loch Lomond. Visit the largest collection of sharks in Scotland & see our playful family of otters. Don’t miss the interactive touchpool experience & the tropical ocean tunnel. Fun talks & needs take place throughout the day.

- Explore our creatures  
- Educational fun learning  
- Interactive rockpool experience  
- Family fun  
- Beautiful location

**Visitor Attraction**

- Open: All year. Daily, 10am-5pm (last entry 4pm). Open every day except 25 Dec. Enjoy fantastic views of Loch Lomond from the Loch View Coffee Shop.
- Admission: £13.60 individual ticket, book online and save 30%.

---

**Stirling Castle**  
In the centre of Stirling, near the Bannockburn Battlefield  
T: 01786 493366  
info@stirlingcastle.com  www.stirlingcastle.com

Stirling Castle tells the story of Scotland’s turbulent past. Visit the uppermost investigating tower for the most breathtaking views of the mainland.

Open: Daily, 9am-5pm (last entry 4pm). Closed 25 Dec. 
Admission: Adult £10, child £5, family £25

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Leisure activities

Activities – outdoor

**Loch Lomond Water Ski Club**
North Hall Cottage, Church Road, Luss G83 8NJ
T: 01436 860632 j.henderson555@btinternet.com
www.lochlomondwaterskiclub.co.uk
Tuition available from beginner to competition standard. All equipment available. Operating from Balloch Pier.


**Loch Lomond Leisure**
Find us at Luss, Balmaha, Rowardennan & Loch Lomond Shores (Balloch).
T: 0333 577 0715 info@lochlomond-scotland.com
www.lochlomond-scotland.com
Loch Lomond Leisure have been operating since 2001. We operate from 4 locations and offer a wide range of guided tours and outdoor activities which are suitable for all ages. Please visit website for more information and pricing.

Luss G83 8PA, Balmaha G63 0JQ, Rowardennan G63 0AR, Balloch G83 8QL.
• Speedboat Tour
• Speedboat Taxi
• Jet-ski
• Self-drive Boat Hire
• Fishing • Canoe • Kayak • Pedalboard • Mountain Bike Hire • E-bikes and Scooters • Waterski • Wakeboard • Wakesurf • Banana Boat • Ringo • Inflatables

Open: All year. Mon & Wed-Fri, 7.30am-9pm. Tues 7.30am-10pm. Sat-Sun, 8am-5pm.

**McLaren Leisure**
Mollands Road, Callander FK17 8JP
T: 01877 330000 F: 01877 331004 reception@mclarenleisure.co.uk
www.mclarenleisure.co.uk
McLaren Leisure offers high quality sport and leisure facilities for the Trossachs and Teith area. Our friendly team welcome members and visitors all year round. Our facilities and services include: swimming pool, climbing wall, fitness suite, sports hall, indoor soft play with sensory area, café, fitness classes, parties, kids’ camps, plus much more!

Open: All year. Mon & Wed-Fri, 7.30am-9pm. Tues 7.30am-10pm. Sat-Sun, 8am-5pm.

**Pinkston Watersports**
Callender FK17 8JP
T: 01877 330000 F: 01877 331004 reception@mclarenleisure.co.uk
www.mclarenleisure.co.uk
Pinkston Watersports are in the heart of Scotland. We offer a wide range of water sports activities, from kayaking to wakeboarding, plus a range of indoor activities. Our facilities are perfect for families, groups, and individuals.

Open: All year. Mon & Wed-Fri, 7.30am-9pm. Tues 7.30am-10pm. Sat-Sun, 8am-5pm.

Let us inspire you to discover more of Scotland. Pop in and we’ll point you in the direction of the best the country has to offer, whether you need advice on what’s on or where to go, or even if you’re looking to book accommodation or tickets for all kinds of events, activities and transport.

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**** Tourist Shop
Open: All year. Daily, 10am-5pm. Closed 25th and 26th December, 1st and 2nd January.

Shops

**BALLOCH**
Loch Lomond Gift House
Balloch Road, Balloch G83 8LQ
T: 01389 753437 lochlomondgifthouse.com
A warm welcome and fantastic range of souvenirs, jewellery, ceramics, design-led gifts, cards & wrap for every occasion. Highland wear available to buy/hire. Clan & tartan gifts. Whether you need a gift for home or abroad, we have everything you need.

**** Tourist Shop
Open: All year. Mon-Sat, 10am-5.30pm. Sun 12noon-5pm. Extended trading Jul & Aug. Only 5 minutes walk from Balloch bus and train stations, and diagonally across from the main entrance to Balloch Park.
Admission: Free. Email us: info@lochlomondgifthouse.com

Open: All year. Daily, 10.30am-4.30pm. You are welcome to contact us and confirm times before travelling. Closed Tues.

