

Tread Lightly in the Park



Cairngorms
NATIONAL PARK

June 2015

Cairngorms National Park Ranger Services

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.

Every Friday in June

10am - 11.30am

HEALTH WALK

Ranger-led walk, over easy ground. To recover/improve fitness & well-being.

Booking: not essential

Contact: 013398 86072 or

email: ranger@glentana.co.uk

Cost: FREE

Meet: Glen Tanar Visitor Centre
Glen Tanar Charitable Trust Ranger
Service

Every Thursday & Sunday in

June 10.30am - 3.30pm

THE NORTHERN CORRIES OF CAIRN GORM

Exploring the Cairngorms on footpaths and easy slopes in the Northern Corries of Cairn Gorm, possibly reaching the plateau if the weather is fair.

Bring lunch, hill walking boots are essential for all participants.

Booking: essential (max 10 spaces)

Contact: Lorna Adam (Mon, Wed, Fri) 01479 861261

Cost: adults £18, children £15

Meet: Ranger Base in the Base
Station at the Car Park in Coire
Cas

Cairngorm Mountain Ranger Service

Every Monday in June

11am - 1.30pm

RANGER-LED GUIDED WALK

A gentle stroll through Deshar woodlands will reveal why these woods are special for people and wildlife alike.

Dogs on leads welcome.

Booking: essential (max 15 spaces)

Contact: 07710 387 510 or Alison.

greggans@rspb.org.uk

Cost: Free - donations welcome

Meet: Station Square, Boat of
Garten

RSPB Community Ranger

**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



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Every Wednesday in June 9.30am - 1pm RANGER LED CALEDONIAN FOREST WALK

Low level walk that fringes Loch Garten and Loch Mallachie. Enjoy spectacular views, stories about people and landscape and how RSPB management of Abernethy forest benefits wildlife.

Dogs on leads welcome.

Booking: essential - 15 people max. Please phone the Osprey Centre between 10am and 5pm to book.

Contact: 01479 831476 or abernethy@rspb.org.uk

Cost: RSPB member £3, non-member £5, kids free

Meet: Osprey Centre car park outside kiosk

RSPB Community Ranger

Thursday 4th June - Sunday 7th June ANGUS GLENS WALKING FESTIVAL

This award winning, 4 day Festival, now in its 13th year, is an important date in the walking calendar. As well as walks to suit all ages and abilities there are special evening events that capture the essence of Angus and Scotland. Pick up a programme at any Ranger Centre or visit www.angusglenswalkingfestival.com.

Booking: essential

Contact: 01575 550233 or

GlenDollRanger@angus.gov.uk

Cost: Yes (see programme on website for prices)

Angus Glens Ranger Service

Thursday 4th June 7pm - 8.30pm MAR LODGE EVENING STROLL

Join us for an evening stroll around the grounds of Mar Lodge with an opportunity to view the interior of the lodge and the famous Stag Ballroom.

Tea/coffee and shortbread included. Sorry no dogs.

Booking: essential

Contact: 013397 20164

Cost: adults £3, children u-16 free

Meet: Mar Lodge Estate, AB35 5YJ

The National Trust for Scotland Ranger Service

Sunday 7th June 1pm start NETHY BRIDGE COMMUNITY: HISTORY WALK

Residents of Nethy Bridge will guide you around Abernethy Old Kirk and Castle Roy via forest trails.

Booking: essential

Contact: 013397 20164

Cost: suggested donation of £5 to include home baking

Meet: Mar Lodge Estate, AB35 5YJ

The National Trust for Scotland Ranger Service

Monday 8th June 9.30am - 4.30pm MACDUI MONDAY

Walk to Ben Macdui and back, weather permitting.

Bring lunch, hill walking boots essential for all participants.

Booking: essential 9max 10 spaces)

Contact: Lorna Adam (Mon, Weds, Fri) 01479 861261

Cost: adults £18, children £15

Meet: Ranger Base in the Base Station at the Car Park at Coire Cas

Cairngorm Mountain Ranger Service



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Tuesday 9th June 10.30am - 1pm STRANGE PLANTS IN COIRE NA CISTE

Explore the lower end of Coire na Ciste, plants and plans, a new path and more.

Booking: essential (max 10 spaces)

Contact: Lorna Adam (Mon, Weds, Fri) 01479 861261

Cost: adults £12, children £8

Meet: Ranger Base in the Base Station at the Car Park in Coire Cas

Cairngorm Mountain Ranger Service

Wednesday 10th June 10.30am - 1pm DOWN THE ALLT MOR TRAIL

A shorter walk, mostly downhill, returning by bus from Glenmore.

