

Tread Lightly in the Park



December 2013

Cairngorms National Park Ranger Services Countryside Events

Every Friday in December
HEALTH WALK

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

Booking: not required

Contact: 01339 886072 or

ranger@glentanmar.co.uk

Meet: Glen Tanar Visitor Centre Car Park

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

10 - 11.30am

L4

December 7th

HANDS ON CONSERVATION

A day of 'putting something back' for nature.

All welcome, adults or accompanied children.

Booking: essential

Contact: 01339 886072 or ranger@glentanmar.co.uk

Meet: Glen Tanar Visitor Centre, Glen Tanar

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

10am - 4pm

L4

December 1st
PARROT OF THE WOODS

Join the Ranger to search for Crossbills in Glen Doll forest. This special bird is often difficult to find but may be located by its diagnostic flight call.

Scout shoes, warm clothing and packed lunch required. Please bring binoculars if you have.

Booking: essential

Contact: 01575 550233 or

GlenDollRanger@angus.gov.uk

Meet: Glen Doll Ranger Base

Cost: FREE

Angus Glens Ranger Service

11am - 2pm

J2

December 7th

INTERNATIONAL MOUNTAIN DAY WINTER ASCENT

Climb a winter peak with the Balmoral Rangers.

A high winter walk. The exact route will be decided on the morning of the walk and will mainly depend on weather conditions. A good level of fitness required. Bring a packed lunch.

Booking: essential

Contact: 01339 755059

Meet: Spittal of Muick Visitor Centre

Cost: £10 per person

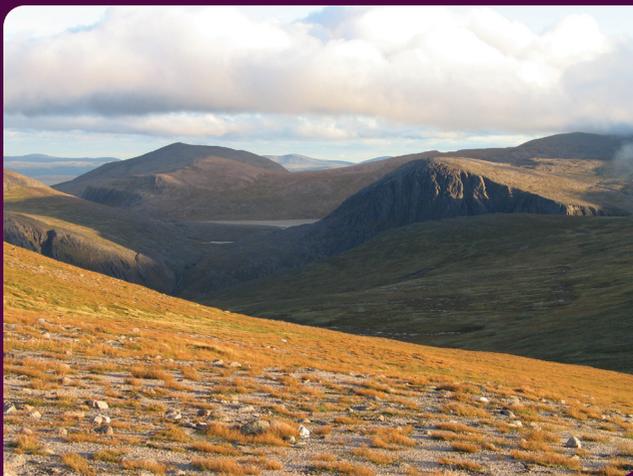
Balmoral Estate Ranger Service

9.30am - 3.30pm

J3

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



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