

Tread Lightly in the Park



May 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 May
10am - 11.30am

HEALTH WALK

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

Booking: not essential

Contact: 013398 86072 or

email: ranger@glentandar.co.uk

Cost: FREE

Meet: Glen Tanar Visitor Centre
Glen Tanar Charitable Trust Ranger
Service

Friday 1st May 6 - 8.30pm
RED DEER RAMBLE

Accompany a Ranger to discover the intriguing lifestyle and learn about the management of the majestic red deer of Glen Muick. This is also a great time of day to observe other wildlife in Glen Muick.

Booking: essential

Contact: 013397 55059

Cost: FREE

Meet: Spittal of Glen Muick visitor
centre
Balmoral Ranger Service

Sunday 3rd May 11am - 3pm
BIRDSONG

Join the Ranger on a walk through Glen Doll to listen and learn how to identify a variety of forest and upland birds from their songs and calls. Many species are often heard before being seen and the ability to identify their sounds helps in locating them.

Booking: essential

Contact: 01575 550233 or

glandollranger@angus.gov.uk

Cost: Free

Meet: Glen Doll Ranger Base, by
Kirriemuir, DD8 4RD
Angus Glens 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



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BEFORE YOU GO**
outdooraccess-scotland.com

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Every Monday in May

11am - 1.30pm

RANGER LED GUIDED WALK

A gentle stroll through Deshar woodlands with the Community Ranger will reveal why these woods are special for people and wildlife alike.

Dogs on leads welcome.

Booking: essential - 15 people max

Contact: 07710 387 510

Cost: FREE

Meet: Station Square, Boat of Garten
RSPB Community Ranger

Every Wednesday in May

9.30am - 1pm

RANGER-LED CALEDONIAN FOREST WALK

Saunter along way marked paths that fringe Loch Garten and Loch Mallachie and discover why Abernethy Forest is unique. Enjoy spectacular views, iconic wildlife and stories about people and landscape.

Booking: essential - 15 people max

Contact: 01479 831476 or

email: abernethy@rspb.org.uk

Cost: RSPB member £3, non-members £5,
children FREE

Meet: Osprey Centre car park outside kiosk
RSPB Community Ranger

Saturday 16th May

2 - 4pm

CAIRNGORMS NATURE EXPLORERS

A Cairngorms Nature Festival Event - come and join the Rangers to build some wildlife homes and learn about the tracks and signs that some of the National Parks wildlife leaves behind.

Booking: essential

Contact: 013397 55059

Cost: FREE

Meet: Spittal of Glen Muick Visitor Centre
Balmoral Ranger Service

Sunday 10th, 17th & 31st May

11am - 1.30pm

RANGER-LED GUIDED WALK

Amble along 'Explore Abernethy' trails through Dell Woods in Abernethy Forest. Discover the hidden history of Nethy Bridge the wildlife of Caledonian pine woodland.

www.highlandbadgers.net

Booking: essential - 15 people max

Contact: 07710 387 510

Cost: FREE

Meet: Information Hub opposite Community Hall,
Nethy Bridge
RSPB Community Ranger

Saturday 16th May

11am - 3pm

PEREGRINE WATCH PART 1

Join the Ranger on a guided walk in Glen Doll to view the world's fastest flying bird as they bring in prey to the nest to feed their newly hatched young.

Booking: essential

Contact: 01575 550233 or

glendollranger@angus.gov.uk

Cost: FREE

Meet: Glen Doll Ranger Base, by Kirriemuir, DD8 4RD
Angus Glens Ranger Service

Saturday 16th May

11am - 12.30pm & 1.30 - 3pm

BIRD BOX BUILDING

Join the Glenlivet Ranger to build Bird Boxes and Insect Homes, as part of the Cairngorms Nature Festival.

Dogs on leads welcome.

Booking: not essential - drop in at anytime

Contact: 01479 870070 or info@glenlivetestate.co.uk

Cost: FREE

Meet: Tomintoul Square
Glenlivet Estate Ranger Service



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Saturday 16th May 10am - 4pm HANDS ON CONSERVATION (Cairngorms Nature Event)

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

Tools & Instructions provided. Wear comfortable warm clothes. Bring a packed lunch

Booking: essential

Contact: 013398 86072 or ranger@glentantar.co.uk

Cost: FREE

Meet: Glen Tanar Visitor Centre
Glenlivet Estate Ranger Service

Saturday 16th May 2 - 4pm LET'S MAKE HOMES FOR WILDLIFE

Some fun activities to create your very own wildlife homes for you to put in your garden.

Booking: not essential

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

Cost: adults £4, conc £3, family £11

Meet: Town House, Grantown
Badenoch & Strathspey Highland Council Ranger Service

Saturday 16th May 1 - 4pm FORAGING WALK

Join local bushcraft expert Willow Lohr in a foraging walk to find out about the plants our ancestors ate and used.