Booking: essential (max 10 spaces)

Contact: Lorna Adam (Mon, Weds, Fri) 01479 861261

Cost: adults £12, children £8

Meet: Ranger Base in the Base Station at the Car Park in Coire Cas

Cairngorm Mountain Ranger Service

Friday 12th June 9.30am - 4.30pm THE SHELTER STONE

A longer walk over the plateau and down into the Loch Avon Basin on rougher paths to visit the celebrated boulder where thieves hid out and the Cairngorm Club was founded.

Bring lunch, hill walking boots essential for all participants.

Booking: essential (max 10 spaces)

Contact: Lorna Adam (Mon, Weds, Fri) 01479 861261

Cost: adults £18, children £15

Meet: Ranger Base in the Base Station at the Car Park in Coire Cas

Cairngorm Mountain Ranger Service

Saturday 13th June 3pm - 5pm WILDLIFE WALK

Join a ranger at the Linn of Dee for a walk through the pinewood and out into more open moorland in search of wildlife.

All welcome, no experience necessary. Sorry, no dogs. Bring binoculars if you have them.

Booking: not essential

Contact: 013397 20164

Cost: adults £3, children U-16 free

Meet: Linn of Dee car park, Mar Lodge Estate, nr AB35 5YJ

The National Trust for Scotland Ranger Service

Sunday 14th June 11am - 1.30pm RSPB RANGER-LED GUIDED WALK

An amble through Dell Woods - part of Abernethy Forest - will reveal its hidden history that links people and landscape. Plenty of wildlife to sport along the way.

Dogs on leads welcome.

Booking: essential (15 places)

Contact: 07710 384 510 or

alison.greggans@rspb.org.uk

Cost: free - donations welcome

Meet: Information Hub opposite Community Hall, Nethy Bridge

RSPB Community Ranger

Sunday 14th June 11am - 3.30pm MOUNTAIN WILDLIFE WALK

A walk to look for our special upland species including red deer, mountain hare and birds of prey.

6 miles, some rough walking and some hills, bring lunch

Booking: essential (adults only)

Contact: 01796 481355 or pf@atholl-estates.co.uk

Cost: £6

Meet: Details upon booking

Atholl Estates Ranger Service



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Tuesday 16th June 6pm - 9pm ORCHIDS GALORE, NEWTONMORE

A gentle stroll around part of the Wildcat Trail in search of orchids and other wildflowers. We'll be hearing about some of the stories associated with them.

Booking: not essential

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

Cost: adults £4, conc. £3, family £11

Meet: Newtonmore Station car park.

Grid ref: NN 715984

Badenoch & Strathspey Highland Council Ranger Service

Thursday 18th June 7pm - 8.30pm MAR LODGE EVENING STROLL

Join us for an evening stroll around the grounds of Mar Lodge with an opportunity to view the interior of the lodge and the famous Stag Ballroom.

Tea/coffee and shortbread included. Sorry no dogs.

Booking: not essential

Contact: 013397 20164

Cost: adults £3, children U-16 free

Meet: Mar Lodge Estate, nr AB35 5Yj

The National Trust for Scotland Ranger Service

Saturday 20th June 10am - 4pm HANDS ON CONSERVATION

An opportunity to 'put something back'. Work with the Ranger Service and John Muir Trust members. Practical conservation work.

Tools and instruction provided. Wear comfortable warm clothes. Bring a packed lunch.

Booking: essential

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

Cost: free

Meet: Glen Tanar Visitor Centre

Glen Tanar Charitable Trust Ranger Service

Saturday 20th June midnight - 9am SUNRISE FROM THE SUMMIT

Celebrate the sunrise near the longest day of the year. A night time ascent to witness the sunrise from the summit of Lochnagar.

A very good level of fitness is required. Walk is weather dependent. We will spend some time at the summit, so lots of spare warm clothes and a warm drink are highly recommended. Distance 10kms (6 miles), ascent 550m. Strenuous mountain walk.

Booking: essential

Contact: 013397 55059

Cost: £10 per person

Meet: Crathie Tourist Information Centre

Balmoral Ranger Service

Sunday 21st June 9.30pm - midnight SOLSTICE NIGHTWALK

Walk into the darkness on our shortest night and investigate the dusk-time wildlife.

Bring a torch.

Booking: essential

Contact: 01796 481 355 or pf@atholl-estates.co.uk

Cost: £8

Meet: details given upon booking

Atholl Estates Ranger Service

Sunday 21st June 11am - 3pm PEREGRINE WATCH PART 2

Another chance to see the falcons as they bring in prey to the nest to feed their almost ready to fledge young.

