

Tread Lightly in the Park



February 2013

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. The list of events can also be found on www.cairngorms.co.uk or ask at your accommodation, local Visitor Information Centre or Ranger base.

Every Friday in February (1st, 8th, 15th & 22nd) 10am – 11.30am HEALTH WALK

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

Meet at Braeloin Visitor Centre Car Park, Glen Tanar or pick up in Aboyne.

Booking: essential - 013398 86072 or ranger@glentantar.co.uk

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

L4

February 16th 10am – 4pm VOLUNTEER DAY WITH JMT

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

Meet at Braeloin Visitor Centre, Glen Tanar.

Booking: essential - 013398 86072 or ranger@glentantar.co.uk

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

L4

February 24th 11am – 2pm TRACKS, TRAILS AND SIGNS

Learn animal tracking and identifications skills.

Meet at Glen Doll Ranger Base (Grid ref: NO282759). An indoor and outdoor event. Stout shoes, appropriate clothing and packed lunch required.

Booking: essential - 01575 550233

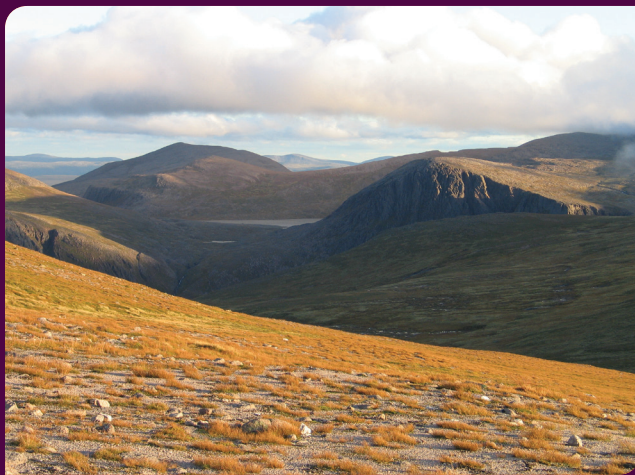
Cost: FREE

Angus Glens Ranger Service

J2

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



SCOTTISH
OUTDOOR ACCESS CODE

**KNOW THE CODE
BEFORE YOU GO**

outdooraccess-scotland.com

Year of Natural
Scotland 2013

Make it Yours

www.visitcairngorms.com