

Tread Lightly in the Park



Cairngorms
NATIONAL PARK

July 2015

Cairngorms National Park Ranger Services

Rangers welcome visitors to the countryside and help people discover and appreciate what's around them. Rangers run a variety of countryside events that encourage people to learn about the National Park.

Every Monday in July
11am - 1.30pm

RANGER-LED GUIDED WALK

A gentle stroll through Boat of Garten's Deshar woodlands, with a ranger, will reveal why these woods are special for people and wildlife alike.

Booking: essential (max 15 spaces)

Contact: 07710 387510 or

email: alison.greggans@rspb.org.uk

Cost: FREE - donations welcome

Meet: Station Square, Boat of Garten
RSPB Community Ranger

Every Wednesday in July
9.30am - 1pm (approx)

CALEDONIAN FOREST WALK

RSPB ranger-led low level walk that fringe Loch Garten and Loch Mallachie at Abernethy. Enjoy spectacular views, stories about people and landscape and how RSPB management of Abernethy forest benefits wildlife.

[Read more here.](#)

Booking: essential (max 15 spaces)

Contact: 01479 831476 or

email: abernethy@rspb.org.uk

Cost: RSPB member £3,
non-members £5, children free

Meet: Osprey Centre car park
outside kiosk
RSPB Community Ranger Service

Every Wednesday in July
2pm - 3pm

WILD WEDNESDAYS

Come along and help nature this summer. We make different nest boxes, bug hotels etc each Wednesday.

Booking: not essential

Contact: 01796 481355 or

email: pf@atholl-estates.co.uk

Cost: Free - donations welcome

Meet: Blair Atholl Information Centre
Atholl Estates Ranger Service

**When you are
enjoying the
outdoors the
key things to
remember are:**

- Take responsibility for your own actions
- Respect the interests of other people
- Care for the environment
- Contact the Cairngorms National Park Authority
www.cairngorms.co.uk
for more information



SCOTTISH
OUTDOOR ACCESS CODE

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Every Thursday & Sunday in July
10.30am - 3.30pm

THE NORTHERN CORRIES OF CAIRN GORM

Exploring the Cairngorms on footpaths and easy slopes in the Northern Corries of Cairn Gorm, possibly reaching the plateau if the weather is fair.

Bring lunch, hill walking boots essential.

Booking: essential (max 10 spaces)

Contact: Lorna Adam (Mon, Wed & Fri) on
01479 861261

Cost: adults £18, children £15

Meet: Ranger Base in the Base Station car park in
Coire Cas

Cairngorm Mountain Ranger Service

Thursday 2nd July 7pm - 8.30pm
MAR LODGE EVENING STROLL

Join us for an evening stroll around the grounds of Mar Lodge with an opportunity to view the interior of the lodge and the famous Stag Ballroom.

Tea/coffee and shortbread included. Sorry no dogs.

Booking: essential

Contact: 013397 20164

Cost: adults £3, children u-16 free

Meet: Mar Lodge Estate, AB35 5YJ

The National Trust for Scotland Ranger Service

Saturday 4th July 3pm - 5pm
WILDLIFE WALK

Join a ranger at the Linn of Dee for a walk through the pinewood and out into more open moorland in search of wildlife.

All welcome, no experience necessary. Sorry no dogs.

Bring binoculars if you have them.

Booking: not essential

Contact: 013397 20164

Cost: adults £3, children u-16 free

Meet: Mar Lodge Estate, AB35 5YJ

The National Trust for Scotland Ranger Service

Sunday 5th July 10am - 3pm
UPPER GLEN CLOYA EAGLE WATCH

A short introductory talk followed by another opportunity to view the breeding Golden Eagles before the young fledged.

Where appropriate wear stout shoes, waterproofs, warm clothing and a packed lunch. A telescope will be available for use but please bring binoculars if you have them.

Booking: essential

Contact: 01575 550233 or

email: GlenDollRanger@angus.gov.uk

Cost: free

Meet: Glen Doll Ranger Base, By Kirriemuir,
DD8 4RD

Angus Glens Ranger Service

Tuesday 7th July drop by anytime between 2pm - 4pm
KITE MAKING

Have a go at making some simple kites and fly them too if it's windy enough.

Different designs for different age groups - for families. All material provided.

