

Tread Lightly in the Park



Cairngorms
NATIONAL PARK

June 2013

Cairngorms National Park Ranger Services Countryside Events

Every Friday in June 10.00am – 11.30am
HEALTH WALK

Easy, low-level ranger-led health walk in the beautiful surroundings of the Glen Tanar Estate.
Booking: Essential **Contact:** 01339 886072 or ranger@glentantar.co.uk **Cost:** Free
Meet: Glen Tanar Visitor Centre Car Park, Glen Tanar or pick up in Aboyne.
Glen Tanar Charitable Trust Ranger Service

Daily 9.00am and 1.00pm
BALMORAL LUXURY LAND ROVER TOURS

Accompany a ranger on a 'behind the scenes' tour of Balmoral Estate. The safaris pass through the manicured parkland of Balmoral Castle up into pristine Caledonian Pine Forest and finally out onto the open moorland at the foot of Lochnagar. An excellent opportunity to experience the spectacular mountain scenery and wildlife of The Cairngorms National Park, all from the comfort of a luxury land rover Discovery. The safari includes admission to the grounds, gardens and exhibitions around Balmoral Castle.
Booking: Essential **Contact:** 01339 742534
Cost: £60 per person
Meet: Balmoral Estate Office
Balmoral Estate

Every Wednesday 10.30am – 16.30pm

THE NORTHERN CORRIES WALK
Discover the Cairngorm Mountains on a 4-6 hour walk. U16 with an adult.
Cost: Adults £12.00, Juniors £6.00, Student/Senior £8.00
Meet: Ranger Base, CairnGorm Mountain Ski Area
Cairngorm Mountain

Daily 10.20am and 13.20pm

GUIDED WALK @ THE TOP
Ride the funicular up for a guided walk to the summit and back. Allow 1 1/2 hours.
Cost: Adults £15.95, Juniors £10.50, Student/Senior £13.95, Family (2+2) £50.00, Family (1+2) £35.00
Meet: Base Station, CairnGorm Mountain Ski Area
Cairngorm Mountain

Daily 13.20pm
FUNICULAR UP, GUIDED WALK DOWN

Ride the funicular up then join a guided walk back down. Allow 1 3/4 hours.
Cost: Adults £15.95, Juniors £10.50, Student/Senior £13.95, Family (2+2) £50.00, Family (1+2) £35.00
Meet: Base Station, CairnGorm Mountain Ski Area
Cairngorm Mountain

Mon, Wed, Fri and Sun
GUIDED RIDGE TO RIVER, BIKE DESCENT

Take our bikes up on the funicular for a guided descent 3000ft to Aviemore. Allow 3 1/2 hours.
Cost: Adults £35.00, Juniors £20.00, Student/Senior £35.00
Meet: Base Station, CairnGorm Mountain Ski Area
Cairngorm Mountain

Mon, Wed, Fri and Sun
HILL TRACK, MOUNTAIN BIKE DESCENT

Take our bikes up on the funicular for a guided 1500ft descent. Allow 1 hour.
Cost: Adults £22.50, Juniors £15.00, Student/Senior £22.50
Meet: Base Station, CairnGorm Mountain Ski Area.
Cairngorm Mountain

June 6th 10.30am – 3.30pm
CARN-NAL KNOWLEDGE

A gradual climb by path and rough moorland to the summits of Carn na Criche and Carn na Drochaide with fine views of Glen Quoich and beyond. Mountain walk. Sorry, no dogs.
Booking: Essential
Contact: 01339 720164 (Mar Lodge Estate)
Cost: Adults £15, Children U-16 £7
The National Trust for Scotland Ranger Service

June 7th & 14th 6.00pm – 10.00pm
WALK & STALK

An evening in the company of one of the Trust's stalkers. This is a good opportunity to see red deer and hear about the stalker's work on this Highland estate. Mid-level walk on rough ground. Sorry, no dogs.
Booking: Essential – places limited
Contact: 01339 720164 (Mar Lodge Estate)
Cost: Adults £15, Children U-16 £5
The National Trust for Scotland Ranger Service

June 15th 10.00am – 4.00pm
VOLUNTEER DAY WITH JMT

Hands on conservation day with the John Muir Trust North East Group at Glen Tanar Estate. All welcome, adults or accompanied children.
Booking: Essential
Contact: 013398 86072 or ranger@glentantar.co.uk for more details
Cost: Free
Meet: Braealoin Visitor Centre, Glen Tanar
Glen Tanar Charitable Trust Ranger Service

June 15th 11.00am – 2.00pm
WILD FLOWER IDENTIFICATION FOR BEGINNERS

A stroll in Glen Doll forest to identify the variety of plants that grow there. Stout shoes, appropriate clothing and packed lunch required.
Booking: Required **Contact:** 01575 550233
Cost: Free
Meet: Glen Doll Ranger Base (Grid Ref: NO282759)
Angus Glens Ranger Service

June 15th 9.30am – 5.00pm
GLEN GIRNOCK CIRCUIT WALK

Discover the history and natural history of this secluded glen. A long walk on rough tracks and paths. A good level of fitness and stamina required. Distance: 18 Kms (11 miles), ascent 260m. Bring a packed lunch.
Booking: Essential **Contact:** 01339 755059
Cost: Free
Meet: Crathie Visitor Information Centre – cars will then be moved to the South Deeside Road. Please telephone for further details.
Balmoral Estate