Booking: essential - U18's accompanied by an adult

Contact: Catriona Reid 013398 81667

Cost: FREE

Meet: Burn o'Vat Visitor Centre
Scottish Natural Heritage

Saturday 16th May 10am - 12pm WINGED WONDERS OF THE NIGHT

Encounter the amazing diversity of moths and learn about their roles in nature. We will unveil last night's live moth trap catch to see some spring-flying species found in the area.

Booking: essential - U16's accompanied by an adult

Contact: 013398 80868 or

marr.ranger@aberdeenshire.gov.uk

Cost: FREE

Meet: Burn o'Vat Visitor Centre, near Dinnet
Marr Ranger

Saturday 16th May 2 - 4p WINGED WONDERS OF THE DAY

Discover our native butterflies and find out how you can help them. We will take a short walk (up to 2 miles/3km) to look for butterflies and other insects, including the Pearl-bordered Fritillary, a speciality of the Cairngorms.

Bring outdoor clothing suited to the weather, stout footwear and binoculars (if you have them).

Booking: essential - U16's accompanied by an adult

Contact: 013398 80868 or

marr.ranger@aberdeenshire.gov.uk

Cost: FREE

Meet: Cambus O'May Forest Walks car park, near Ballater
Marr Ranger

Saturday 16th May 10.30am - 12pm TINY & COLOURFUL

A short walk for children and their parents with stories, small things to find and tiny things to make.

Booking: not essential

Contact: 01479 873706 or

lizmiller@highland.gov.uk

Cost: adults £4, conc £3, family £11

Meet: RSPB Insh Marshes car park
Highland Council Ranger Service



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Saturday 16th May 12.30 - 1.30pm BEAUTIFUL BUGS & BUTTERFLIES

Come along and make butterfly themed arts and crafts in the forest.

Booking: essential

Contact: 01466 794 161 or

morayaberdeenshire@forestry.gsi.gov.uk

Cost: FREE

Meet: Cambus O'May Forest Walks car park, near Ballater, AB35 5SD

Forestry Commission Scotland Ranger Service

Saturday 16th, 6pm - 10pm & Sun 17th May, 8am - 10am WILD NIGHT OUT

Sleep out and experience the night-time sights and sounds of nature. Join the Rangers for evening and morning wildlife activities.

Booking: essential

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

Cost: TBC

Meet: Details upon booking

Atholl Estate Ranger Service

Sunday 17th May 10.30 - 12pm & 1 - 2.30pm GARDENING FOR WILDLIFE

Come along to Kingussie and find out how to improve your garden for wildlife with some hands on activities as well as lots of information and inspiration.

Booking: essential

Contact: 01479 873706 or liz.miller@highland.gov.uk

Cost: adults £4, conc £3, family £11

Meet: Grassroots Garden Shop, 26 High St, Kingussie
Highland Council Ranger Service

Tuesday 19th 10am - 1pm SEASONAL WILDLIFE WALK

Accompany the Reserve Warden to look for spring birds, learn about reserve management and learn interesting facts about our aspen woodland and its associated wildlife. Distance: 4.8kms (3 miles).

Booking: not essential

Contact: 01540 661518/ 07866 578079

Cost: £3 RSPB members, £5 non-members, children U16 free

Meet: RSPB Insh Marshes car park
RSPB

Wednesday 20th 10am - 12.30pm CAKE OUT & ABOUT IN MAY

Join the Ranger for a leisurely Spring walk to see what we find on our way. Everyone welcome. Please bring a flask/drink and snack (preferably home baking) to have on the way. Spare cake may be available.

Booking: not essential

Contact: 01479 873706 or liz.miller@highland.gov.uk

Cost: adults £4, conc £3, family £11

Meet: Ardvonie car park, Kingussie
Highland Council Ranger Service

Sat 23rd & Sun 24th May 10.30am GARDEN BIO-BLITZ

A 24 hour 'blitz' of all the wildlife visiting our community garden. Take home packs available for blitzing your own patch back home. Separate events throughout Saturday and Sunday morning.

Booking: not required - just turn up

Contact: 07710 387 510 or

Alison.greggans@rspb.org.uk

Cost: FREE

Meet: Community Garden - Boat of Garten, opposite Boat Hotel
RSPB Community Ranger



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Every Thurs & Sun in May to October

10.30am

THE NORTHERN CORRIES OF CAIRN GORM

Explore the footpaths and easy slopes in the Northern Corries of Cairn Gorm, possibly reaching the plateau if the weather is fair, and returning for 15.30.

Dogs on leads only, children over 8 years old.

Please take own walking kit including boots and lunch.

Walks are weather dependent and the availability of the Ranger. More info at www.naturalretreats.com

Booking: essential - max 10 places

Contact: 01479 861261

Cost: adults £18, children £15

Meet: Coire Cas car park

CairnGorm Mountain Ranger Service



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