

Tread Lightly in the Park



Cairngorms
NATIONAL PARK



March 2013

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. A list of events can be found on www.cairngorms.co.uk or ask at your accommodation, local Visitor Information Centre or Ranger base.

Every Friday in March
(1st, 8th, 15th, 22nd & 29th)

10am – 11.30am
HEALTH WALK

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

Meet at Braeloine Visitor Centre Car Park, Glen Tanar or pick up in Aboyne.

Booking: essential

Contact: 013398 86072
or ranger@glentantar.co.uk

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

L4

March 23rd 1.30pm – 4.45pm
STRATHDON SPRING STROLL

Discover Strathdon's rich history and natural beauty on a walk linking local waymarked trails.

Adults and accompanied children 12+.

Moderate walk, bring waterproofs and stout footwear. Meet at car park/picnic site opposite motte (mound) by A944, Bellabeg.

Booking: essential

Contact: 013398 80868 or email: ranger@aberdeenshire.gov.uk

Cost: FREE

Aberdeenshire Council Ranger Service

J6

March 30th 2pm – 3.30pm
EGG OLYMPICS

A challenging afternoon for eggs - painting, rolling, assault course, quiz, swimming. Has your egg got what it takes?

Children must be accompanied by an adult.

Meet at Blair Atholl Information Centre, Blair Atholl. Please bring a hard boiled egg with you.

Booking: not required

Cost: children £2

Atholl Estates Ranger Service

E1

March 16th 10am – 4pm
VOLUNTEER DAY WITH JMT

Hands on conservation day with the John Muir Trust North East Group at Glen Tanar Estate.

Meet at Braeloine Visitor Centre, Glen Tanar.

Booking: essential

Contact: 013398 86072
or ranger@glentantar.co.uk

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

L4

March 24th 2pm – 3:30pm
CELEBRATING THE 10TH ANNIVERSARY

10km walk to the spectacular Corrie Fee National Nature Reserve. Birthday cake, tea and coffee will be available in the comfort of the ranger base on return.

Meet at Glen Doll Ranger Base (Grid Ref: NO282759). Stout shoes and appropriate clothing required. Telescopes will be available but please bring binoculars if you have them.

Booking: essential

Contact: 01575 550233

Cost: FREE

Angus Glens Ranger Service

J2

March 31st 10am – 4pm
MAR LODGE - OPEN TO VIEW

A rare opportunity to view the state rooms of Mar Lodge, including the magnificent Stag Ballroom containing almost 2500 stags heads.

Booking: not required

Contact: 013397 20164

Cost: Free access to grounds. Admission charge to house to non-National Trust for Scotland members £3 (refunded if you join NTS on the day). Under 16s FREE.

National Trust for Scotland Ranger Service

G4

March 31st 10am – 4pm
MAR LODGE ESTATE EASTER EGG TRAIL

Follow the trail, collect the clues, solve the puzzle, then enjoy your hard-earned chocolate award.

Children and big kids welcome!

Booking: not required

Contact: 013397 20164

Cost: £2 per trail sheet

National Trust for Scotland Ranger Service

G4



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



SCOTTISH
OUTDOOR ACCESS CODE

**KNOW THE CODE
BEFORE YOU GO**

outdooraccess-scotland.com

Year of Natural
Scotland 2013



Make it Yours

www.visitcairngorms.com