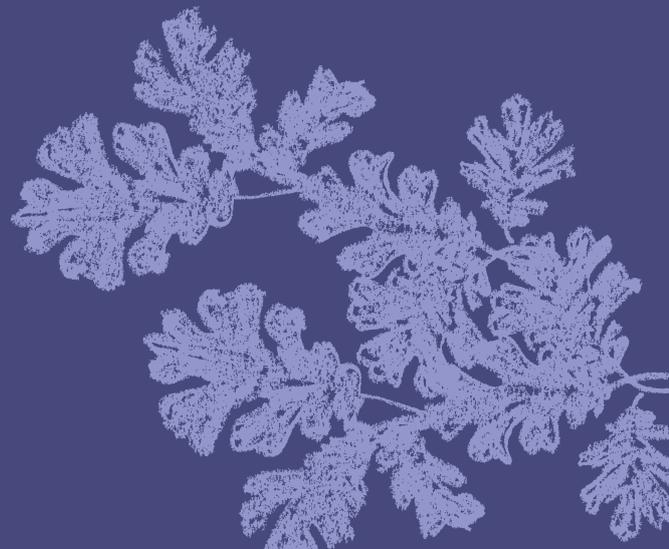


SECTION ONE

Scotland's National Parks and National Nature Reserves

Ten Things You Might Not Know



Ten Things You Might Not Know...



» 1. SCOTLAND'S NATIONAL PARKS AND NATIONAL NATURE RESERVES ARE BEAUTIFUL, EXCEPTIONAL PLACES FULL OF FANTASTIC THINGS TO SEE AND DO

Whether it's protected wildlife, spectacular scenery, geological wonders, cultural heritage or adrenalin-packed activities, Scotland's two National Parks – the Cairngorms National Park and Loch Lomond & The Trossachs National Park – have something amazing to offer. With millions of visitors from all walks of life enjoying the Parks each year, it is evident that there is something for all.

For those eager to try new experiences, the huge granite mountains, ancient forests, rivers and wild moorlands of the Cairngorms National Park offer an exceptional array of things to do and see. This is matched by the outstanding forests, world famous lochs, lochans, geology and history of the Loch Lomond & The Trossachs National Park.

Any one of these things would make a place special, but in the National Parks they all come together to make the Parks remarkable.

» 2. THERE ARE 15 NATIONAL PARKS IN THE UK AND OVER 50 NATIONAL NATURE RESERVES IN SCOTLAND

Scotland's two National Parks - The Cairngorms National Park and Loch Lomond & The Trossachs National Park are part of this family of UK and worldwide National Parks. All of Scotland's National Nature Reserves (NNR's) are open to everyone to visit and enjoy. Some are easy to get to and have facilities for visitors whereas others are wilder and can only be reached with a bit of effort.

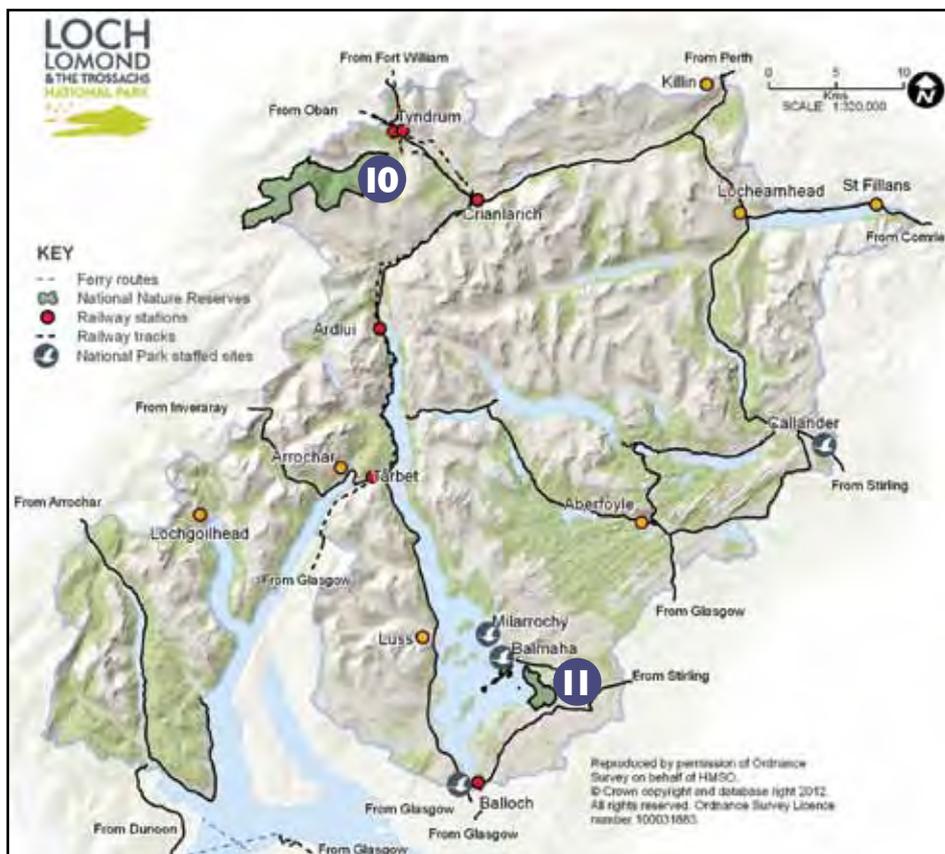
A number of NNR's can be found in Scotland's two National Parks as shown on the maps opposite. NNR's are magical places where you can experience the incredible sights and sounds of Scotland's natural world. They help protect a wide range of wildlife and landscapes, including many rare species and habitats of international importance.



