

# Tread Lightly in the Park



Cairngorms  
NATIONAL PARK

May 2014

## Cairngorms National Park Ranger Services Countryside Events

### May 1st daily

10.30am - 1pm and 1.30 - 4 pm

#### WALK AT THE TOP

Travel up the Cairngorm railway and enjoy a walk to the summit of Cairn Gorm with an informative walk guide. Daily programme will start in May when snow and weather permit. See [www.cairngormmountain.org](http://www.cairngormmountain.org) for daily updates. Bring waterproofs and boots. If you feel fit enough, walk up and join the group at the Ptarmigan, but let us know first.

**Booking:** Essential

**Contact:** 01479 861261

**Meet:** Cairngorm Base Station Railway Concourse

**Cost:** Funicular Ticket (if used) plus £6.  
**Group size limited to 10 max.**

Cairngorm Mountain Ranger Service

### May 3rd

#### MAGICAL BIRD MIGRANTS, KIN- CRAIG

2 - 4pm

This is International Migratory Bird Day so come along for some fun activities to celebrate the return of the swallow and other favourites and learn how difficult migration is.

**Grade:** A

**Booking:** Essential

**Contact:** 01479 873706 or email [duncan.macdonald@highland.gov.uk](mailto:duncan.macdonald@highland.gov.uk) for more details

**Meet:** Kincaig Community Hall

**Cost:** Adults £3.00, conc. £2.00, family £8.00  
Highland Council Ranger Service

### May 3rd

5.00am start!

#### BLACK GROUSE 'DAWNWATCH'

Don't miss this opportunity to view the breeding display of these magnificent birds as seen on BBC Winterwatch 2014, followed by a hearty traditional breakfast in the Mar Lodge dining room. Sorry, no dogs. Bring binoculars if you have them.

**Booking:** Essential - places limited

**Contact:** 013397 20164

**Meet:** the National Trust for Scotland Ranger Service Mar Lodge Estate, AB35 5YJ

**Cost:** £25 adult/child, including breakfast  
The National Trust for Scotland Ranger Service

### May 4th

#### BIRDSONG

11am - 3pm

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 email [GlennDollRanger@angus.gov.uk](mailto:GlennDollRanger@angus.gov.uk) for more details

**Meet:** Glen Doll, Angus

**Cost:** FREE

Angus Council Ranger Service

### May 5th

#### BIRDS B4 BREAKFAST!

6 - 8.30am

An excellent opportunity to observe the intriguing courtship rituals of the black grouse from the comfort of a Land Rover Discovery.

**Booking:** Essential

**Contact:** 013397 55059

**Meet:** Spittal of Glen Muick Visitor Centre

**Cost:** £20 per person

Balmoral Ranger Services

### May 7th

#### GUIDED HILLWALK

10.30am - 3.30pm

Join a Ranger to find out about wildlife and the glacial landscape.

Bring appropriate hill gear, boots, and lunch.

## 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



KNOW THE CODE  
BEFORE YOU GO

[outdooraccess-scotland.com](http://outdooraccess-scotland.com)

Make it Yours

[www.visitcairngorms.com](http://www.visitcairngorms.com)

# Tread Lightly in the Park



**Cairngorms**  
NATIONAL PARK

May 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 list of events can also be found on [www.cairngorms.co.uk](http://www.cairngorms.co.uk) or ask at your accommodation, local Visitor Information Centre or Ranger base.

Dogs on lead only.

**Booking:** Essential

**Contact:** 01479 861261

**Meet:** Ranger Base by car park

**Cost:** £12. Group size limited to 10 maximum.

Cairngorm Mountain Ranger Service

**May 8th** **11am - 2pm**  
**SPRING AT LOCH VAA**

Investigate this little known loch and its wonderful birch and pine woodlands during the spring migration! Bring lunch and a drink and we'll chill in the spring sunshine...