Booking: not essential

Contact: 01796 481355 or

email: pf@atholl-estates.co.uk

Cost: donations for materials

Meet: Blair Atholl Information Centre

Atholl Estates Ranger Service



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Wednesday 8th July 2pm - 4pm PEEKING INTO A POND, LOCHVAA

Everyone enjoys peering into the unknown depths of a body of water! Join us to find out what fabulous beasts lurk in this beautiful pond. Wear wellies.

Booking: not essential

Contact: 01479 873914 or

email: saranne.bish@highland.gov.uk

Cost: adults £4, conc £3, family £11

Meet: Laggantytown Cemetery car park.

Grid ref: NH 910174

Highland Council Ranger Service

Thursday 9th July 10.30am - 12 noon ANIMAL HOMES AND HIDEAWAYS

Animals make their homes in all kinds of weird and wonderful places. Join us to find out more and make your own home in the woods.

Booking: not essential

Contact: 01796 481355

email: pf@atholl-estates.co.uk

Cost: children £2 (accompanied by an adult)

Meet: Glen Tilt car park by Blair Atholl

Atholl Estates Ranger Service

Friday 10th July 12 noon - 4pm MUIR OF DINNET FUN DAY

Come and join the fun at Muir of Dinnet National Nature Reserve. Lots of games, crafts and activities for all the family based at the visitor centre.

The Marr Ranger and Dee Catchment Outreach Officer will be promoting responsible countryside access to help everyone enjoy the outdoors this summer. U-18's must be accompanied.

Booking: not essential - just drop in

Contact: Catriona Reid 013398 81667

Cost: free

Meet: Burn o'Vat Visitor Centre, near Dinnet

SNH, Muir of Dinnet NNR in partnership with

Aberdeenshire Council Ranger Service & Dee Catchment Partnership/River Dee Trust

Saturday 11th July 2pm - 4pm LAGGAN WOODLAND SUPERHEROES

Come dressed as your favourite superhero and find out about our own woodland superheroes and their super powers. See how you measure up against these creatures in our superhero challenge.

Suitable for ages 5-10. Please bring an adult (fancy dress for adults is optional).

Booking: not essential

Contact: 01479 873706 or

email: liz.miller@highland.gov.uk

Cost: adults £4, conc £3, family £11

Meet: Laggan Wolftrax, Laggan

Highland Council Ranger Service



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Tuesday 14th July
POND DIPPING

2pm - 3.30pm

Family activity to discover what lurks in the depths of the pond.

Booking: not essential

Contact: 01479 870070 or

email: info@glenlivetestate.co.uk

Cost: children £2, accompanying adults free

Meet: Glenmullie car park, on the A939 Lecht Road, 3 miles south of Tomintoul
Glenlivet Estate Ranger Service

Tuesday 14th July

TALL TALES OF TALL TREES

7pm - 8.30pm

Stories of the Castle's amazing trees and the Dukes that planted them and some beginners tree identification.

Booking: not essential

Contact: 01796 481355 or

email: pf@atholl-estates.co.uk

Cost: adults £2, children £1

Meet: Blair Atholl Information Centre
Atholl Estates Ranger Service

Tuesday 14th July

RSPB RANGER-LED GUIDED WALK

11am - 1.30pm

An amble through Nethybridge's Dell Woods - part of Abernethy Forest - will reveal its hidden history that links people and landscape. Plenty of wildlife to spot along the way. Dog on leads welcome.

Booking: essential (max 15 spaces)

Contact: 07710 387510 or

email: alison.greggans@rspb.org.uk

Cost: free - donations welcome

Meet: Information Hub opposite Community Hall,
Nethy Bridge
RSPB Community Ranger Service

Wednesday 15th July

BATTLE OF KILLIECRANKIE

2pm - 3.30pm

Get to grips with the gory details of this gruesome battle, the first of the Jacobite uprisings, interactive battle talk (1 hour), followed by a display of weapon and children's craft activities.

Booking: not essential

Contact: 0844 4932194

Cost: adults £4, children £2

Meet: Killiecrankie Visitor Centre
North Perthshire Ranger Service

Thursday 16th July

TRACKS AND SIGNS

10.30am - 12noon

Be a nature detective today and look for some animal clues. Tracking and activities in the woods.

