

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 Braealoin 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 10th

BADGER WATCH

Highland Badgers invite you to Badger Watch.

Booking: not essential

Contact: 01479 831768 or 07787

323264 or

email: allanbantick@yahoo.co.uk

Cost: adults £10, accompanied

children FREE

Meet: Boat of Garten Community Hall

RSPB Community Ranger Service

6pm

March 21st

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

10am - 4pm

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

KNOW THE CODE
BEFORE YOU GO
outdooraccess-scotland.com

Make it Yours

www.visitcairngorms.com

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March 10th **10am**
STEP INTO SPRING!

RSPB Community Ranger led walk along the Speyside way and into woodland glades to discover sights and sounds of spring.

Coffee and tea stop in Nethy Hotel on return.
Well behaved dogs welcome.

Booking: not required

Cost: family ticket £5

Meet: Nethy Bridge Community Hall
RSPB Community 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



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