

# Tread Lightly in the Park



September 2012

## 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. A small sample of this month's events is listed below – there are many more going on.

### September - Daily WALK AT THE TOP 10.20am & 1.20pm

A guided circular walk to the summit of CairnGorm lasting approx 1 hour 30 mins.  
Meet at Ptarmigan Top Station. Participants must either walk up to Ptarmigan Top Station or purchase funicular ticket. Wear suitable clothing and footwear.  
**Booking:** advisable - tel: 01479 861341  
**Cost:** adults £6, junior £4, senior/student £5  
CairnGorm Mountain Ranger Service

### September - Daily GUIDED WALK DOWN 10.20am & 1.20pm

A guided walk down the mountain to the Base Station lasting approx 1 hour 45 mins.  
Meet at Ptarmigan Top Station. Participants must either walk up to Ptarmigan Top Station or purchase funicular ticket. Wear suitable clothing and footwear.  
**Booking:** advisable - tel: 01479 861341  
**Cost:** adults £6, junior £4, senior/student £5  
CairnGorm Mountain Ranger Service

### Every Friday in September 10am - 11.30am HEALTH WALK

Easy, low-level ranger-led health walk in the beautiful surroundings of the Glen Tanar Estate.  
Meet at Braeloigne Visitor Centre Car Park, Glen Tanar or pick up in Aboyne.  
**Booking:** essential - tel: 013398 86072 or email: ranger@glentantar.co.uk  
**Cost:** FREE  
Glen Tanar Charitable Trust Ranger Service

### September 2nd LOCAL HISTORY WALK 10am - 4pm

Spectacular scenery and fascinating historical sites are the theme for this day. Long mountain walk, good level of fitness required. Distance 14Kms, ascent 260m.  
Meeting point TBC. Please bring your lunch.  
**Booking:** essential - tel: 013397 55059  
**Cost:** FREE  
Balmoral Estate Ranger Service

### September 2nd MAR LODGE OPEN DAY 10am - 4pm

An opportunity to view the public rooms of the Lodge, and the magnificent Ballroom containing almost 2,500 stags heads.  
**Booking:** not required  
**Cost:** adults £3, children & NTS members FREE  
National Trust for Scotland Ranger Service

### September 5, 12, 19 & 26 10.30am & 3.30pm NORTHERN CORRIES WALK

A guided walk into the dramatic Northern Corries. Children aged 7+ and accompanied by an adult. Wear suitable clothing.  
**Booking:** advisable - tel: 01479 861341  
**Cost:** adults £12, junior £6, senior/friends £8  
CairnGorm Mountain Ranger Service

### September 8th HAUGHTON NOCTURNE 7pm - late

Discover the nocturnal residents of Houghton Park including finding out how to use smelly mixtures, bright lights & bat detectors to find marvellous moths & brilliant bats on an early autumn evening.  
Meet at Houghton Country Park, Alford. Wear suitable clothing and footwear. U16's accompanied by an adult.  
**Booking:** essential - tel: 013398 80868 or email: marr.ranger@aberdeenshire.gov.uk  
Aberdeenshire Council Ranger Service



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# Tread Lightly in the Park



Cairngorms  
NATIONAL PARK

September 2012

## September 9th LIVING IN THE PAST

1 - 4pm

A leisurely walk in Glen Lui – picture yourself in this historic landscape, and imagine how life might have been in these 15th Century townships.

**Booking:** essential - tel: 013397 20164

**Cost:** adults £5, child U16 £2.50

National Trust for Scotland Ranger Service

## September 15th VOLUNTEER DAY WITH JMT

10am - 4pm

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

Meet at Braealoin Visitor Centre, Glen Tanar.

**Booking:** essential - tel: 013398 86072 or

email: ranger@glentantar.co.uk

**Cost:** FREE

Glen Tanar Charitable Trust Ranger Service

## September 15th - 24th ACTIVE ABOYNE

The Marr Ranger will be leading two walks exploring the natural and social history of mid/upper Deeside.

**Contact:** Mid Deeside Ltd - tel: 013398 85222,

email: activeaboyn@btinternet.com or

visit [www.activeaboyn.co.uk](http://www.activeaboyn.co.uk)

Aberdeenshire Council Ranger Service

## September 16th FASCINATING FUNGI

1 - 4pm

Ever seen a cauliflower fungus or a toadstool with teeth?!

A beginner's guide to the fascinating array of fungi to be found in the pinewoods.

**Booking:** essential - tel: 013397 20164

**Cost:** adults £5, child U16 £2.50

National Trust for Scotland Ranger Service

## September 23rd COYLES OF MUICK WALK

10am - 3.30pm

A very varied route. From the secluded Loch Ullachie to the summit of The Coyles of Muick. With spectacular views across Deeside, Glen Muick and Lochnagar. We then descend through the forest for an encounter with one of the residents of the lost township of Loinmuie.

Meet at main car park in Ballater. Please bring lunch.

**Booking:** essential - tel: 013397 55059

Balmoral Estate Ranger Service

## September 29th FANTASTIC FUNGI

10.30am - 12.30pm

A beginner's guide to fungi, including basic id and folklore.

Meet at Hermitage, by Dunkeld, lower car park

**Booking:** not required

**Cost:** adults £4, children £2

National Trust for Scotland Ranger Service

## September 29th LUMSDEN TO RHYNIE

11.15am - 4pm

Learn how nature and man have together shaped the Strathbogie landscape we see today, from formation of ancient volcanoes and glaciers to building of prehistoric forts and historic churches. This is an approx. 6-mile guided walk suitable for adults, mainly on tracks & quiet roads with some gradual ascent/descent.

Meet at The Square, Rhyynie (by bust stop). Please bring suitable clothing and footwear. Please bring lunch.

**Booking:** essential - tel: 013398 80868

Aberdeenshire Council Ranger Service

## September 30th NAVIGATION SKILLS FOR BEGINNERS

10am - 4pm

Join the Rangers to develop your navigation skills. A classroom session in the morning to look at maps and compass work followed by practical work in the glen to practise the skills learned.

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

Stout shoes, suitable clothing and packed lunch required.

**Booking:** essential - only 10 spaces available

Angus Glens Ranger Service



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