

Tread Lightly in the Park



Cairngorms
NATIONAL PARK

March 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 Friday in March 10am - 11.30am

HEALTH WALK

Ranger-led walk, over easy ground. To recover/improve fitness & well-being. Meet at Braeloin Visitor Centre Car Park, Glen Tanar or pick up in Aboyne.

Booking: not essential

Contact: 013398 86072 or

email: ranger@glentantar.co.uk

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

March 22nd 11am - 2pm

HEALTH WALK & TALK

Join the Ranger for a health walk in Upper Glen Clova to discuss the management and natural history of the area.

Booking: not essential

Contact: 013398 86072 or

email: ranger@glentantar.co.uk

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

March 28th 7.30 - 10pm

GHOST WALK

Celebrate this year's Earth Hour by exploring Ellan Wood (Carrbridge) and the riverside path with your head torch. Listening for sounds of the night and check for stars and planets on the way. Hot chocolate and cake awaits us in the woods!

Good dogs very welcome.

Suitable for families.

Contact: Saranne 01479 873914 or

saranne.bish@highland.gov.uk

Cost: adults £4, conc. £3,

family £11

Highland Council Ranger Service

March 21st 10am - 4pm

HANDS ON CONSERVATION

An opportunity to 'put something back'.

Practical conservation work.

Tools & instructions provided. Wear

comfortable warm clothes. Bring a

packed lunch.

Booking: essential - tel: 013398

80868 or ranger@glentantar.co.uk

Cost: Free

Glen Tanar Charitable Trust 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



**KNOW THE CODE
BEFORE YOU GO**
outdooraccess-scotland.com

Make it Yours

www.visitcairngorms.com