



Lonan to cycle around the forest roads or go further west to walk in Glen Nant National Nature Reserve (car parks off the A85 west of Taynuilt and off the B846 south of Taynuilt).

5. Strone Hill - relax on gentle walks through mixed woodland beside the River Lochy (car park and picnic site off the A85, about 4km east of Dalmally).

6. Loch Awe - explore ancient oakwood and planted forest on the west shore on foot or by bike (start from Barnaline visitor centre, just north of Dalavich, or car parks at Kilmaha, Cruachan or Inverinan).

7. Ardcastle and Glashan - visit the site of St Bride's Chapel and look for sea birds and seals on the shores of Loch Fyne, or watch dragonflies at Loch Glashan (signed on the A83 eight miles northeast of Lochgilphead).

8. Knapdale Forest - from Barnluasgan visitor centre, walk in wildlife-rich native woodland or cycle to viewpoints overlooking the Faery Isles or Crinan (on the B8025 south of the Crinan canal).

9. Tarbert - wander from harbour to castle in Tarbert (on the A83) or walk from nearby Torinturk (on the B8024) to prehistoric burial cairns and a thousand-year-old hill fort.

10. Campbeltown - take a walk up Beinn Ghuilean, home to birds of prey and moorland wildflowers, for outstanding views over Davaar Island to Arran (waymarked from Tomaig Road).

Where to find out more

\* For great places to go and a host of fit and healthy activities and events happening in Forestry Commission woods throughout Great Britain visit: [www.forestry.gov.uk/activewoods](http://www.forestry.gov.uk/activewoods).



magnificent views of sea lochs and mountains (signed from the A828 one mile west of Ballachulish Hotel).

2. Aros Park, Mull - follow woodland walks with waterfalls, views of Tobermory and rhododendrons flowering in early summer (walk from the town, or drive one mile south on the A848).

3. Sutherland's Grove - chose from walk and cycle routes, or a wayfaring course - don't miss the waterfalls and a stand of giant Douglas fir (the forest car park is signed off the A828 by Loch Creran).

4. Fearnoch Forest - ride out from Oban via Glen

