

Tread Lightly in the Park



Cairngorms
NATIONAL PARK

June 2014

Cairngorms National Park Ranger Services Countryside Events

Daily in June

10.30 am and 1.30 pm
WALK AT THE TOP

Walk from the top of the mountain railway to the Summit of Cairn Gorm and back with an experienced guide.

Weather permitting.

Booking: www.cairngormmountain.org

Contact: 01479 861327

Meet: Travel up the on the funicular railway or make your own way to the Top Station.

Cost: £6 per person plus train ticket (if required)

Cairngorm Mountain Ranger Service

Wednesdays and Saturdays in June

10.30 am
GUIDED HILL WALK

Explore the Northern Corries of Cairn Gorm, possibly reaching the edge of the plateau.

Weather permitting.

Booking: www.cairngormmountain.org

Contact: 01479 861327

Meet: Cairngorm Ranger Base

Cost: £12 per person

Cairngorm Mountain Ranger Service

June 11th

11 am - 2 pm

**THE CAIRNGORMS & CRAIGEL-
LACHIE**

Explore this National Nature Reserve with its fabulous views of the mountains.

Bring lunch and a drink and we'll bask in the glory of spring migration!

Good dogs very welcome!

Grade C.

Booking:

Contact: Saranne Bish on 01479 873914 or email saranne.bish@highland.gov.uk

Meet: Dry ski slope car park, MacDonald's Aviemore Resort, Aviemore. Grid ref: NH 892123

Cost: Adults £5.00, conc. £3.00, family £12.00.
Highland Council Ranger Service

Meet: Mar Lodge Estate, AB35 5YJ

Cost: £10 adult, £5 child U-16

The National Trust for Scotland Ranger Service

June 17th

11 am - 3.30 am

RED DEER RECCE

A walk to look for red deer in the hills and enjoy other wildlife too. 6 miles.

Bring own lunch.

Children must be accompanied by an adult

Booking: Essential

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

Meet: Details given at time of booking

Cost: Adults £6

Atholl Estates Ranger Service

June 15th

1.30 pm - 4.30 pm

PLANTS OF THE PINEWOODS

Join us as we explore the beautiful Caledonian pinewoods-home to a unique and diverse variety of flowers, mosses and lichens.

Sorry, no dogs.

Booking: Essential

Contact: 013397 20164

June 19th

7 - 8.30 pm

MAR LODGE EVENING STROLL

Join us for an evening stroll in the grounds around the Lodge, with an opportunity to view the interior of the Stag Ballroom.

Easy walk.

Tea and shortbread included.

Sorry, no dogs.

**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



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BEFORE YOU GO**

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Cairngorms National Park Ranger Services Countryside Events

Booking: Essential
Contact: 013397 20164
Meet: Mar Lodge Estate, AB35 5YJ
Cost: £3 adult, children U-16 free
The National Trust for Scotland Ranger Service

June 21st 8 am - 8.30 pm THE LAIRIG AN LAOIGH - THE PASS OF THE CALVES'

Walk through the Beautiful Glen Derry to traverse this iconic high mountain pass amid magnificent scenery, led by a qualified mountain leader.
Mountain walk.

Good walking boots and warm waterproof clothing essential.

Sorry, no dogs.

Booking: Essential, payment in advance – places limited

Contact: 013397 20164

Meet: Depart from Linn of Dee, Mar Lodge Estate, AB35 5YJ

Cost: Adults only, £50. Includes return transport.

The National Trust for Scotland Ranger Service

June 21st 9.30 pm - Midnight SOLSTICE NIGHTWALK

Walk into the darkness on our shortest night and investigate the dusk-time wildlife.

Children must be accompanied by an adult

Booking: Essential

Contact: 01796481355 or email pf@atholl-estates.co.uk

Meet: Details given at time of booking

Cost: Adults £8

Atholl Estates Ranger Service

June 21st Midnight - approx 9 am NIGHT ASCENT OF LOCHNAGAR

Celebrate the sunrise on the longest day of the year. A night time ascent to witness the sunrise from the summit of Lochnagar.

A very good level of fitness is required.

Spaces on this walk are very limited.

The walk is also very weather dependant.

We will spend some time at the summit, so lots of spare warm clothes and a warm drink are highly recommended.

A strenuous mountain walk.

