

Tread Lightly in the Park



Cairngorms
NATIONAL PARK



July 2013

Cairngorms National Park Ranger Services Countryside Events

Daily 9am and 1pm BALMORAL LUXURY LAND ROVER TOURS

Accompany a ranger on a 'behind the scenes' tour of Balmoral Estate. Pass through the manicured parkland of Balmoral Castle up into pristine Caledonian Pine Forest and finally out onto the open moorland at the foot of Lochnagar.

Experience the spectacular mountain scenery and wildlife of The Cairngorms National Park, all from a luxury Land Rover Discovery. Includes admission to the grounds, gardens and exhibitions around Balmoral Castle.

Booking: essential

Contact: 01339 742534

Meet: Balmoral Estate Office

Cost: £60 per person

Balmoral Estate Ranger Service

Every Wednesday 10.30am – 16.30pm THE NORTHERN CORRIES WALK

Discover the Cairngorm Mountains on a 4-6 hour walk.

U16 with an adult.

Meet: Base Station, Cairngorm Mountain Ski Area

Cost: adult £12, junior £6.00, conc £8

Cairngorm Mountain Ranger Service

Daily 10.20am and 13.20pm GUIDED WALK @ THE TOP

Ride the funicular up for a guided walk to the summit and back.

Meet: Base Station, Cairngorm Mountain Ski Area. Allow 1 ½ hours.

Cost: adult £15.95, junior £10.50, conc £13.95,

Family (2+2) £50, Family (1+2) £35

Cairngorm Mountain Ranger Service

Daily 13.20pm FUNICULAR UP, GUIDED WALK DOWN

Ride the funicular up then join a guided walk back down.

Meet: Base Station, Cairngorm Mountain Ski Area. Allow 1 ¾ hours.

Cost: adult £15.95, junior £10.50, conc

£13.95, Family (2+2) £50, Family (1+2) £35

Cairngorm Mountain Ranger Service

Mon, Wed, Fri and Sun GUIDED RIDGE TO RIVER BIKE DESCENT

Take our bikes up on the funicular for a guided descent 3000ft to Aviemore.

Meet: In the Base Station, Cairngorm Mountain Ski Area. Allow 3 ½ hours.

Cost: adult £35, junior £20, conc £35

Cairngorm Mountain Ranger Service

Mon, Wed, Fri and Sun HILL TRACK MOUNTAIN BIKE DE- SCENT

Take our bikes up on the funicular for a guided 1500ft descent.

Meet: In the Base Station, Cairngorm Mountain Ski Area. Allow 1 hour.

Cost: adult £22.50, junior £15.00, conc £22.50

Cairngorm Mountain Ranger Service

Every Friday in July 10am – 11.30am HEALTH WALK

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

Booking: essential

Contact: 01339 886072 or

ranger@glentantar.co.uk

Meet: Glen Tanar Visitor Centre Car Park,

Glen Tanar or pick up in Aboynae

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

July 1st, 8th, 5th, 22nd & 29th MAGICAL MARSHES 2pm – 4pm

Play nature games, look for minibeasts and make crafty creatures.

For families with primary school age children.

Booking: essential

Contact: 01540 661518

Meet: RSPB car park two miles out of

Kingussie on the B970 past Ruthven Barracks

Cost: FREE

Royal Society for the Protection of Birds

July 3rd 2 – 4pm NATURAL NAVIGATION

Can you find your way home without a map? In days gone by, people navigated using the clues from the natural world. Come along and learn some new and very old skills!

Contact: 01479 873914 or

saranne.bish@highland.gov.uk

Meet: Granttown-on-Spey Caravan Site car

park. Grade: C

Cost: adults £5, conc £3

Highland Council Ranger Service

July 4th 10.30am – 12pm MINIBEAST HUNT AND CRAFTS

We go on a minibeast hunt and then try to make some beasties of our own.

For children - must be accompanied by an adult.

Meet: Blair Atholl Information Centre

Cost: £2

Atholl Estates Ranger Service

July 4th, 11th, 18th & 25th 7.00pm-8.30pm A WALK IN THE PARK

An evening stroll in the grounds around the Lodge, with an opportunity to view the interior of the Stag Ballroom.

Easy walk. Tea and shortbread included. Sorry, no dogs.

Booking: essential

Contact: 01339 720164

Meet: Mar Lodge Estate, nr Braemar

Cost: adult £3, U16 FREE

National Trust for Scotland Ranger Service

July 5th 6pm – 9.30pm ORCHIDS GALORE

A gentle stroll around part of the Wildcat Trail in search of orchids and other wildflowers as well as some of the lore associated with them.

Contact: 01479 873706 or

duncan.macdonald@highland.gov.uk

Meet: Outside Wildcat Centre, Main Street,

Newtownmore. Grid Ref. NN 715992. Grade: B

Cost: adults £5, conc £3

Highland Council



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July 6th 10am – 3.30pm
COYLES OF MUICK WALK

A very varied route. From the secluded Loch Ullachie to the summit of The Coyles of Muick. Spectacular views across Deeside, Glen Muick and Lochnagar. Descend through the forest for an encounter with one of the residents of the lost township of Loimnie.