**Contact:** 01479 873914 or email [saranne.bish@highland.gov.uk](mailto:saranne.bish@highland.gov.uk) for more details

**Meet:** Laggantrystown Cemetery car park.

Grid ref: NH 910174

**Cost:** Adults £5.00, conc. £3.00, family £12.00

Highland Council Ranger Service

**May 10th** **10.30am - 3.30pm**  
**BIKE-GLENLIVET TREASURE HUNT-**

Get on your bikes and head out on the blue trail at BikeGlenlivet on our family treasure hunt. It's a self-guided trail over 9km with challenges and clues along the way.

You will need your own bike/helmet and children must be accompanied by an adult, blue trail is suitable for beginners.

**Booking:** No Booking necessary, start at any time

**Contact:** 01479 870070 or email [info@glenlivetestate.co.uk](mailto:info@glenlivetestate.co.uk) for more details

**Meet:** at BikeGlenlivet, nr Tomintoul

**Cost:** Free event (parking charges apply)

Glenlivet Estate Ranger Service

**May 11th** **10.30am - 3.30pm**  
**BIKE-GLENLIVET TREASURE HUNT-**

Get on your bikes and head out on the blue trail at BikeGlenlivet on our family treasure hunt. It's a self-guided trail over 9km with challenges and clues along the way.

You will need your own bike/helmet and children must be accompanied by an adult, blue trail is suitable for beginners.

**Booking:** No Booking necessary, start at any time

**Contact:** 01479 870070 or email [info@glenlivetestate.co.uk](mailto:info@glenlivetestate.co.uk) for more details

**Meet:** at BikeGlenlivet, nr Tomintoul

**Cost:** Free event (parking charges apply)

Glenlivet Estate Ranger Service

**May 14th** **10.30am - 3.30pm**

**BIKE-GLENLIVET TREASURE HUNT-**

Get on your bikes and head out on the blue trail at BikeGlenlivet on our family treasure hunt. It's a self-guided trail over 9km with challenges and clues along the way.

You will need your own bike/helmet and children must be accompanied by an adult, blue trail is suitable for beginners.

**Booking:** No Booking necessary, start at any time

**Contact:** 01479 870070 or email [info@glenlivetestate.co.uk](mailto:info@glenlivetestate.co.uk) for more details

**Meet:** at BikeGlenlivet, nr Tomintoul

**Cost:** Free event (parking charges apply)

Glenlivet Estate Ranger Service

**GUIDED HILLWALK**

Join a Ranger to find out about wildlife and the glacial landscape.

Bring appropriate hill gear, boots, and lunch.

**Booking:** Essential

**Contact:** 01479 861261

**Meet:** Ranger Base by car park

**Cost:** £12. Group size limited to 10 maximum.

Cairngorm Mountain Ranger Service

**May 17th** **6am - 8.30pm**  
**EARLY BIRD SAFARI**

A Cairngorms Nature Festival Event.

Experience the wildlife of the National Park at the best time of day and the best time of year, all from the comfort of a Land Rover Discovery. During the safari was also hope to gain good views of displaying black grouse.

**Booking:** Essential - limited places available

**Contact:** 013397 55059

**Meet:** Spittal of Glen Muick Visitor Centre

**Cost:** £20/person

Balmoral Ranger Services

**May 17th** **6 - 8pm**  
**RED DEER RAMBLE**

A Cairngorms Nature Festival Event.

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

**Meet:** Spittal of Glen Muick Visitor Centre

**Cost:** FREE

Balmoral Ranger Service

**May 17th** **6.30 - 8.30am**

**DAWN CHORUS WALK**

A Cairngorms Nature Festival Event.

Come and experience the early morning sights and sounds at Cambus o' May. Led by Forestry Commission Scotland Ranger, Emily Holmes.

Please dress appropriately

**Booking:** Not Required

**Contact:** 01224 624824 or email [esro@rspb.org.uk](mailto:esro@rspb.org.uk) before 5pm on Thursday 15th May

**Meet:** Cambus o' May Forestry Commission

Car Park

**Cost:** FREE

Forestry Commission Scotland Ranger Service

**May 17th** **10am - 12 noon**

**WINGED WONDERS**

A Cairngorms Nature Festival Event.

After meeting at Burn O'Vat visitor centre you'll have a look at last night's live moth trap catch and go on a butterfly walk from Cambus o' May Bridge Car Park with Aberdeenshire Council Ranger, Helen Rowe.