Distance: 10Kms (6 miles), ascent 550m.

Booking: Essential

Contact: 013397 55059

Meet: Crathie Tourist Information Centre.

Cost: £20/person
Balmoral Ranger Service

June 22nd 11 am - 2 pm WILD FLOWER IDENTIFICATION FOR BEGINNERS

Join the Ranger for a stroll in Glen Doll forest and identify the variety of plants that grow here. Packed lunch and strong footwear needed.

Booking: Essential

Contact: 01575 550233 or email glendoll-ranger@angus.gov.uk

Meet: Glen Doll Ranger Base

Cost: Free

Glen Doll Ranger Service

June 23rd 10 am CAIRNGORM MOUNTAIN WALKING FESTIVAL

Macdui Monday. Hill walk with a Ranger.

Full day walk.

Age 10+.

Bring hill walking kit and lunch.

Booking: www.cairngormmountain.org

Contact: 01479 861327

Meet: Cairngorm Ranger Base

Cost: £15pp

Cairngorm Mountain Ranger Service

June 23rd 1.30 pm CAIRNGORM MOUNTAIN WALKING FESTIVAL

Windy Ridge medium walk with a guide.

Age 6+.

Good walking shoes or boots.

Booking: www.cairngormmountain.org

Contact: 013397 55059

Meet: Cairngorm Ranger base

Cost: £12pp

Cairngorm Mountain Ranger Service

June 24th 10 am - 1 pm SEASONAL GUIDED WALK INSH MARSHES NATIONAL NATURE RESERVE

Join the reserve warden to explore this very special site, focusing on Aspen woodland and the wildlife that is at its most impressive at the time of the walk.

Be prepared for wet/cold weather

Booking: Not Required

Contact: 01540 661518 or insh@rspb.co.uk

or visit our website

<http://www.rspb.org.uk/reserves/guide/i/insh-marshes/events.aspx>

Meet: RSPB reserve car park two miles along the B970 from Kingussie and ½ mile beyond Ruthven Barracks.

Cost: £3 adults (RSPB members) £5 adults (non-members) Children free (under 16)
RSPB Ranger Service

June 24th 10am CAIRNGORM MOUNTAIN WALKING FESTIVAL

Northern Corries hill walk with a Ranger.

Full day walk.

Age 10+.

Bring hill walking kit and lunch.

Booking: www.cairngormmountain.org

Contact: 01479 861327

Meet: Cairngorm Ranger Base

Cost: £12pp

Cairngorm Mountain Ranger Service

June 24th 1.30 pm CAIRNGORM MOUNTAIN WALKING FESTIVAL

Allt Mor Trail medium walk with a guide.

Age 6+.

Good walking shoes or boots.

Booking: www.cairngormmountain.org

Contact: 01479 861327

Meet: Cairngorm Ranger base

Cost: £6pp

Cairngorm Mountain Ranger Service

June 25th 10 am CAIRNGORM MOUNTAIN WALKING FESTIVAL

Cairn Lochan hill walk with a Ranger.

Full day walk.

Age 10+.

Bring hill walking kit and lunch.

Booking: www.cairngormmountain.org

Contact: 01479 861327

Meet: Cairngorm Ranger Base

Cost: £12pp

Cairngorm Mountain Ranger Service

June 25th 11 am - 3 pm ORCHIDS GALORE

Now is the time for the upland flower extravaganza. Enjoy orchids and other flowers on this 6 mile walk.

Bring lunch.

Children must be accompanied by an adult

Booking: Essential

Contact: 01796481355 pf@atholl-estates.co.uk

Meet: Details given at time of booking

Cost: Adults £5

Atholl Estates Ranger Service



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Cairngorms National Park Ranger Services Countryside Events

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. A list of events can also be found on www.cairngorms.co.uk or ask at your accommodation, local Visitor Information Centre or Ranger base.