Booking: not essential - for children

Contact: 01796 481355 or

email: pf@atholl-estates.co.uk

Cost: children £2

Meet: Glen Tilt car park, by Blair Atholl
Atholl Estates Ranger Service

Thursday 16th July

MAR LODGE EVENING STROLL

7pm - 8.30pm

Join us for an evening stroll around the grounds of Mar Lodge with an opportunity to view the interior of the lodge and the famous Stag Ballroom.

Tea/coffee and shortbread included. Sorry, no dogs.

Booking: essential

Contact: 013397 20164

Cost: adults £3, children U-16 free

Meet: Mar Lodge Estate, AB35 5YJ
The National Trust for Scotland Ranger Service



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Thursday 16th July NATURE EXPLORERS

2pm - 4pm

Join the Balmoral Rangers, for exciting nature activities, storytelling and games. Children U16 must be accompanied by an adult.

Booking: essential - for children

Contact: 013397 55059

Cost: free

Meet: Balmoral, Carriage Exhibitions
Balmoral Ranger Service

Saturday 18th July HANDS ON CONSERVATION

10am - 4pm

An opportunity to 'put something back'. Work with the Ranger Service and the John Muir Trust members.

Practical conservation work. Tools & instruction provided. Wear comfortable warm clothes. Bring a packed lunch.

Booking: essential

Contact: 013398 86072 or

email: ranger@glentanan.co.uk

Cost: free

Meet: Glen Tanar Visitor Centre
Glen Tanar Charitable Trust Ranger Service

Saturday 18th July WILDLIFE WALK

3pm - 5pm

Join a ranger at the Linn of Dee for a walk through the pinewoods and out into more open moorland in search of wildlife.

All welcome, no experience necessary. Sorry, no dogs. Bring binoculars if you have them.

Booking: not essential

Contact: 013397 20164

Cost: adults £3, children U-16 free

Meet: Linn of Dee car park, Mar Lodge Estate, nr AB35 5YJ

The National Trust for Scotland Ranger Service

Saturday 18th July

11am - 4pm

COIRRIE FEE - a focus for nature & landscape

Join SNH's award winning, professional wildlife photographer Lorne Gill and a ranger in a photo walk into the spectacular Corrie Fee. There will be many stops to take photos and pick up tips for taking better photos with Lorne's guidance. A camera is essential, a tripod would be ideal but enthusiasm is the most important thing.

Wear stout shoes, waterproofs, warm clothing and a packed lunch. A telescope will be available for use but please bring binoculars if you have them.

Booking: essential (max 12 places)

Contact: 01575 550233 or

email: GlenDollRanger@angus.gov.uk

Cost: free

Meet: Glen Doll Ranger Base, by Kirriemuir, DD8 4RD
Angus Glens Ranger Service

Tuesday 21st July

1pm start

FAMILY FOREST FROLICS

Family games in a Dell Woods, Nethy Bridge.

Booking: essential

Contact: 07710 387510 or

email: alison.greggans@rspb.org.uk

Cost: £3 per accompanied child, adults free

Meet: Visitor Centre, Nethy Bridge
RSPB Community Ranger

Tuesday 21st July

2pm - 3.30pm

DRAGONS AND DAMSELS

Look out for different flying dragonflies and damselflies and their nymphs in the pond.

Booking: not essential (for adults & older children)

Contact: 01796 481355 or

email: pf@atholl-estates.co.uk

Cost: adults £2, children £1

Meet: Logierait Woods car park - 1/2 mile north of Logierait on road to Dunfallandy
Atholl Estates Ranger Service



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Wednesday 22nd July 10am - 12 noon CAKE OUT & ABOUT IN JULY

Join the ranger for a leisurely walk to see what we find on our way - along the Speyside Way south of Aviemore. Everyone welcome. Please bring a flask/drink and snack (preferably home baking) to have on the way. Spare cake may be available.

Booking: not essential

Contact: 01479 873706 or

email: liz.miller@highland.gov.uk

Cost: adults £4, conc £3, family £11

Meet: Outside the Active Cafaidh, Aviemore

Highland Council Ranger Service

Thursday 23rd July 2pm - 4pm NATURE EXPLORERS

Join the Balmoral Rangers, for exciting nature activities, storytelling and games.