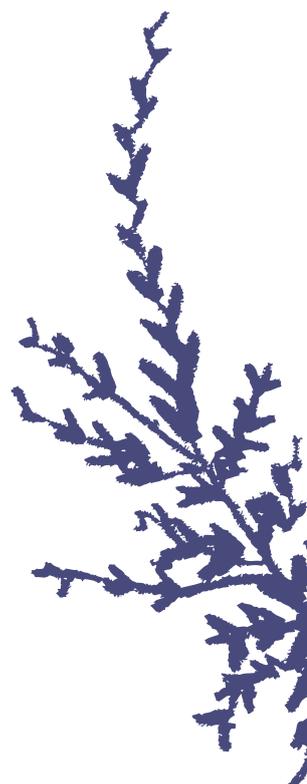
SCOTLAND'S NATIONAL NATURE RESERVES

1. ABERNETHY
2. CORRIE FEE
3. CRAIGELLACHIE
4. CREG MEAGAIH
5. GLEN TANAR
6. GLENMORE
7. INSH MARSHES
8. INVERSHIE & INSHRIACH
9. MUIR OF DINNET
10. BEN LUI
11. LOCH LOMOND

CAIRNGORMS NATIONAL PARK



LOCH LOMOND & THE TROSSACHS NATIONAL PARK



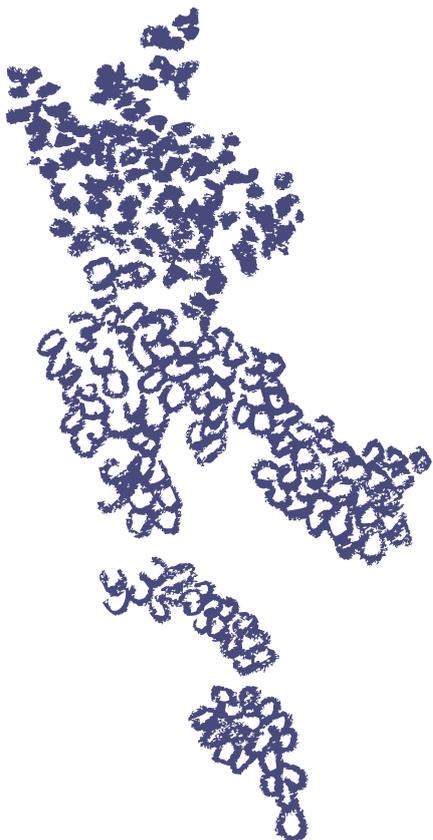
»» 3. A HOST OF AGENCIES SUPPORT PEOPLE USING THE PARKS

Each National Park is managed by a National Park Authority whose responsibility is to work with a wide range of partners to ensure that the aims of the National Parks are collectively pursued in ways which protect the natural and cultural heritage of the area now and in the future.

Across each Park there are a wide range of organisations and facilities that support individuals and groups who want to spend time and undertake activities in the National Parks. Rangers, education and learning teams and other staff within each Park Authority provide direct support or put groups in touch with other organisations that help everyone get the most out of the National Parks.

»» 4. THE PARKS ARE KEEN TO INCLUDE EVERYONE

The Parks actively seek the involvement of groups that are less well represented among Park users. This includes for example “Inclusive Cairngorms”, which brings together a wide range of relevant organisations to inform the Park Authority on equalities and inclusion issues within the Park. Both Parks have active programmes supporting young people.