June 25th 1.30 pm CAIRNGORM MOUNTAIN WALKING FESTIVAL

Sneachda Burn medium walk with a guide.
Age 6+.
Good walking shoes or boots.
Booking: www.cairngormmountain.org
Contact: 01479 861327
Meet: Cairngorm Ranger Base
Cost: £6pp
Cairngorm Mountain Ranger Service

June 27th 10 am CAIRNGORM MOUNTAIN WALKING FESTIVAL

Lochan & Lurchers hill walk with a Ranger.
Full day walk.
Age 10+.
Bring hill walking kit and lunch.
Booking: www.cairngormmountain.org
Contact: 01479 861327
Meet: Cairngorm Ranger Base
Cost: £12pp
Cairngorm Mountain Ranger Service

& snack.
Booking: Essential
Contact: 013398 80868 or marr.ranger@aberdeenshire.gov.uk
Meet: Cambus O' May Forestry Commission car park, near Ballater
Cost: FREE
Aberdeenshire Council Ranger Service & RSPB

June 26th 10 am CAIRNGORM MOUNTAIN WALKING FESTIVAL

Shelter Stone hill walk with a Ranger.
Full day walk.
Age 14+.
Bring hill walking kit and lunch.
Booking: www.cairngormmountain.org
Contact: 01479 861327
Meet: Cairngorm Ranger Base
Cost: £15pp
Cairngorm Mountain Ranger Service

June 27th 1.30 pm CAIRNGORM MOUNTAIN WALKING FESTIVAL

Allt Mor Trail medium walk with a guide.
Age 6+.
Good walking shoes or boots.
Booking: www.cairngormmountain.org
Contact: 01479 861327
Meet: Cairngorm Ranger base
Cost: £6pp
Cairngorm Mountain Ranger Service

June 28th 11 am - 3 pm HALF A MUNRO

Climb Creag Urrard, half the height of a Munro, and enjoy some fantastic views from the top. A 5 mile walk for adults and active families.
Bring lunch.
Booking: Essential
Contact: 01796481355 or email pi@atholl-estates.co.uk
Meet: Details given at time of booking
Cost: Adults £5 Children £2.
Atholl Estates Ranger Service

June 26th 1.30 pm CAIRNGORM MOUNTAIN WALKING FESTIVAL

Cairn Gorm by Windy Ridge medium walk with a guide.
Age 6+.
Good walking shoes or boots.
Booking: www.cairngormmountain.org
Contact: 01479 861327
Meet: Cairngorm Ranger Base
Cost: £12pp
Cairngorm Mountain Ranger Service

June 27th 7 pm - 10 pm BABES ON THE MOOR,



KINGUSSIE
A unique opportunity to see this year's Red Deer calves as they are led to the low ground with their mothers, a truly special experience. Refreshments available.
Grade A
Booking: Essential
Contact: Duncan Macdonald on 01479 873706 or email duncan.macdonald@highland.gov.uk
Meet: Confirmed on booking.
Cost: Adults £5.00, conc. £3.00.
Highland Council Ranger Service

June 28th 2 - 4 pm ANT ANTICS

Join our Ecologists for a walk in the woods and delve into the fANTastic world of wood ants.
Easy walk.
Bring a hand lens if you have one.
Sorry, no dogs.
Booking: Essential
Contact: 013397 20164
Meet: Mar Lodge Estate, AB35 5YJ
Cost: £3 adult, children U-16 free
The National Trust for Scotland Ranger Service

June 26th 7 - 8.30 pm MAR LODGE EVENING STROLL

Join us for an evening stroll in the grounds around the Lodge, with an opportunity to view the interior of the Stag Ballroom.
Easy walk. Tea and shortbread included.
Sorry, no dogs.
Booking: Essential
Contact: 013397 20164
Meet: Mar Lodge Estate, AB35 5YJ
Cost: £3 adult, children U-16 free
The National Trust for Scotland Ranger Service

June 28th 10.15 am - 12.45 pm WEB OF LIFE WOODLAND WALK

To celebrate National Insect Week, encounter ants & other small creatures that support the woodland 'web of life' on a 3-mile walk through Cambus O' May Forest & Crannach RSPB Reserve, returning on the Deeside Way.
Adults & accompanied children aged 8+.
Bring weatherproof clothing, stout footwear, drink

June 29th 10 am - 3 pm UPPER GLEN CLOVA EAGLE WATCH

A short introductory talk followed by an exciting opportunity to get excellent views of breeding Golden Eagles as they bring prey to the nest to feed their well grown young.
Packed lunch and strong footwear needed.
Booking: Essential
Contact: 01575 550233 or email glendoll-ranger@angus.gov.uk
Meet: Glen Doll Ranger Base
Cost:
Glen Doll Ranger Service



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