

Best of Scotland

January 2022

OUTDOORS

10

WINTER WALKS

COLD, dark, and a bit miserable, winter in Scotland isn't always very pleasant. But if you can drag yourself out from under the duvet to go for a walk, you might find that a wintry stroll is the best way to shake off a post-Christmas slump. And if the chill does get too much, we've picked some excellent coffee shops to warm up in afterwards.

DUCHESS WOODS AND THE GINGER BREADMAN, HELENSBURGH

With the potential for the weather to turn quite dramatically at this time of year, less experienced walkers may wish to ease themselves in with a straightforward stroll. And the Duchess Woods in Helensburgh offers exactly that: a picturesque, well-maintained local nature reserve that's just a stone's throw from the centre of the town. You can easily lose an hour wandering around the dense woodland – a haven for any stick-mad dogs – which looks particularly lovely if there has been a dusting of snow. Then, once you've had your fill of fresh air, head back into the town and make for the Ginger

but this café has achieved a very rare five-star rating among the notoriously hard-to-please users of TripAdvisor. The highest praise was reserved for their sourdough bread, home-made cakes, and consistently excellent service.

