

Tread Lightly in the Park



November 2012

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 December (7th, 14th, 21st & 28th) 10am - 11:30am HEALTH WALK

Easy low level ranger-led health walk in the beautiful surroundings of Glen Tanar Estate.

Meet at Braealoin Visitor Centre Car Park, Glen Tanar of pick up in Aboyne.

Booking: essential - tel: 013398 86072 or email: ranger@glentandar.co.uk

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

December 8th 10am - 4pm VOLUNTEER DAY WITH JMT

Hands on conservation day with the John Muir Trust North East Group at Glen Tanar Estate.

Meet at Braealoin Visitor Centre, Glen Tanar. All welcome, adults or accompanied children.

Booking: essential - tel: 013398 86072 or email: ranger@glentandar.co.uk

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

December 8th 9.30am - 3.30pm INTERNATIONAL MOUNTAIN DAY - WINTER ASCENT

Climb a winter peak with the Balmoral Rangers. A high winter walk, the exact route will be decided on the morning of the walk and will mainly depend on weather conditions.

Meet at Spittal of Glen Muick Visitor Centre. A good level of fitness is required.

Booking: essential - tel: 013398 55059

Cost: £10 per person

Balmoral Estate Ranger Service

December 9th 11am - 2pm PARROT OF THE WOODS

Search for Crossbills in Glen Doll Forest. Often difficult to find but may be located by its diagnostic flight call.

Meet at Glen Doll Ranger Base (Grid Ref: NO282759)

Stout shoes, appropriate clothing and packed lunch required. Telescope available but please bring binoculars if you have them.

Booking: essential - tel: 01575 550233

Cost: FREE

Angus Glens Ranger Service

December 31st 2.30pm - 4.30pm WINTER SOLSTICE, KINCRAIG

Our ancestors celebrated the passing of the sun, so come along and relive the past at an ancient ring cairn in a stunning location.

Dress warmly, hot drinks provided. Sorry no dogs.

Booking: essential, closes 4pm on 19th December - tel: 01479 873706

Cost: adults £3, concession £2

Highland Council Ranger Service



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www.visitcairngorms.com