» 5. THE PARKS OFFER A HUGE ARRAY OF ACTIVITIES

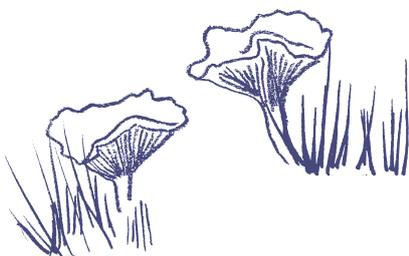
In both National Parks, people of all ages enjoy walking, cycling, fishing, camping, hill climbing, orienteering and wildlife watching – all in amazing environments and with spectacular scenery.

In the Cairngorms National Park, the adrenalin packed activities of snow boarding, ski-ing, rock climbing, abseiling and mountain biking, combine with more unusual activities such as dog sledding and gorge walking. A big part of life in Loch Lomond & The Trossachs National Park is water sports, with canoeing, sailing, windsurfing and water-skiing all popular. Horse riding and golf are just two examples of the amazing array of other things to do on land.

» 6. THE PARKS ARE HOME TO ENDANGERED SPECIES AND UNUSUAL HABITATS

National Parks and NNR's are one of the few places where wild nature is easy to see, with rare and threatened species of birds, fish and other animals living amongst spectacular forests and moorlands. One in four of the UK's endangered species lives in the Cairngorms National Park.

Loch Lomond & The Trossachs National Park is home to all sorts of unusual plant species and charismatic animals, such as red squirrels and water voles; while in the Cairngorms iconic birds such as the golden eagle, red kites and capercaillie mix with wild cats, and deer. Ninety-five percent of the goldeneye ducks that breed in Britain do so in the Cairngorms National Park.





» 7. THE PARKS HAVE OUTSTANDING NATURAL FEATURES

The Highland Boundary fault (a break in the earth's crust which occurred millions of years ago), runs through Loch Lomond & The Trossachs National Park. This line defines the border between the Lowlands and Highlands of Scotland, offering a landscape of striking contrasts.

The granite rocks and landforms in the Cairngorms started deep in the Earth's crust over 400 million years ago as a fiery mass of molten rock and now offer an amazing collection of different tropical, glacial and arctic landforms. With an international reputation for some of the best examples of how mountains are sculpted by ice, the Cairngorms National Park has the best arctic-alpine landforms, habitats and species in Britain; and the best collection of different landforms outside arctic Canada, with high tors, worn granite boulder fields and glacier cliffs.

The Cairngorms National Park includes 49 Munros (mountains above 3,000ft or 914m) and 4 of Scotland's 5 highest peaks. There are also 20 Munros to be climbed in Loch Lomond & The Trossachs National Park, along with 19 Corbetts (mountains between 2,500ft - 3,000ft or 762m - 914m), not to mention the 22 larger lochs, with numerous smaller lochs, 50 rivers and large burns.

» 8. FORESTS ARE AS IMPORTANT AS THE MOUNTAINS OR THE LOCHS

Forests define the Parks just as much as their mountains or moorlands; and they have been around for thousands of years. Timber and forests are a key part of the economy of the Parks and their communities. Great woodlands connect communities to forestry in a way more often associated with Scandinavia or Russia.

» 9. PEOPLE ARE A BIG PART OF THE PARKS

If you go to Yosemite or Yellowstone National Parks in the USA you will encounter other visitors but not many residents. But in Scotland, the areas covered by the National Parks are home to thousands of people and for many who make a living from the land. The Parks' lochs and rivers, mountains, forests, moorlands and farmlands have all given the areas a strong cultural heritage.

People are an important part of Park life, with local communities protecting and managing the area. They have been doing this for centuries; giving archaeologists a keen interest in the Parks, with Bronze Age and other ancient settlements evident. Droving routes and military roads linking towns and settlements help shape the area's historic past, including barracks used in Jacobite rebellions and famous battle grounds.

The rugged environment of the Parks has bred rugged people. Highland games and sports such as shinty have their roots in fractious clan battles, while field sports such as hunting, shooting and fishing, made popular in Victorian times continue today, shaping both the landscape and communities.

» 10. PARK AUTHORITIES HAVE LEGISLATIVE DUTIES

The National Park Authorities are public bodies with legal duties in relation to the Parks. This includes responsibilities for planning and access arrangements, as well as conserving the natural and cultural heritage of the area and promoting sustainable use of the natural resources found in the Parks. They are also required to encourage public understanding and enjoyment of the area and to promote the economic and social development of Park communities.

Scottish Natural Heritage is a non-departmental government body that, like the Park Authorities, has a legal duty to carry out its work. It looks after the natural heritage by helping people to enjoy and value it and by encouraging people to use it sustainably. SNH helps to co-ordinate management of the NNR's and has offices throughout Scotland that work closely with the National Park Authorities.

The 'Contacts and Information' section of this Pack will give you more information on the Parks and National Nature Reserves (NNR's).

