

# Tread Lightly in the Park



December 2012

## 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.

Every Friday in December

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 or pick up in Aboynne.

**Booking:** essential - 013398 86072

or [ranger@gjentanar.co.uk](mailto:ranger@gjentanar.co.uk)

**Cost:** FREE

Glen Tanar Charitable Trust Ranger Service

L4

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: 013397 55059

**Cost:** £10 per person

Balmoral Estate Ranger Service

J3

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: N0282759). 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

J2

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 [ranger@gjentanar.co.uk](mailto:ranger@gjentanar.co.uk)

**Cost:** FREE

Glen Tanar Charitable Trust Ranger Service

L4

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. No dogs.

**Booking:** essential, closes 4pm on 19th

December - tel: 01479 873706

**Cost:** adults £3, concessions £2

Highland Council Ranger Service

E5

## 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

Make it Yours

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