June 18th 10.30am – 3.30pm

QUEENSVIEW TO BLAIR ATHOLL
Walk from Strathtummel over to Blair Atholl via Tulach Hill. A varied walk with fabulous views, 8 miles, bring lunch. Drive to walk start included. Adults only.
Booking: Essential
Contact: 01796 481355 (Blair Atholl)
Cost: £10
Atholl Estates

June 20th 7.00pm – 8.30pm
A WALK IN THE PARK

An evening stroll in the grounds around the Lodge, with an opportunity to view the interior of the Stag Ballroom. Easy walk. Tea and shortbread included. Sorry, no dogs.
Booking: Essential
Contact: 01339 720164 (Mar Lodge Estate)
Cost: Adults £3, Children U-16 free
The National Trust for Scotland Ranger Service

June 21st 10.00am – 4.00pm
DEUCHARY HILL

A walk past lochs and burns to the open summit of Deuchary Hill with fabulous views to the Tay Estuary and Fife, 11 miles, bring lunch. Adults only.
Booking: Essential
Contact: 01796 481355 (Dunkeld)
Cost: £6
Atholl Estates

June 21st 10.30am – 3.30pm
GRANTOWN TO CROMDALE WALK

Join us for a lovely circular walk (12km/8miles long) through woodland and along the River Spey. Learn some of the colourful history of the woods and the River Spey and try your hand at wildflower ID. Bring a packed lunch to eat along the way. Grade: B
Contact: Saranne Bish on 01479 873914 or saranne.bish@highland.gov.uk
Cost: Adults £10, Concessions £6
Meet: Confirmed on booking

June 22nd 10.30am – 4.30pm
BIO-BUZZ – CLAIS FHEARNAIG

A walk in beautiful Cairngorm scenery over heather moor enjoying the trees, birds, butterflies and flowers on the way, returning by 'The Hollow of the Alders'. Long mid-level walk. Sorry, no dogs.
Booking: Essential
Contact: 01339 720164 (Mar Lodge Estate)
Cost: Adults £15, Children U-16 £7
The National Trust for Scotland Ranger Service

June 25th 9.30am – 7.00pm
MAR LODGE TO FOREST LODGE

A walk through wild country from Braemar to Glen Tilt. 15 miles with a river crossing. Adults only.
Booking: Essential
Contact: 01796 481355
Cost: £40
Meet: Blair Atholl.
Drive to start at Braemar included.
Atholl Estates

June 27th 7.00pm – 8.30pm
A WALK IN THE PARK

An evening stroll in the grounds around the Lodge, with an opportunity to view the interior of the Stag Ballroom. Easy walk. Tea and shortbread included. Sorry, no dogs.
Booking: Essential
Contact: 01339 720164 (Mar Lodge Estate)
Cost: Adults £3, Children U-16 free
The National Trust for Scotland Ranger Service

June 25th 10.00am – 1.00pm
GUIDED WALK

Join the reserve warden to look at birds, plants and insects on this very special site. Bring stout shoes and binoculars.
Booking: Not required
Contact: 01540 661518
Cost: Adults RSPB member £2, Adults non-member £5, Children U-16 Free
Meet: RSPB car park two miles out of Kingussie on the B970 past Ruthven Barracks
Royal Society for the Protection of Birds

June 28th 10.30am – 3.30pm
ORCHIDS GALORE

Now is the time for the upland flower extravaganza. Enjoy orchids and other wild flowers on this 6 mile walk. Adults only.
Booking: Essential
Contact: 01796 481355 (Blair Atholl)
Cost: £5
Atholl Estates

June 28th 7.00pm – 10.00pm
BABES ON THE MOOR, KINGUSSIE

A unique opportunity to see this year's Red Deer calves as they are led to low ground with their mothers, truly special. Refreshments available. Grade: A
Booking: Essential – please book by 4pm 27th June
Contact: Duncan Macdonald on 01479 873706 or duncan.macdonald@highland.gov.uk
Cost: Adults £5, concessions £3
Meet: Confirmed on booking

June 29th 2.00pm – 4.00pm
ANT ANTICS

Join our Ecologists for a walk in the woods to see some wood ant nests and learn about how they live. Easy walk. Bring a hand lens if you have one. Sorry, no dogs.
Booking: Essential
Contact: 01339 720164 (Mar Lodge Estate)
Cost: Adults £3, Children U-16 free
The National Trust for Scotland Ranger Service

June 30th 11.00am – 3.00pm
UPPER GLEN CLOVA EAGLE WATCH

An opportunity to view breeding Golden Eagles as they bring prey to the nest to feed their young. Stout shoes, appropriate clothing and packed lunch required. Please bring binoculars if you have them.
Booking: Required **Contact:** 01575 550233
Cost: Free
Meet: Glen Doll Ranger Base (Grid Ref: NO282759)
Angus Glens Ranger Service



SCOTTISH
OUTDOOR ACCESS CODE

KNOW THE CODE
BEFORE YOU GO

outdooraccess-scotland.com

Year of Natural
Scotland 2013

Make it Yours

www.visitcairngorms.com