

No matter what your age or ability there is something for you to enjoy in this unique, outstanding and important place



The National Park has unique and incredibly important wildlife. It contains the highest and most massive range of sub-arctic landscape, the largest expanse of native woodlands and the

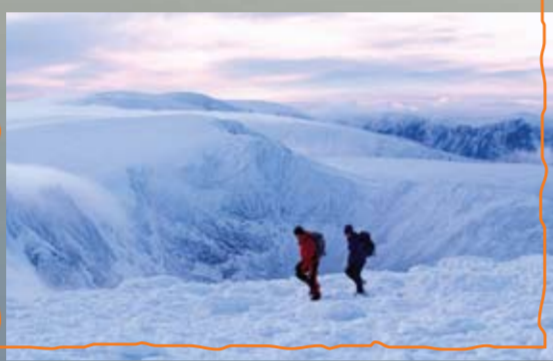


cleanest rivers and lochs in the UK. Including the wetlands, farmlands and moorlands, large parts of the National Park are of national and international importance.

Each of these habitats is outstanding in its own right. All in one place they make the Cairngorms a very special place indeed.

The great thing is, the wildlife can be enjoyed by everyone.

You don't need to be a wildlife expert to see red squirrels hopping across the footpath here, and the ospreys are local celebrities.



People have lived and worked in the Cairngorms for thousands of years. Their history is written all over the landscape in castles, smuggling routes, sporting estates and distilleries.

Today 16,000 people live in the National Park and much has changed since the drovers' roads transported cattle, not hillwalkers. Farming, forestry, shooting and tourism have all played their part in shaping the landscape of today.

Who can say what it will look like in the future? One thing is for certain. The ever-changing landscapes of the National Park have been created by both man and nature, and will be for many generations to come.



A gentle stroll or exhilarating hikes and climbs, paddle in a loch or a white water experience. Everybody has a right to access most land and water, as long as they do so responsibly. There are so many opportunities to get out into the countryside and enjoy it that it's difficult to know where to start!

Lochside strolls and high level hiking...skiing, golfing, mountain biking...pony trekking, landrover

tours...funparks, playgrounds, the great outdoors...wind surfing, sailing, canoeing and fishing... distilleries, castles, museums or just sitting...wildlife watching with a guide, with a book or at a hide...

There is so much to see and do, please contact one of the Information Centres in the National Park and let them point you in the right direction.



Enjoying the Cairngorms National Park

Welcome to Britain's largest National Park

The Cairngorms National Park is a living, working landscape with wild land at its heart.

The mountains that have shaped the people, culture, natural heritage, scenery and character of the area dominate the National Park and give it its name.



The Cairngorms contain some of the best wildlife habitats in the UK. Ancient pine forests, arctic mountain tops, lochs, rivers and moorlands are home to a quarter of the UK's threatened species.

It has a rich cultural heritage where highland traditions are still very much alive. There is something for everybody from distilleries, castles and gentle strolls to fun parks, quad bikes and extreme sports.

Nowhere else in the British Isles can visitors enjoy such a collection of outstanding environments in one place in such a variety of ways.