Where appropriate you should have with you stout shoes, waterproofs, warm clothing and a packed lunch. A telescope is available but please bring binoculars if you have them.

Booking: essential

Contact: 01575 550233 or

GlenDollRanger@angus.gov.uk

Cost: free

Meet: Glen Doll Ranger Base, by Kirriemuir, DD8 4RD

Angus Glens Ranger Service



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Tuesday 23rd June 9.30am - 7pm MAR LODGE TO FOREST LODGE

A walk through the heart of the Cairngorms from Braemar to Glen Tilt. Enjoy amazing landscapes and look out for upland wildlife.

15 miles with a river crossing. Bring lunch.

Booking: essential

Contact: 01796 481355 or pf@atholl-estates.co.uk

Cost: £40

Meet: Blair Atholl, drive to start at Braemar included.
Atholl Estates Ranger Service

Tuesday 23rd June 10am - 12pm CAKE OUT AND ABOUT IN JUNE LOCH ERICHT WALK, DALWHINNIE

Join the Ranger for a leisurely walk to see what we can find on our way.

Everyone welcome. please bring a flask/drink and snack (preferably home baking)

Booking: not essential

Contact: 01479 873706 or liz.miller@highland.gov.uk

Cost: adults £4, cons £3, family £11

Meet: Dalwhinnie Village Hall
Highland Council Ranger Service

Tuesday 23rd June 10am - 3pm WILDLIFE WALK

Join the reserve warden at RSPB Insh Marshes for a walk through varied habitats to look for wildlife and hear about reserve management.

Bring a packed lunch. Dogs only allowed on a lead or under close control.

Booking: not essential

Contact: 01540 661518

Cost: adults £3 (RSPB members), £5 (non members), children U-16 free

Meet: RSPB car park on B970 out of Kingussie, half mile past Ruthven Barracks
RSPB

Wednesday 24th June 2pm - 5pm BOG LIFE IN THE MOSSIE GRANTOWN-ON-SPEY

A chance to have an in-depth look at the weird and wonderful plants and animals that call the Mossie 'home'.

Booking: not essential

Contact: 01479 873706 or

sarrane.bish@highland.gov.uk

Cost: adults £4, cons £3, family £11

Meet: Town House, Grantown. Grid ref: NJ 034280
Badenoch & Strathspey Highland Council Ranger Service

Saturday 27th June 2pm - 5pm BOGS, BIRDS AND BIRCHES AT ANAGACH, GRANTOWN-ON-SPEY

A family friendly event to explore the bogs at Anagach Woods. We'll be using nets to catch some of the special insects in the air, on the land and in the water.

Please bring wellies.

Booking: not essential

Contact: 01479 873706 or

sarrane.bish@highland.gov.uk

Cost: adults £4, cons £3, family £11

Meet: Town House, Grantown.
Grid ref: NJ 034280

Badenoch & Strathspey Highland Council Ranger Service

Saturday 27th June 3pm - 5pm WILDLIFE WALK

Join a Ranger at the Linn of Dee for a walk through the pinewood and out into more open moorland in search of wildlife.

All welcome, no experience necessary. Sorry no dogs.

Bring binoculars if you have them.

Booking: not essential

Contact: 013397 20164

Cost: adults £3, children U-16 free

Meet: Linn of Dee car park, Mar Lodge Estate,
near AB35 5YJ

The National Trust for Scotland Ranger Service



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Saturday 27th June 10am - 3pm
UPPER GLEN CLOVA EAGLE WATCH

A short introductory talk followed by an exciting opportunity to get excellent views of breeding Golden Eagles as they bring in prey to the nest to feed their well grown young.

Where appropriate you should have with you stout shoes, waterproofs, warm clothing and a packed lunch. A telescope will be available for use but please bring binoculars if you have them.

Booking: essential

Contact: 01575 550233 or
GlenDollRanger@angus.gov.uk

Cost: free

Meet: Glen Doll Ranger Base, by Kirriemuir, DD8 4RD
Angus Glens Ranger Service

Sunday 28th June 11am - 1.30pm
RSPB RANGER-LED GUIDED WALK

An amble through Dell Woods - part of Abernethy Forest - will reveal its hidden history that links people and landscape. Plenty of wildlife to spot along the way.

Dogs on leads welcome.

Booking: essential (max 15 spaces)

Contact: 07710 387 510 or
alison.greggans@rspb.org.uk

Cost: free, donations welcome

Meet: Information Hub opposite Community Hall,
Nethy Bridge
RSPB Community Ranger



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