

Tread Lightly in the Park



March 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 March
10am - 11.30am**

HEALTH WALK

Ranger-led walk, over easy ground. To recover/improve fitness & well-being. Meet at Braeloine Visitor Centre Car Park, Glen Tanar or pick up in Aboyne.

Booking: not essential

Contact: 013398 86072 or
email: ranger@glentanmar.co.uk

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

March 10th

BADGER WATCH

Highland Badgers invite you to Badger Watch.

Booking: not essential

Contact: 01479 831768 or 07787 323264 or

email: allanbantick@yahoo.co.uk

Cost: adults £10, accompanied children FREE

Meet: Boat of Garten Community Hall

RSPB Community Ranger Service

6pm

March 21st

HANDS ON CONSERVATION

An opportunity to 'put something back'.

Practical conservation work. Tools & instructions provided. Wear comfortable warm clothes. Bring a packed lunch.

Booking: essential - tel: 013398 80868 or ranger@glentanmar.co.uk

Cost: Free

Glen Tanar Charitable Trust Ranger Service

10am - 4pm

**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



**KNOW THE CODE
BEFORE YOU GO**
outdooraccess-scotland.com

Make it Yours

www.visitcairngorms.com

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Cairngorms
NATIONAL PARK

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March 10th 10am STEP INTO SPRING!

RSPB Community Ranger led walk along the Speyside way and into woodland glades to discover sights and sounds of spring.

Coffee and tea stop in Nethy Hotel on return.

Well behaved dogs welcome.

Booking: not required

Cost: family ticket £5

Meet: Nethy Bridge Community Hall

RSPB Community Ranger Service

March 22nd 11am - 2pm HEALTH WALK & TALK

Join the Ranger for a health walk in Upper Glen Clova to discuss the management and natural history of the area.

Booking: essential

Contact: 01307 475366 or

email: GlenDollRanger@angus.gov.uk

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

March 28th 7.30 - 10pm GHOST WALK

Celebrate this year's Earth Hour by exploring Ellan Wood (Carrbridge) and the riverside path with your head torch. Listening for sounds of the night and check for stars and planets on the way. Hot chocolate and cake awaits us in the woods!

Good dogs very welcome.

Suitable for families.

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

highland.gov.uk

Cost: adults £4, conc. £3,

family £11

Highland Council Ranger Service



SCOTTISH
OUTDOOR ACCESS CODE

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