

Tread Lightly in the Park



Cairngorms
NATIONAL PARK

April 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 April
10am - 11.30am

HEALTH WALK

Ranger-led walk, over easy ground.
To recover/improve fitness and
well-being.

Booking: not essential

Contact: 013398 86072 or

ranger@glentamar.co.uk

Cost: FREE

Meet: Glen Tanar Visitor Centre

Glen Tanar Charitable Trust Ranger
Service

April 4th 1pm - 4pm
**EGG-CITING WOODLAND
ACTIVITIES**

Bring your Easter Eggs and build them
a nest! Make an Easter crown with
nature's own decorations.

Aged 5 - 12.

Booking: essential - 07710 387510

or Alison.greggans@rspb.org.uk

Cost: family ticket £5

Meet: Boat of Garten Community
Hall car park

RSPB Community Ranger Service

April 4th 2pm - 3.30pm
EGG OLYMPICS

Some eggy activities for all the family
- including painting, quiz, obstacle
course and egg race. Please bring a
(well trained) boiled egg with you.
For children accompanied by an
adult.

Booking: not essential

Contact: 01796 481355 or

pf@atholl-estates.co.uk

Cost: £2 per child

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



KNOW THE CODE
BEFORE YOU GO
outdooraccess-scotland.com

Make it Yours

www.visitcairngorms.com

Tread Lightly in the Park



April 5th 10am - 4pm CADBURY EASTER EGG TRAIL

Turn Eggsplorer with us this Easter as you follow the trail, collect the clues, solve the puzzle and then enjoy your hard-earned Cadbury reward.

Collect your sheets from the Stag Ballroom

Booking: not essential

Contact: 013397 20164

Cost: £2 per trail sheet

Meet: Stag Ballroom, Mar Lodge Estate, Braemar

National Trust for Scotland Ranger Service

April 5th 1pm - 4pm EGG-CITING WOODLAND ACTIVITIES

Bring your Easter Eggs and build them a nest! Make an Easter crown with nature's own decorations.

Aged 5 - 12.

Booking: essential - 07710 387510 or Alison.

greggans@rspb.org.uk

Cost: family ticket £5

Meet: Boat of Garten Community Hall car park

RSPB Community Ranger Service

April 6th 1pm - 4pm EASTER EGG HUNT

It's Easter! Pop into the visitor centre to pick up a sheet and enjoy the springtime walk while you hunt for clues to win an Easter Egg.

U16 must be accompanied by an adult.

Booking: not essential

Contact: 013398 81667

Cost: FREE

Meet: Burn o'Vat Visitor Centre

SNH Muir of Dinnet Ranger Service

April 8th 2pm - 3.30pm WOODLAND TREASURE HUNT

A family event searching for clues and treasures on a self guided trail through the woods.

U16 must be accompanied by an adult.

Booking: not essential

Contact: 01796 481355 or pf@atholl-estates.co.uk

Cost: children £2

Meet: Glen Tilt car par, by Blair Atholl

Atholl Estates Ranger Service

April 10th 3pm - 4.30pm DEER, PONIES, LAMBS AND CALVES

A walk on the farm to see spring new-born calves and lambs and get a look at our red deer and Atholl highland ponies.

Booking: not essential

Contact: 01796 481355 or pf@atholl-estates.co.uk

Cost: adults £2, children £1

Meet: Glen Tilt car par, by Blair Atholl

Atholl Estates Ranger Service

April 11th 7.30 am - 9.30am BIRD RINGING DEMONSTRATIONS

A rare opportunity to get really close to our feathered friends. Join the rangers and ringers to find out why we ring birds and how it can help with conservation efforts. Children must be accompanied by an adult.

Booking: essential

Contact: 01796 481355 or pf@atholl-estates.co.uk

Cost: adults £2, children £1

Meet: Glen Tilt car par, by Blair Atholl

Atholl Estates Ranger Service

April 11th 11am - 2pm GENERAL NATURAL HISTORY WALK

Join the Ranger on a wildlife walk to observe the Flora & Fauna of the Glen looking out for Golden Eagle, Crossbill, Red Deer, Red Squirrel and a variety of wild flowers.

Please bring stout shoes, waterproofs, warm clothing & packed lunch. A telescope is available but please bring binoculars if you have them.

Booking: essential

Contact: 01575 550233 or

glendollranger@angus.gov.uk

Cost: FREE

Meet: Glen Doll Ranger Base, by Kirriemuir

Angus Glens Ranger Service

April 11th 10am - 4pm MENDING OUR WAYS

Come and join the rangers as they repair a damaged section of path caused by hundreds of thousands of trampling feet. Take part in a day of practical conservation action in spectacular mountain scenery.

All tools and training provided

Booking: essential

Contact: 013397 55059

Cost: FREE

Meet: Spittal of Glen Muick visitor centre

Balmoral Ranger Service

April 14th 2pm - 4pm GO FLY A KITE IN CARR-BRIDGE

A chance to make kites out of bits and bobs and, weather permitting, fly them!