Please dress appropriately

**Booking:** Essential

**Contact:** 01339 880868 or email [marc.ranger@aberdeenshire.gov.uk](mailto:marc.ranger@aberdeenshire.gov.uk) for more details

**Meet:** Burn O'Vat Visitor Centre

**Cost:** FREE

Aberdeenshire Council Ranger Service

**May 17th** **10am - 4pm**  
**HANDS-ON CONSERVATION**

A Cairngorms Nature Festival Event

Join in through this practical conservation day, which includes fence removal, path repair and habitat management.

Please wear work clothes and boots, and bring your own packed lunch.

**Booking:** Not Required

**Contact:** email [ranger@glenanar.co.uk](mailto:ranger@glenanar.co.uk) for more details

**Meet:** Glen Tanar Visitor Centre

**Cost:** FREE

Glen Tanar Charitable Trust Ranger Service

**May 17th** **11am - 3pm**  
**PEREGRINE WATCH PART 2**

A Cairngorms Nature Festival Event.

Join the Ranger on a guided walk in Glen Doll to view the world's fastest flying bird. This is a chance to see the falcons as they bring in prey to the nest to feed their young.

Stout shoes, warm clothing and a packed lunch required. A telescope available but bring binoculars if you have them.

**Booking:** Essential

**Contact:** 01575 550233 or email [GlenDollRanger@angus.gov.uk](mailto:GlenDollRanger@angus.gov.uk) for more details

**Meet:** Glen Doll, Angus

**Cost:** FREE

Cairngorm Mountain Ranger Service

**May 17th** **11am - 4.30pm**  
**WALK UP THROUGH THE FORESTS**

A Cairngorms Nature Festival Event.

Follow trails through the forest right up the Allt Mor gorge and out onto the moor with a Ranger to guide you.

Bring lunch, waterproofs and hill walking boots. Group size limited to 10 max.



**KNOW THE CODE  
BEFORE YOU GO**

SCOTTISH  
OUTDOOR ACCESS CODE

[outdooraccess-scotland.com](http://outdooraccess-scotland.com)

Make it Yours

[www.visitcairngorms.com](http://www.visitcairngorms.com)

# Tread Lightly in the Park



**Cairngorms**  
NATIONAL PARK

May 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 list of events can also be found on [www.cairngorms.co.uk](http://www.cairngorms.co.uk) or ask at your accommodation, local Visitor Information Centre or Ranger base.

**Booking:** Essential  
**Contact:** 01479 861261  
**Meet:** Hayfield, Glenmore

**Cost:** FREE  
Cairngorm Mountain Ranger Service

**May 17th** 2 - 4pm  
**BIRD BOXES & WILDLIFE HOMES**

A Cairngorms Nature Festival Event.  
Join the Crown Estate rangers and help us make the recently landscaped bike hub site more wildlife friendly, as part of the Cairngorms Nature Festival. We'll be making bird boxes and wildlife homes to put up around the site.  
Suitable for families (children ideally over 6 years)

**Booking:** Not Required  
**Contact:** 01479 870070 or email [info@glenlivetestate.co.uk](mailto:info@glenlivetestate.co.uk) for more details  
**Meet:** BikeGlenlivet, nr Tomintoul  
**Cost:** FREE  
Glenlivet Estate Ranger Service

**May 18th** 10am - 1pm  
**SEASONAL GUIDED WALK**

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.org.uk](mailto:insh@rspb.org.uk) or visit our website <http://www.rspb.org.uk/reserves/guide/inshmarshes/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) Insh Marshes National Nature Reserve  
RSPB Scotland

**May 18th** 10am - 1pm  
**DRAGONFLY SAFARI**

A Cairngorms Nature Festival Event.  
Get the chance to go pond dipping around the beautiful woodlands that surround Glenmore Lodge.

Please wear suitable clothing  
**Booking:** Essential  
**Contact:** 01463 702274 or email [Jonathan.willet@highland.gov.uk](mailto:Jonathan.willet@highland.gov.uk) for more details  
**Meet:** Glenmore  
**Cost:** FREE  
Highland Council Ranger Service

**May 18th** 11am - 4.30pm  
**WALK UP THROUGH THE FORESTS**

A Cairngorms Nature Festival Event.  
Follow trails through the forest right up the Allt

Mor gorge and out onto the moor with a Ranger to guide you.  
Bring lunch, waterproofs and hill walking boots. Group size limited to 10 max.