Arts & Crafts

**GARTOCHARN**
House of Darrach
Gartocharn Village, Loch Lomond G83 8RX
T: 01389 830448 restaurants@cawleyhotels.com
www.houseofdarrach.co.uk
Situated within the picturesque village of Gartocharn inside Loch Lomond and The Trossachs National Park, and only 30 minutes from Glasgow and Stirling. The House of Darrach is rapidly becoming recognised as one of the west of Scotland's premier retail and dining experiences. Onsite parking available.

- Homeware
- Fashion
- Gifts
- Foodhall
- Restaurant
- Canvery
- Coffee shop
- Picture gallery
- Hampers

**** Tourist Shop
Open: All year. Daily. 9.30am-6pm.

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www.visitscotland.com/qa

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www.mhor.net
MHOR 84 is the perfect stop on the A84 road to the Highlands. Come and stay, enjoy a bun, a strom, breakfast, beers a gourmet meal or simply a decent flat white and tasty cake. There’s a lovely concept store - Mhor In Store.
Open: Mhor 84 - Food served all day from 8am-9pm. Bar open from 11am to 11pm, Monday Thursday, from 12.30pm on Sunday. Mhor In Store - Open Thursday- Sunday, 10am-5pm.

Food & drink

Cafés/tearooms/ coffee shops

The Coach House Coffee Shop
Luss, Loch Lomond G83 8NY
T: 01389 752148 info@coachhousecafe.com
www.coachhousecafe.com
Fantastic coffee and gift shop where the waiters wear Loch Lomond tartan kilts.
Open: All year, Daily, 10am-5pm.

The Courtyard Café and Artisan Dairy
Knoebrach Farm, Henry, Stirlingshire G61 3LY
T: 01389 752148 info@coachhousecafe.com
www.knoebrach.com

Food & drink

Coffee Bothy, Deanston Distillery
Deanston, Kingussie FK19 8NY
T: 01786 843013
www.duckbayhotel.co.uk

The Inn on Loch Lomond
Inverbeg, by Luss G83 9PD
T: 01436 860201 res@innonlochlomond.co.uk
www.innonlochlomond.co.uk

The Coach House Coffee Shop
Luss, Loch Lomond G83 8NY
T: 01389 752148 info@coachhousecafe.com
www.coachhousecafe.com
Fantastic coffee and gift shop where the waiters wear Loch Lomond tartan kilts.
Open: All year, Daily, 10am-5pm.

By BALQUHIDDER

MHOR 84 Motel
Kinghouse Balquhidder FK19 8NY
T: 01877 384646 info@mhor.net
www.mhor.net
MHOR 84 is the perfect stop on the A84 road to the Highlands. Come and stay, enjoy a bun, a strom, breakfast, beers a gourmet meal or simply a decent flat white and tasty cake. There’s a lovely concept store - Mhor In Store.
Open: Mhor 84 - Food served all day from 8am-9pm. Bar open from 11am to 11pm, Monday Thursday, from 12.30pm on Sunday. Mhor In Store - Open Thursday- Sunday, 10am-5pm.

Food & drink

Cafés/tearooms/ coffee shops

The Coach House Coffee Shop
Luss, Loch Lomond G83 8NY
T: 01389 752148 info@coachhousecafe.com
www.coachhousecafe.com
Fantastic coffee and gift shop where the waiters wear Loch Lomond tartan kilts.
Open: All year, Daily, 10am-5pm.

The Courtyard Café and Artisan Dairy
Knoebrach Farm, Henry, Stirlingshire G61 3LY
T: 01389 752148 info@coachhousecafe.com
www.knoebrach.com

Food & drink

Coffee Bothy, Deanston Distillery
Deanston, Kingussie FK19 8NY
T: 01786 843013
www.duckbayhotel.co.uk

The Inn on Loch Lomond
Inverbeg, by Luss G83 9PD
T: 01436 860201 res@innonlochlomond.co.uk
www.innonlochlomond.co.uk

The Coach House Coffee Shop
Luss, Loch Lomond G83 8NY
T: 01389 752148 info@coachhousecafe.com
www.coachhousecafe.com
Fantastic coffee and gift shop where the waiters wear Loch Lomond tartan kilts.
Open: All year, Daily, 10am-5pm.
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New Coffee Shop now open in Aberfoyle
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Balloch, Alexandria G83 8SW
T: +44 (0)1389 752376 info@sweeneyscruises.com
www.sweeneyscruises.com

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