

# Tread Lightly in the Park



**Cairngorms**  
NATIONAL PARK

**March 2014**

## 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. This month's events are listed below – for further information ask at your accommodation, local Visitor Information Centre or Ranger base.

### Every Friday in March 10am-11.30am HEALTHWALK

A short, sociable walk for all abilities, to help you recover or maintain well-being.

**Booking:** Not required

**Contact:** 01 339 886072 or email [ranger@glentananar.co.uk](mailto:ranger@glentananar.co.uk) for more details

**Meet:** Glen Tanar Visitor Centre Car Park

**Cost:** FREE

Glen Tanar Charitable Trust Ranger Service

L4

### March 15th 10am-4pm HANDS ON CONSERVATION

A day of 'putting something back' for nature. In partnership with N.E. group of John Muir Trust. All welcome, adults or accompanied children.

**Booking:** Essential

**Contact:** 01 339 886072 or email [ranger@glentananar.co.uk](mailto:ranger@glentananar.co.uk) for more details

**Meet:** Glen Tanar Visitor Centre, Glen Tanar

**Cost:** FREE

Glen Tanar Charitable Trust Ranger Service

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### March 15th 11am-2pm WALK AND TALK

Join the Ranger for a general walk in Upper Glen Clova to discuss the management and natural history of the area. Stout shoes, warm clothing, packed lunch required. Please bring binoculars if you have them

**Booking:** Essential

**Contact:** 01575550233 or email [GlenDollRanger@angus.gov.uk](mailto:GlenDollRanger@angus.gov.uk)

**Meet:** Glen Doll Ranger Base

**Cost:** Free

Angus Glens Ranger Service

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### March 19th 10am-2pm EXPLORE INVERESHIE NATIONAL NATURE RESERVE

Break into Spring with a walk through the majestic landscape of this hidden gem. We will explore the cultural and natural heritage and maybe hear a story or two. Grade: C

**Contact:** 01479 873706 or email [duncan.macdonald@highland.gov.uk](mailto:duncan.macdonald@highland.gov.uk)

**Meet:** Invereshie NNR car park, off the Auchlean road south of Feshie Bridge. Grid ref: NH 852013

**Cost:** Adult £5, Conc £3, Family £12

Highland Council Ranger Service

F7

### March 25th 10am-3pm AROUND THE WILDCAT TRAIL

The Wildcat Trail circumnavigates the town of Newtonmore. We will use this to discover the wealth of habitats, wildlife and history right on the doorstep. Grade: B

**Contact:** 01479 873706 or email [duncan.macdonald@highland.gov.uk](mailto:duncan.macdonald@highland.gov.uk)

**Meet:** The Village Hall, Main Street Newtonmore. Grid ref: NN 715991

**Cost:** Adult £5, Conc £3

Highland Council Ranger Service

F7

### March 29th 7.30pm-10pm GHOST WALK

Celebrate this year's Earth hour by exploring the Viewpoint Walk with your head torch. We'll be listening for sounds of the night and checking for stars and planets along the way! Hot chocolate and cakes await us at the top. Good dogs very welcome. Suitable for families but not pushchairs as some steep steps. Grade: B

**Contact:** 01479 873914 or email [saranne.bish@highland.gov.uk](mailto:saranne.bish@highland.gov.uk)

**Meet:** Grantown Caravan Park car park. Grid ref: NH 027283

**Cost:** Adult £5, Conc £3, Family £12

Highland Council Ranger Service

F7

## 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](http://www.cairngorms.co.uk)  
for more information



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BEFORE YOU GO**  
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Make it Yours

[www.visitcairngorms.com](http://www.visitcairngorms.com)