Bring a packed lunch.

Booking: essential
Contact: 01339 755059

Meet: Spittal of Muick Visitor Centre
Cost: £5 per person

Balmoral Estate Ranger Service

July 7th 11am – 3pm
UPPER GLEN CLOVA EAGLE WATCH

An opportunity to view the breeding Golden Eagles.

Stout shoes, appropriate clothing and packed lunch required. Bring binoculars if you can.

Booking: essential
Contact: 01575 550233

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

Cost: FREE

Angus Glens Ranger Service

July 9th 2pm – 4.30pm
TOADS, NEWTS AND DRAGONS

Not a witches' recipe book, but a hunt for beasties that live in and around the pond.

Approx 3 mile walk.

Meet: Glen Tilt Car Park, by Blair Atholl (1 mile north of Blair Atholl on road to Old Blair)

Cost: adults £2 and children £1

Atholl Estates Ranger Service

July 10th 2.00pm – 4.00pm
DRAGONS AT LAGGAN

This is Dragon census year and Laggan has good habitat. Join the Ranger and Laggan Forest Trust to look for clues. Are you brave enough?

Suitable for children aged 4-10 years.

Contact: 01479 873706 or duncan.macdonald@highland.gov.uk

Meet: Laggan Wolftrax, 2 miles south of Laggan on A86. Grid Ref: NN 593923. Grade: A.

Cost: children £3

Highland Council Ranger Service

July 11th & July 25th
10.30am – 12.00pm

SQUIRREL SCAMPERS

Find out more about our treetop friends.

Aimed at children - must be accompanied.

Meet: Glen Tilt Car Park, by Blair Atholl (1 mile north of Blair Atholl on road to Old Blair)

Cost: £2.00

Atholl Estates Ranger Service

July 13th 11am – 1pm
DRAGONS AND DAMSELS

Join the Balmoral and Aberdeenshire rangers as they discover the intriguing wildlife that inhabits the shores of Loch Ullachie. Dragonflies, damselflies and much more.

Organised to celebrate the Year of Natural Scotland. Wellies essential, bring binoculars if you have them.

Booking: essential
Contact: 01339 755059

Meet: Car park in Ballater

Cost: FREE

Balmoral Estate Ranger Service

July 16th 2pm – 3.30pm
POND DIPPING

Join the Crown Estate rangers to explore the pond and discover the creatures of the deep.

Children must be accompanied by an adult.

Contact: 01479 870070 or info@glenlivetestate.co.uk

Meet: Glenmullach Forest, off the Lecht Road, 2 mile north of Tomintoul (AB37 9ES)

Cost: children £2, accompanying adults FREE

The Crown Estate Ranger Service

July 16th & July 30th 2pm – 3.30pm
DINOSAUR TRACKING

Follow the tracks and clues through the wood and see if you can find a dinosaur.

For families - children must be accompanied by an adult.

Meet: Glen Tilt Car Park, by Blair Atholl (1 mile north of Blair Atholl on road to Old Blair)

Cost: children £2

Atholl Estates Ranger Service

July 17th 2pm – 4pm
HERE BE DRAGONS!

Do dragons really exist? There's only one way to find out! Be brave and come and join the Dragon walk.

Suitable for children aged 4-10 years. Grade: B.

Booking: essential by 5pm on Tues 16th July

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

Meet: meeting place given out on booking

Cost: adults £5, conc £3

Highland Council Ranger Service

July 18th 10.30am – 12pm
WET AND WILD

Kids' event. Discover the weird, watery world around the river.

All children must be accompanied by an adult.

Meet: Blair Atholl Information Centre

Cost: £2

Atholl Estates Ranger Service

July 18th 10am – 12noon
MOTHS IN THE MORNING

Discover Muir of Dinnet's moths - help record & release last night's catch & time permitting, search for day-fliers.

U16 with adult. Bring outdoor clothing & sensible footwear.

Booking: essential
Contact: 013398 81667

Meet: Burn o' Vat Visitor Centre, near Dinnet

Cost: FREE

Aberdeenshire Council & Scottish Natural Heritage in association with Butterfly Conservation

July 19th 7.30pm – 9.30pm
SCREAMING SWIFTS

Swifts are such a feature of summer with their aerial antics. They also need some help. Come along and learn more while we look for and record nest sites.

Contact: 01479 873706 or duncan.macdonald@highland.gov.uk

Meet: outside Wildcat Centre, Main Street, Newtonmore. Grid Ref: NN 715992. Grade: A

Cost: adults £3, conc £2

Highland Council Ranger Service



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July 20th 10am – 4pm
VOLUNTEER DAY WITH JMT

Hands on conservation day with the *John Muir Trust North East Group* at *Glen Tanar Estate*. All welcome, adults or accompanied children.