Children U-16 must be accompanied by an adult.

Booking: essential

Contact: 013397 55059

Cost: free

Meet: Balmoral, Carriage Exhibitions

Balmoral Ranger Service

Thursday 23rd July 10.30am - 12noon DINOSAUR TRACKING

Follow the tracks and clues through the wood and see if you can find a dinosaur.

Self-guided trail. For children (accompanied by an adult).

Booking: not essential

Contact: 01796 481355 or

email: pf@atholl-estates.co.uk

Cost: children £2

Meet: Glen Tilt car park by Blair Atholl

Atholl Estates Ranger Service

Thursday 23rd July 2pm - 4pm NATURE DETECTIVES

Grab your wellies and join a ranger in Glen Quoich to go in search of clues left behind by the animals that live there.

Wellies and waterproofs a good idea. Sorry no dogs.

Booking: essential

Contact: 013397 20164

Cost: adults £5, family £10

Meet: Mar Lodge Estate, AB35 5YJ

The National Trust for Scotland Ranger Service

Thursday 23rd July 10am - 12.30pm MOTHS IN THE MORNING

Discover the marvellous moths caught in the live traps set up overnight on the Muir of Dinnet National Nature

Reserve, followed by a search for day-flying moths and butterflies as time allows. Find out how you can take part in this year's Big Butterfly Count.

All U-18's must be accompanied by an adult.

Booking: essential

Contact: 013398 81667

Cost: free

Meet: Burn o'Vat Visitor Centre

SNH, Muir of Dinnet NNR in partnership with

Aberdeenshire Council Ranger Service & Butterfly

Conservation

Saturday 25th July 9.30am - 5pm ASCENT OF LOCHNAGAR

Enjoy a full day on one of Scotland's most famous mountains.

Hill-walking gear and a very good level of fitness required.

Booking: essential

Contact: 013397 55059

Cost: £10 per person

Meet: Spittal of Glen Muick Visitor Centre

Balmoral Ranger Service



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Saturday 25th July 10am - 4pm MAR LODGE SUMMER OPEN DAY

Come along and view the public rooms of this magnificent sporting lodge as well as the famous Stag Ballroom, adorned with Duke of Fifes antler collection. Displays about the variety of work carried out on this large Highland estate, from deer stalking and maintenance to guided walks and weddings, as well as children's activities, pony rides and a bird of prey display.

Booking: not essential
Contact: 013397 20164

Cost: admission to view interior of Mar Lodge: NTS/NT Members and children U-16 free, non members £5. Additional charges for participation in various displays ie pony rides/bird of prey display.

Meet: Mar Lodge, AB35 5YJ
Mar Lodge Estate Ranger Service

Saturday 25th July 10am - 1pm (3pm if weather is good) A MORNING OF MOTHS

Join the reserve warden and local experts to look through moths traps run the night before. The target species is the extremely rare Dark Bordered Beauty moth. Bring a packed lunch if you want to stay into the afternoon when, weather permitting, we will have a walk to look for butterflies.

Booking: not essential
Contact: 07866 578079 or
email: pete.moore@rspb.org.uk

Cost: free
Meet: RSPB car park on the B970 near Kingussie, half a mile east of Ruthven Barracks. Grid ref NN775998
RSPB

Sunday 26th July 12 noon - 4pm TOP DOGS DAY OUT

Dog agility courses, displays, quizzes and all sorts of doggy craziness at Glenmore.

Register your dog on the day (first come, first served basis), or simply come and watch the fun. Refreshments available.

Booking: not essential
Contact: 01479 873914 or
email: saranne.bish@highland.gov.uk

Cost: £5 per dog
Meet: Hayfield, Glenmore Forest Park
Highland Council Ranger Service in conjunction with Forestry Commission Scotland

Tuesday 28th July 2pm - 3.30pm WOODLAND ANTICS

Come and explore the woodland on this family activity.

Booking: not essential
Contact: 01479 870070 or
email: info@glenlivetestate.co.uk

Cost: children £2, accompanying adults free
Meet: Glenlivet Information Centre, Tomintoul
Glenlivet Estate Ranger Service

Tuesday 28th July 10am - 3pm RSPB INSH MARSHES GUIDED WALK

Join the reserve warden to look for wildlife and learn more about the reserve - what's found here and how we manage the different habitats for the benefit of wildlife. There will be a focus on flowers and insects. 3 miles along uneven path. Wear walking boots/shoes and bring a packed lunch.

