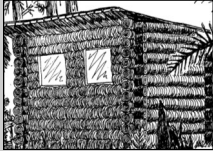


The Forest Hide

The hide is situated in the middle of the woodland, about halfway around the nature trail. It can also be reached by following Walk 1 or Cycle Route 6.

Situated on a slope overlooking the treetops, with good views onto the Ladder Hills, the hide provides opportunities for viewing some of the birds and other animals found in these woods. Further information about the natural history of the area can be found inside the hide which also provides shelter in poor weather and a quiet, peaceful site for enjoying a picnic.



Birds and mammals you might see living in upland woodlands like Glenmulliach

Birds: Sparrowhawk, Buzzard, Kestrel, Pheasant, Woodcock, Wood Pigeon, Cuckoo, Tawny Owl, Long eared owl, Swift, Gt. Spotted Woodpecker, Skylark, Swallow, House Martin, Tree pipit, Meadow Pipit, Pied Wagtail, Dipper, Wren, Dunnock, Robin, Blackbird, Fieldfare, Song Thrush, Redwing, Mistle Thrush, Blackcap, Chiffchaff, Willow warbler, Goldcrest, Spotted flycatcher, Long tailed tit, Coal Tit, Blue tit, Great Tit, Treecreeper, Jackdaw, Rook, Crow, Starling, Sparrow, Chaffinch, Greenfinch, Siskin, Redpoll, Common Crossbill, Bullfinch.

Mammals: Hedgehog, Mole, Pipistrelle Bat, Common Long-Eared bat, Common Shrew, Rabbit, Brown Hare, Badger, Red Squirrel, Field Vole, Wood Mouse, Red Fox, Stoat, Weasel, Pine Martin, Wild Cat, Roe Deer, Red Deer

Nature Trail Map



Trail Information

Distance: 1.8 Miles (3 km)

The Nature Trail starts at the Glenmulliach car park (GR 193 168) at the start of Walk 1 (see Glenlivet map and guide), and the route follows woodland footpaths, forest rides and a forest road which can sometimes be wet in places due to long grass. Part of the route can also be muddy and slippery after heavy rain, so walkers are advised to wear suitable footwear especially in wet weather. The first part of the walk, climbs steadily up through conifer and birch woodlands and there is a short fairly steep section before the path emerges on to a forest ride near the hide. The highest point of the walk is about 100 m (300ft) above the height of the car park.

The trail is not suitable for wheelchair access and people with restricted mobility may find the walk difficult in places. For details of more easily accessible woodland paths on the Estate, please contact Ranger staff.

Allow approx. 1 hour to complete the whole route or longer if you wish to spend time at the hide.

Access Information

Roe deer control and stalking activities may take place in the Glenmulliach Forest any time between 6.00 pm and 8.00 am during May June and July. Please take special care to avoid disruption to shooting activities at these times.

Thank you.

We welcome you to explore Glenlivet's tracks and byways. Enjoy your walk and please follow the Country Code.

Do not start fires
Keep dogs under close control
Keep gates closed
Do not pick flowers or damage trees
Protect wildlife
Leave no litter

Take nothing but photographs.....
.....Leave nothing but footprints!
Thank you

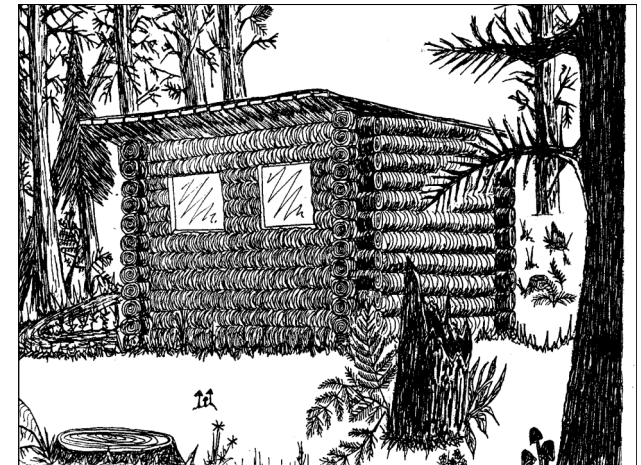


The information on this leaflet is available in large print or digital (.pdf) format for the visually impaired. Please enquire at the Estate Information Centre in Tomintoul for details. Tel: 01479 870070

Nature trail guide written and produced by the Glenlivet Estate Ranger Service. Artwork and poems by the children of Tomintoul Primary and other schools taking part in the Estate's Environmental Education Programme. 2008 edition.

G Glenlivet Estate
Ranger Service

Glenmulliach Forest Nature Trail Guide



*Spiders crawling around and around,
Most of them don't make a sound,
Making webs for all to see,
Waiting for flies patiently,
One gets caught in the web,
The spider comes, the fly just begs,
Suddenly, quick as a flash,
The fly makes a sudden dash.
The spider is left with no dinner,
And for once the fly is the winner!*

THE CROWN
ESTATE

Glennmulliach Forest Nature Trail

(Pronounced Glen-mull-i-ach)

Cross the footbridge by the car park and follow the trail markers through woodlands of pine, spruce and birch which are home for many plants, animals and insects.

Stay Alert !

**Creepy crawlies everywhere,
Creepy crawlies in my hair,
Wasps hanging from my toes,
Spider's webs going up my nose.....**



The trail starts through *coniferous* stands of pine and spruce. On the ground here are clues to some forest inhabitants and their habits; spruce cones chewed by *red squirrels*, a *wood mouse* or possibly *crossbill*, tree trunks damaged by *roe deer* and the disturbed earth and holes of *moles*. Keep quiet and look carefully and you may be lucky enough to see some of them, too.