Booking: not essential

Contact: 01479 873914 or

sarrane.bish@highland.gov.uk

Cost: children £3, accompanying adults free

Meet: Carr-bridge village car park

Badenoch & Strathspey Highland Council Ranger Service

April 18th 10am - 4pm HANDS ON CONSERVATION

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

Practical conservation work. Tools and training provided. Wear comfortable warm clothes and bring a packed lunch.

Booking: essential

Contact: 013398 86072 or

ranger@glentana.co.uk

Cost: FREE

Meet: Glen Tanar Visitor Centre

Glen Tanar Charitable Trust Ranger Service

April 18th 9am - 11.30am LOCH MUICK SPRING WALK

Come and enjoy the sights and sounds of spring in this iconic Highland Glen.

Distance 5km (3 miles).

Booking: essential

Contact: 013397 55059

Cost: FREE

Meet: Spittal of Glen Muick visitor centre

Balmoral Ranger Service

April 19th 11am - 2pm WILDFLOWER ID FOR BEGINNERS

Join the Ranger for a stroll in Glen Doll forest and identify the variety of plants that grow here.

Please bring stout shoes, waterproofs, warm clothing and a packed lunch. A telescope is available but please bring binoculars if you have them.

Booking: essential

Contact: 01575 550233 or

glendollranger@angus.gov.uk

Cost: FREE

Meet: Glen Doll Ranger Base, by Kirriemuir

Angus Glens Ranger Service

April 19th 9.30am - 3pm RANGER LED WALK

Walk with the local Ranger and identify signs of spring along Explore Abernethy and Abernethy NNR trails.

Dogs on leads welcome.

Booking: not essential

Contact: 07710 387510 or

Alison.greggans@rspb.org.uk

Cost: family ticket £5

Meet: Nethy Bridge Community Centre

RSPB Community Ranger Service



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April 19th **9.30am - 3pm**

RANGER LED WALK

Walk with the local Ranger and identify signs of spring along Explore Abernethy and Abernethy NNR trails.

Dogs on a lead welcome.

Booking: not essential

Contact: 07710 387 510 or

alison.greggans@rspb.org.uk

Cost: family ticket £5

Meet: Nethy Bridge Community Centre

RSPB Community Ranger Service

April 21st **10am - 1pm**

SEASONAL GUIDED WALK

Join the Reserve Warden for a walk on the Reserve with the emphasis on birds and aspens.

Collect your sheets from the Stag Ballroom

Booking: not essential

Contact: 01540 661518 or pete.moore@rspb.org.uk

Cost: adult members £3, non-members £5, U16 free

Meet: RSPB Insh Marshes car park, 2 miles out of Kingussie

RSPB Community Ranger Service

April 23rd **5am - 9am**

BLACK GROUSE 'DAWNWATCH'

Don't miss this opportunity to view the breeding display of these magnificent birds as seen on the BBC Winterwatch 2014.

Followed by a hearty traditional breakfast in Mar Lodge dining room. Sorry no dogs. Bring binoculars if you have them.

Booking: essential

Contact: 013397 20164

Cost: £25 per person

Meet: Mar Lodge Estate

National Trust for Scotland Ranger Service

April 25th **5am - 9am**

BLACK GROUSE 'DAWNWATCH'

Don't miss this opportunity to view the breeding display of these magnificent birds as seen on the BBC Winterwatch 2014.

Followed by a hearty traditional breakfast in Mar Lodge dining room. Sorry no dogs. Bring binoculars if you have them.

Booking: essential

Contact: 013397 20164

Cost: £25 per person

Meet: Mar Lodge Estate

National Trust for Scotland Ranger Service

April 29th **5am - 7am**

LORDS OF THE DANCE

An opportunity to witness the spectacle of a Black Grouse lek, and other wildlife, in beautiful surroundings.

Booking: essential

Contact: 01479 873914 or

sarrane.bish@highland.gov.uk

Cost: adults £4, conc £3, family £11

Meet: given out on booking

Badenoch & Strathspey Highland Council Ranger Service

April 30th **6.30am - 8.30am**

DESHAR DAWN CHORUS

Do you know your birds by their song? How many can you identify? Listen to the dawn chorus for a lift to your day.

Booking: not essential

Contact: 07710 387510 Alison.greggans@rspb.org.uk

Cost: FREE

Meet: Station Square, Boat of Garten

RSPB Community Ranger Service

April 30th **5am - 9am**

BLACK GROUSE 'DAWNWATCH'

Don't miss this opportunity to view the breeding display of these magnificent birds as seen on the BBC Winterwatch 2014.

Followed by a hearty traditional breakfast in the Mar Lodge dining room. Sorry no dogs. Bring binoculars if you have them.

Booking: essential

Contact: 013397 20164

Cost: £25 per person

Meet: Mar Lodge Estate

National Trust for Scotland Ranger Service