Booking: essential
Contact: 01339 886072 or ranger@glentanmar.co.uk for more details
Meet: Braealoe Visitor Centre, Glen Tanar
Cost: FREE
Glen Tanar Charitable Trust Ranger Service

July 20th 8am – 8.30pm
THE LAIRIGAN LAOIGH, 'PASS OF THE CALVES'

Traverse the *Cairngorms* through this iconic high mountain pass, amid magnificent scenery, led by a qualified Mountain Leader.

Mountain walk. Good walking boots and warm waterproof clothing essential. Sorry, no dogs.
Booking: essential - payment in advance
Contact: 01339 720164
Meet: depart from Linn of Dee, Mar Lodge Estate, nr Braemar
Cost: adults only, £50 (includes return transport). Payment in advance.
National Trust for Scotland Ranger Service

July 21st 11am – 4pm
A FOCUS FOR NATURE AND LANDSCAPE

Join *SNH's* award winning professional wildlife photographer *Lorne Gill* and the *Reserve Manager* in a photo walk into the spectacular *Corrie Fee*.

Stout shoes, appropriate clothing and packed lunch required. Camera essential, a tripod would be ideal.
Booking: essential - max 12 places available
Contact: 01575 550233
Meet: Glen Doll Ranger Base (Grid Ref: NO282759)
Cost: FREE
Angus Glens Ranger Service

July 23rd 2 – 4pm
KITE MAKING WORKSHOP

Have a go at making some simple kites and fly them too if it's windy enough.

For children - must be accompanied.
Meet: Blair Atholl Information Centre
Cost: Donations for materials
Atholl Estates Ranger Service

July 23rd 9.30am – 3.30pm
JOURNEY THROUGH BADENOCH

Following the *Badenoch Way* we will walk through the mixed landscape of loch, marsh and woodland as we journey from *Kincaig* to *Kingussie* exploring the natural and social history on our way.

Joint event with *RSPB Futurescapes*. Grade: B
Booking: essential - limited spaces
Contact: 01479 873706 or duncan.macdonald@highland.gov.uk
Meet: meeting place given out on booking
Cost: adults £5, *RSPB* members & conc £3
Highland Council Ranger Service

July 23rd 10am – 3pm
GUIDED WALK

Join the reserve warden to look at birds, plants and insects on this very special site.

Bring stout shoes, binoculars and packed lunch.
Booking: not required
Contact: 01540 661518
Meet: *RSPB* car park two miles out of *Kingussie* on the *B970* past *Ruthven Barracks*
Cost: adult *RSPB* member £2, adult non-member £5, U16 FREE
Royal Society for the Protection of Birds

July 23rd 7.30pm – 8.30pm
ARCTIC TO ADRIATIC: A JOURNEY OF DISCOVERY BY ROSS WATSON

Join *Ross Watson* for a fascinating talk on the *Arctic* to the *Adriatic*.

Booking: not required
Contact: 01479 821565
Meet: *Nethy Bridge* Community Centre, *Nethy Bridge*, *PH25 3DG*
Cost: Donation
Explore Abernethy Ranger Service

July 25th 2pm – 4pm
NATURE EXPLORERS – CHILDRENS EVENT – BUTTERFLY FRANZA

Join the *Balmoral* and *Aberdeenshire* rangers as they discover the colourful world of butterflies and moths. Come along and take part in the *Big Butterfly Count* as well as storytelling and games. U16 must be accompanied by an adult.

Booking: essential
Contact: 01339 755059
Meet: Car park in *Ballater*
Cost: FREE
Balmoral Estate Ranger Service

July 28th 12pm – 3pm
FEEDERS AND HOMES

Help out your local wildlife by making nestboxes and feeders.

All children must be accompanied by an adult.
Meet: Blair Atholl Information Centre, Blair Atholl. Drop in anytime.
Cost: Donations for materials
Atholl Estates Ranger Service

July 28th 12pm – 4pm
TOP DOGS DAY OUT

Dog agility courses, displays, quizzes and all sorts of doggy craziness!

Register your dog on the day (first come first served basis), or simply come and watch the fun.

Joint event with *Forestry Commission Scotland*.
Contact: 01479 873914 or saranne.bish@highland.gov.uk
Meet: The Hay Field, *Glenmore*, near *Aviemore*. Grid Ref: *NH 980093*. Grade: A
Cost: £5 per dog registration fee
Highland Council Ranger Service

July 30th 2pm – 3.30pm

MINIBEAST MADNESS

Join the *Crown Estate* rangers to discover the micro world of minibeasts.

Children must be accompanied by an adult.
Contact: 01479 870070 or info@glenlivetestate.co.uk
Meet: *Glenlivet Estate* Information Centre, *Main Street*, *Tomintoul*, *AB37 9EX*
Cost: children £2, accompanying adults FREE
The Crown Estate Ranger Service



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