As you walk out of the conifers into the more mixed birch woods notice how the groundcover, or *herbaceous* layer, increases in diversity from the pine needles and fungi of the coniferous forest to the woolly hair mosses, lichens, grasses and many flowers of the deciduous birch woods. The more open tree canopy of the birch woods allows more light to reach the woodland floor, encouraging flowers like *Wood anemone* and *Common dog violet* to flourish. In spring the bright yellow flowers and sweet scent of the *Primrose* attract winged insects

which carry pollen between plants on the hairs of their legs. *Dog's mercury*, on the other hand, uses the wind for pollen dispersal and can therefore be spotted by its small uncolourful flowers at the top of a long green stem which sways in the wind.

Continue along the path looking under stones and in dead wood as you go. These dark, moist parts of the wood are loved by creepy crawlies - woodlice, centipedes, a variety of spiders, slugs - which enjoy protection from the drying sun and wind and which can prey on other beasties in the darkness. *Ants on the trail may be up to 300 metres from their home; not far, until you realise it compares to 60km through a jungle for you and me [and carrying heavy shopping too !]*



After about 400m, the trail climbs some steps and here you can see Rowan trees. Their grey-brown bark is smoother than Birch, and in early Autumn they produce a mass of red berries which *Redpoll* and *Chaffinch* find irresistible. Indeed the Latin name for Rowan - '*aucuparia*' - literally means bird catcher. It is a pioneer of barren and high places and has mythical associations with warding off evil spirits and witches;

Lucky to have in your garden and unlucky to cut down!

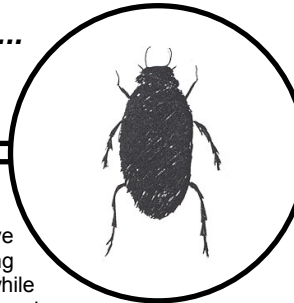
As the trail turns sharply to the right at the edge of the wood, continue straight on a little, for good views over Conglass Water to the Cromdale hills. The open area of *Juniper* and *Birch* in front is the hunting ground for *Buzzards* preying on field voles and mice.

You may hear their mewing call before you see them soaring overhead.

Continuing to the right and up the path, you will come to a forest *ride* or clearing where the trail turns right. Follow the ride between the Scots pine on the right and Lodgepole pine on the left until you reach a junction.

Beware of Coleoptera.....

This large group of animals live on almost anything, and some species of



BEETLES rank amongst the most harmful of pests to humans. About 4000 different species live in Britain. They have very effective biting mouthparts allowing them to eat all sorts of different food while their fore-wings are tough and horny forming a protective shell - the *Elytra* - which acts as a coat of armour! Hiding under stones you may spot a warrior of the undergrowth, the

**.....Honeycombs inside my mouth,
And on my leg a water louse.
A centipede upon my knee,
And, nibbling on my leg, a flea..... !**



Violet Ground Beetle. These have a purple sheen to their elytra which are fused together for extra protection and they often emerge at night to hunt slugs and other insects. Or you may find a Pine Weevil with its long nose or rostrum. This spends its larval stage in decaying tree stumps, moving to sapling conifers as an adult where it feeds on the young bark - a very serious threat to the livelihood of the forester.



Not all beetles are pests. The *7-spot Ladybird* is carnivorous, feeding on crop-destroying aphids and plant lice which would otherwise do tremendous harm to the plants. When attacking, as well as being put off by its bright shell, predators of the Ladybird may get a faceful of yellow bitter fluid from its legs. Sure to put you off your meal!

At the junction with the forest track there is a choice to be made; Turn north and follow the trail signs to the forest hide, 300m further on, where there is more information about the forest. For those with less time, shorter routes exist back to the car park.



Walking up to and past the hide you may glimpse the white rump of a roe deer among the trees. With a fox-red coat in summer it is much smaller than the red deer and more at home in the forest than on the high tops. It often leaves tracks in the mud along this part of the route; hoof-like and 3-5 cm long.

Continue from the hide along the track which twists and turns through denser stands of spruce and pine.

You may spot some of the nest boxes that have been put up for tawny owls in the trees. Return at night and you will hear their nocturnal calls echoing through the woods.

You are now nearing the end of the trail, but before joining the main route back to the car park look for the ruined buildings, or *shielings*, scattered amongst the spruce; these were the summer dwellings of shepherds and their livestock, dating from the 1850's, before the present forest was here. The track eventually meets a forest road. Turn right here and head back down the brae following the road back to the car park.

The forest along the final part of the route by the Mulliach Burn has been thinned recently to provide a more diverse habitat with deciduous hardwoods like *Wild Cherry* planted by local school groups. In late spring and early summer, hunt for frogs along the side of the burn, particularly in the wet damp grass where they are usually fairly numerous. Earlier in the year they often spawn in puddles beside the road, leaving their tadpoles to struggle for survival as the warmer weather dries out the ground.



If you spot a yellow-green starfish on the ground you haven't arrived at the coast. This is the *Common Butterwort* with its curled-up leaves and violet flowers which open in early summer at the top of a tall stalk. You may see it in boggy areas by the stream and roadside. To add to its poor diet from the bog it traps tiny insects in its sticky leaves and then digests them, rather like that other well known insectivorous plant.....!

**..... Centipede upon my eye,
And in my ear a Hover-fly.
So I get a wildlife map,
And find a Venus Flytrap.**



'Screepy Scrawlies' by Catriona, St Peter's Primary, Aberdeen

The road continues downhill reaching the car park and the finish of the trail.

We hope you have enjoyed the walk.