

# Tread Lightly in the Park



Cairngorms  
NATIONAL PARK

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](http://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@glentantar.co.uk](mailto:ranger@glentantar.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](mailto: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@glentantar.co.uk](mailto:ranger@glentantar.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
- Contact the Cairngorms National Park Authority [www.cairngorms.co.uk](http://www.cairngorms.co.uk) for more information



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