Tread Lightly in the Park

Cairngorms

January 2014

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

Every Friday in January (3rd, 10th, 17th, 24th & 31st) 10am - 11:30am HEALTH WALK

A short sociable walk for all abilities, to help you recover or maintain well-being.

Booking: not required Contact: 013398 886072 or ranger@glentanar.co.uk

Meet: Glen Tanar Visitor Centre car park
Cost: FREE

Glen Tanar Charitable Trust Ranger Service

January 11th 11am - 2pm A WINTER WONDERLAND

A walk with the Ranger and a professional geologist to discover and discuss the formation of Corrie Fee and its physical features since the last Ice Age.

Stout shoes, warm clothing and packed lunch required. Please bring binoculars if you have them.

Booking: essential Contact: 01575 550233 or GlenDollRanger@angus.gov.uk Meet: Glen Doll Ranger Base Cost: FREE Angus Glens Ranger Service January 18th 10am – 4pm HANDS ON CONSERVATION

A day of 'putting something back' for nature.

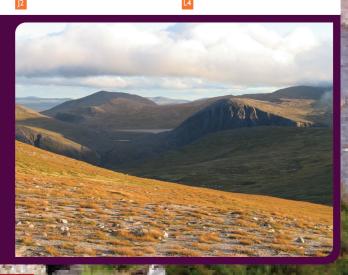
All welcome, adults or accompanied children.

Booking: essential
Contact: 01339 886072 or
ranger@glentanar.co.uk
Meet: Glen Tanar Visitor Centre
Cost: FREE
Glen Tanar Charitable Trust Ranger Service

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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





BEFORE YOU GO

Make it Yours