Booking: not essential
Contact: 07866 578079
email: pete.moore@rspb.org.uk

Cost: £3 adults (RSPB members), £5 adults (non-members), children U-16 free
Meet: RSPB car park on the B970 near Kingussie, half a mile east of Ruthven Barracks. Grid ref NN775998
RSPB



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Tuesday 28th July 2pm - 3.30pm

FAMILY MAP AND COMPASS

Join us for fun activities to help you master your map and get clued-up about a compass.

Bring your own compass if you have one. For families.

Booking: not essential

Contact: 01796 481355 or

email: pf@atholl-estates.co.uk

Cost: adults £2, children £1

Meet: Glen Tilt car park by Blair Atholl
Atholl Estates Ranger Service

Tuesday 28th July
10.30 am - 12noon & 2 - 4pm

SPLISH SPLASH

Come for a watery adventure with Mandy Tulloch of Mud Pies.

Collect natural treasures and (weather dependent) climb into one of the most amazing places in the north east, the Burn o'Vat. We will make mini-rafts & dams, puddle jump and generally have fun playing in the water!

Wellies and waterproofs strongly recommended (or a change of clothes).

Booking: essential - suitable for U-7's (accom by adult)

Contact: 013398 81667

Cost: free

Meet: Burn o'Vat Visitor Centre
SNH, Muir of Dinnet NNR

Tuesday 28th July 11am - 1.30pm
RSPB RANGER-LED GUIDED WALK

An amble through Dell Woods, Nethy Bridge - part of Abernethy Forest - will reveal its hidden history that links people and landscape. Plenty of wildlife to spot along the way. Dogs on leads welcome.

Booking: essential (max 15 spaces)

Contact: 07710 387510 or

email: alison.greggans@rspb.org.uk

Cost: free - donations welcome

Meet: Information hub opposite Community Hall,
Nethy Bridge
RSPB Community Ranger

Wednesday 29th July 2pm start
RIVER MONSTERS

Come for an ankle deep river dip with the RSPB Community Ranger and see what monsters lie at your feet - if you dare!

Booking: essential

Contact: 07710 387510 or

email: alison.greggans@rspb.org.uk

Cost: children £3, accompanying adults free

Meet: Salmon Trail car park - next to Boat of Garten Golf Club
RSPB Community Ranger

Wednesday 29th July 10.30am - 12noon
ANIMAL DETECTIVES

Brush up on your animal detective skills and find out who or what lives in the Pass of Killiecrankie. We will look for tracks and trails left by our furry friends, make our very own animal footprints, and handle some animal skins.

Children's activity walk

Booking: not essential

Contact: 0844 4932194

Cost: children £2, accompanying adults free

Meet: Killiecrankie Visitor Centre
North Perthshire Ranger Service



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Thursday 30th July 10.30am - 12noon
WET AND WILD

Discover the weird, watery world around the river. River dipping, games and a boat race.

For children.

Booking: not essential

Contact: 01796 481355 or

email: pf@atholl-estates.co.uk

Cost: children £2

Meet: Blair Atholl Information Centre

Atholl Estates Ranger Service

Thursday 30th July 2 - 4pm
BUTTERFLY BONANZA

Join the Balmoral Rangers, for exciting nature activities, storytelling and games. Discover the colourful world of butterflies and moths in Glen Muick.

Children U-16 must be accompanied by an adult.

Bring outdoor clothing suited to weather and sensible footwear.

Booking: essential

Contact: 013397 55059

Cost: free

Meet: Church Square car park, Ballater.

Balmoral Estate Ranger Service in partnership with Aberdeenshire Council Ranger Service & Butterfly Conservation

Thursday 30th July 7 - 8.30pm
MAR LODGE EVENING STROLL

Join us for an evening stroll around the grounds of Mar Lodge with an opportunity to view the interior of the lodge and the famous Stag Ballroom.

Tea/coffee & shortbread included. Sorry no dogs.

Booking: essential

Contact: 013397 20164

Cost: adults £3, children U-16 free

Meet: Mar Lodge Estate, Ab35 5YJ

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