

The spirit of adventure TrueNorth Outdoor



THE RIVER SPEY

The Spey is the classic open-boater's journey from Newtonmore to the sea. It is one of the most beautiful salmon rivers in Britain and can usually be relied on to give reasonable water levels in all seasons. It has an interesting character, as, unlike most rivers, it starts off very gently at Newtonmore campsite and gradually gets more chunky as we get used to working the boat and the weight decreases as we eat our way through the rations.

Though we will travel unsupported and the usual campcraft skills will apply, the accent will be on journeying and we will stop at a variety of wild and semi-formal campsites en route, some may even boast a proper loo.

With ever-changing views and character, the Spey flows through the Insh marshes with its abundance of bird-life, Loch Insh and then through woodland with occasional spectacular views of the Cairngorms. Finally it ends in a powerful rush through the shifting shingle banks to the open sea of Spey Bay. On the way there are a series of entertaining rapids at a sporting grade 2 with nothing too technical to worry about and invariably a pool at the bottom of each to collect one's thoughts.

We will be passing Aviemoor and Grantown and through the Spey single malt country which resounds to the famous names of Cragganmore, Aberlour and Knockando. Perhaps we could even take a brief visit to a distillery, in the interests of industrial history en route.

There is an abundance of plants, birdlife, fish and mammals and on the last trip we saw otters, sea otters, osprey and seals in the bay. If you are keen on photography and have a decent camera, get it insured and bring it on the trip.

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