**Booking:** Essential  
**Contact:** 01479 861261  
**Meet:** Hayfield, Glenmore  
**Cost:** FREE  
Cairngorm Mountain Ranger Service

**May 18th** 2 - 5pm  
**DRAGONFLY SAFARI**

A Cairngorms Nature Festival Event.  
Get the chance to go pond dipping around the beautiful woodlands that surround Glenmore Lodge.

Please wear suitable clothing  
**Booking:** Essential  
**Contact:** 01463 702274 or email [Jonathan.willet@highland.gov.uk](mailto:Jonathan.willet@highland.gov.uk) for more details  
**Meet:** Glenmore  
**Cost:** FREE  
Highland Council Ranger Service

**May 21st** 10.30am - 3.30pm  
**GUIDED HILLWALK**

Join a Ranger to find out about wildlife and the glacial landscape.

Bring appropriate hill gear, boots, and lunch.  
**Booking:** Essential  
**Contact:** 01479 861261  
**Meet:** Ranger Base by car park  
**Cost:** £12. Group size limited to 10 maximum.  
Cairngorm Mountain Ranger Service

**May 22nd** 7.30 - 9.30pm  
**CITIZEN SCIENCE - WILDLIFE APPS FOR YOUR PHONE**

Get up to date with technology and learn how to maximise your smart phone. Citizen Science is the way of the future. Record wildlife direct in the field. No more scruffy notebooks!

**Grade:** A  
**Contact:** 01479 873914 or email [saranne.bish@highland.gov.uk](mailto:saranne.bish@highland.gov.uk) for more details  
**Meet:** Grant Arms Hotel conference room, Grantown-on-Spey. Grid ref: NJ 033279  
**Cost:** £12. Group size limited to 10 maximum.  
Highland Council Ranger Services

**May 26th** 2 - 4.30pm  
**IN SEARCH OF JOCK'S BICYCLE**

A short walk to explore the archaeology and natural history of the beautiful pine woods of Glen Quoich.

Easy walk. Sorry, no dogs  
**Booking:** Essential  
**Contact:** 013397 20164  
**Meet:** Kincaig Community Hall  
**Cost:** £5 adult, £2.50 child U-16  
The National Trust for Scotland Ranger Service

**May 28th** 10.30am - 3.30pm  
**GUIDED HILLWALK**

Join a Ranger to find out about wildlife and the glacial landscape.

Bring appropriate hill gear, boots, and lunch.  
**Booking:** Essential  
**Contact:** 01479 861261  
**Meet:** Ranger Base by car park  
**Cost:** £12. Group size limited to 10 maximum.  
Cairngorm Mountain Ranger Service

**May 30th** 6 - 8pm  
**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.

Distance: 4.5Kms (3 miles), ascent 50m.  
**Booking:** Essential  
**Contact:** 013397 55059  
**Meet:** Spittal of Glen Muick Visitor Centre  
**Cost:** FREE  
Balmoral Ranger Service

**May 31st** 10am - 3pm  
**AROUND THE HEART OF BAD-ENOCH, KINGUSSIE**

A fabulous opportunity to walk the new path linking Kingussie with Newtonmore past Loch Gynack. Looking for wildlife, discussing history with the occasional story and returning via the cycle route.

**Grade:** B  
**Booking:** Not Required  
**Contact:** 01479 873706 or email [duncan.macdonald@highland.gov.uk](mailto:duncan.macdonald@highland.gov.uk) for more details  
**Meet:** Ardvonie car park, Kingussie. Grid ref: NH 755006  
**Cost:** £5.00, conc. £3.00  
Highland Council Ranger Services



**KNOW THE CODE  
BEFORE YOU GO**

[outdooraccess-scotland.com](http://outdooraccess-scotland.com)

Make it Yours

[www.visitcairngorms.com](http://www.visitcairngorms.com)