

Welcome to Allt na Criche Fáilte gu Allt na Criche

Pronounced: Falcha goo Alt na Creecha



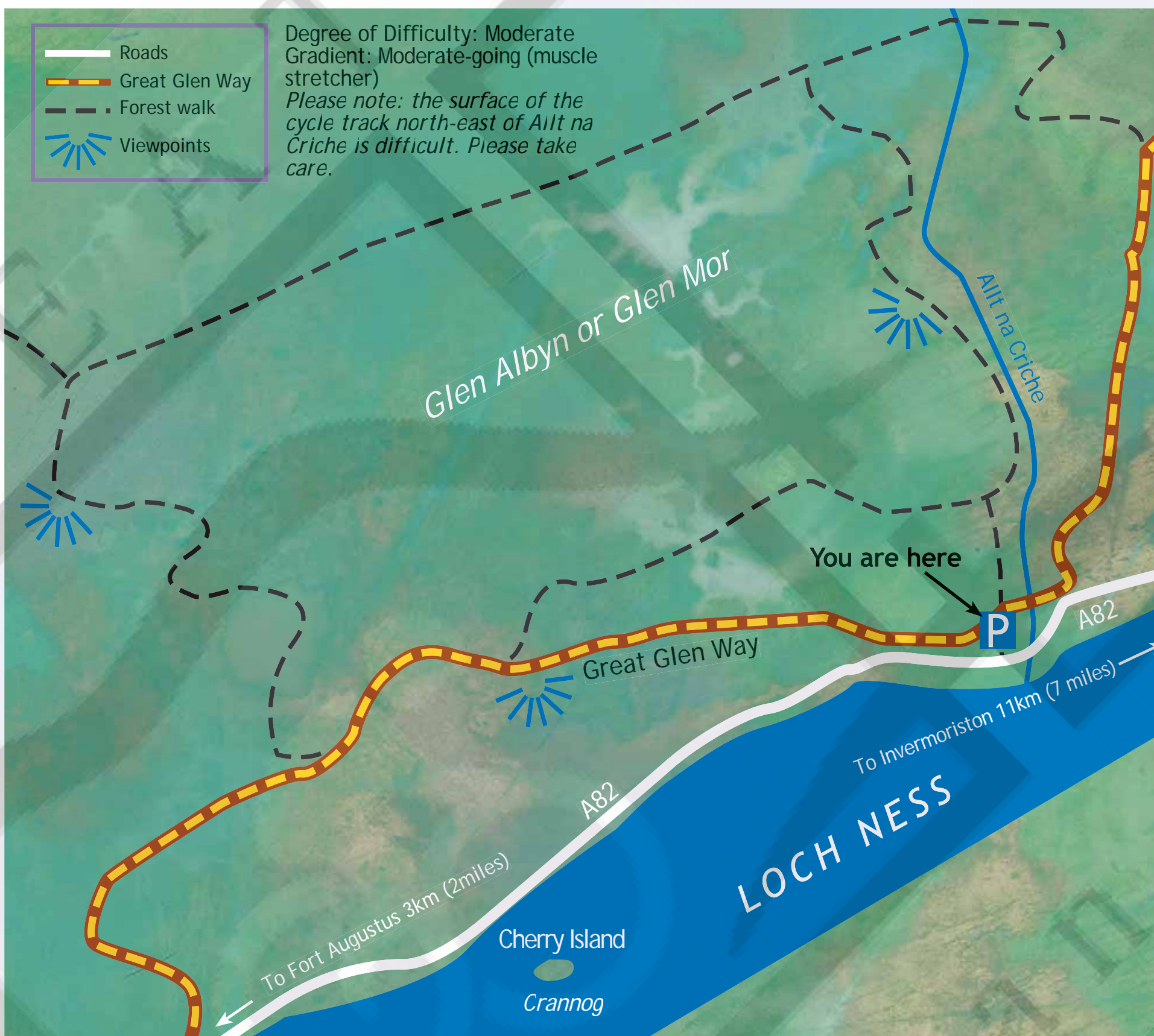
A short walk from here you will get good views over Loch Ness towards Cherry Island. This tiny island was once covered in wild cherry trees and is the remains of a crannog - an ancient man-made island dwelling.

The woodland around Allt na Criche has not only conifers, but also a range of species including holly, oak, birch and rowan. The cathedral-like conifers nearby were planted by Lord Lovat, the founder of the Forestry Commission, on the first land bought by the Forestry Commission.

The forest has a huge network of tracks on which to cycle and walk and you are welcome to explore. Some of these tracks link with the glens to the north and west and continue to Glen Affric and beyond. All of the tracks offer outstanding views over Loch Ness. Other circular tracks near Fort Augustus allow you to explore the River Oich and Torr Dhuin, site of an ancient hill fort.



Reconstruction of crannog at the Scottish Crannog Centre, Loch Tay.



The Forestry Commission Scotland are developing many new, purpose-built mountain bike trails within their forests. These are colour coded depending on degree of difficulty. Green routes are fairly easy, but black routes require specialist skills and are not for the faint hearted!

Further information and advice on routes and terrain are available from local tourist offices and the Forestry Commission Scotland office at: Auchterawe, Fort Augustus. Telephone 01320 366322.

Did you know...?

Allt na Criche is Gaelic Gàidhlig meaning boundary burn. Here the burn, or stream, traditionally marked the boundary between the estates of Glenmoriston and Glenurquhart.

Gaelic has been spoken in Scotland since around the 4th Century A.D. In 2001, throughout Scotland, there were around 60,000 Gaelic speakers and around 2,000 children at Gaelic medium primary schools. In the Western Isles Na h-Eileanan Siar over 60% of the population speaks Gaelic. In the Inverness area the figure is around 12%. If you want to hear Gaelic spoken tune in to BBC Radio nan Gàidheal (103.5 - 105 FM).

Why not try out a phrase or two as you travel the Glen?
 Ciamar a tha thu? (Ki-mar a ha oo?) - How are you?
 Slainte mhath! (Slaantcha va!) - Good health/Cheers!
 Tha seo àlainn! (Ha sho aa-layne!) - This is beautiful!