

# Tread Lightly in the Park



**Cairngorms**  
NATIONAL PARK



**August 2013**

## Cairngorms National Park Ranger Services Countryside Events

### Every Wednesday

(7th, 14, 21st, & 28th) 10.30am – 16.30pm  
**THE NORTHERN CORRIES WALK**

Discover the Cairngorm Mountains on a 4-6 hour walk.

U16 accompanied by an adult.

**Meet:** Base Station, Cairngorm Mountain

**Cost:** adult £12, junior £6, conc £8

Cairngorm Mountain Ranger Service

**Daily** 10.20am & 13.20pm

### GUIDED WALK @ THE TOP

Ride the funicular up for a guided walk to the summit and back.

**Meet:** Base Station, Cairngorm Mountain.

Allow 1 ½ hours.

**Cost:** adult £15.95, junior £10.50,

conc £13.95, family (2+2) £50, family (1+2) £35

Cairngorm Mountain Ranger Service

**Daily** 13.20pm

### FUNICULAR UP

### GUIDED WALK DOWN

Ride the funicular up then join a guided walk back down.

**Meet:** Base Station, Cairngorm Mountain.

Allow 1 ¾ hours.

**Cost:** adult £15.95, junior £10.50, conc £13.95,

family (2+2) £50, family (1+2) £35

Cairngorm Mountain Ranger Service

### 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.

**Meet:** Base Station, Cairngorm Mountain.

Allow 3 ½ hours.

**Cost:** Adult £35, junior £20, conc £35

Cairngorm Mountain Ranger Service

### Mon, Wed, Fri and Sun

### HILL TRACK MOUNTAIN

### BIKE DESCENT

Take our bikes up on the funicular for a guided 1500ft descent.

**Meet:** Base Station, Cairngorm Mountain.

Allow 1 hour.

**Cost:** adult £22.50, junior £15, conc £22.50

Cairngorm Mountain Ranger Service

### Every Friday in August

(2nd, 9th, 16th, 23rd & 30th) 10am – 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

**Meet:** Glen Tanar Visitor Centre Car Park,

Glen Tanar or pick up in Aboyne

**Cost:** FREE

Glen Tanar Charitable Trust Ranger Service

**August 1st** 10.30am – 12pm

### TREE GIANTS

Meet the special giant trees that live here and get to know them better.

Meet at Glen Tilt Car Park, by Blair Atholl (1 mile north of Blair Atholl on road to Old Blair)

Who for: Children

**Cost:** £2.00

All children must be accompanied by an adult.

Atholl Estates

**August 1st, 8th & 15th**

2pm – 4pm **NATURE EXPLORERS**

Join the Balmoral Rangers for exciting nature activities, storytelling and games.

U16 must be accompanied by an adult.

**Booking:** essential

**Contact:** 01339 755059

**Meet:** Spittal of Muick Visitor Centre

**Cost:** FREE

Balmoral Estate Ranger Service

### Every Thursday in August

(1st, 8th, 15th, 22nd & 29th) 7pm – 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

**Meet:** Mar Lodge Estate, nr Braemar

**Cost:** adults £3, children U-16 FREE

National Trust for Scotland Ranger Service

### August 3rd

2pm – 4pm

### NATURE DETECTIVES

Family fun for all ages. An opportunity to explore and discover the hidden delights of a picturesque piece of river and woodland.

Wellies useful! Sorry, no dogs.

**Booking:** essential

**Contact:** 01339 720164

**Meet:** Mar Lodge Estate, nr Braemar

**Cost:** family ticket £10, unaccompanied

children over 21 £5

National Trust for Scotland Ranger Service

**August 3rd** 9.30am – 5.30pm

### ASCENT OF LOCHNAGAR

Enjoy a full day on one of Scotland's most famous mountains.

Hill-walking gear and a very 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

### August 4th

11am - 2pm

### NATIONAL PARKS WEEK WALK & TALK

Join the Ranger on a general walk up the Dounat to Jock's Road to discuss the management and natural history.

Stout shoes, appropriate clothing and packed lunch required.

**Booking:** essential

**Contact:** 01575 550 233

**Meet:** Glen Doll Ranger Base

(grid ref: N0282759)

**Cost:** FREE

Angus Glens Ranger Service

### Every Monday in August

(5th, 12th, 19th & 26th) 2pm – 4pm

### MAGICAL MARSHES

Play nature games, look for minibeasts and make crafty creatures.

For families with primary school age children.

**Booking:** not required

**Contact:** 01540 661518

**Meet:** RSPB car park two miles out of

Kingussie on the B970 past Ruthven Barracks

**Cost:** FREE

Royal Society for the Protection of Birds



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## Cairngorms National Park Ranger Services Countryside Events

**August 6th** 2pm – 4pm  
**WILD FOOD WALK**

Before supermarkets and pharmacies, people fed and doctored themselves with plants around them. Find out what they used and try some wild foods! Short walk on good paths with some inclines. Bring outdoor clothing & sensible footwear. U16 with adult.

**Booking:** essential  
**Contact:** 01339 881667

**Meet:** Burn o' Vat Visitor Centre, near Dinnert  
**Cost:** FREE

Aberdeenshire Council &  
Scottish Natural Heritage

**August 6th** 2pm – 3.30pm  
**WOODLAND TRAIL RACE**

Follow the trail through the woods, with clues to help you. Try not to take a dead end turn. All children must be accompanied by an adult.

**Meet:** Glen Tilt Car Park, by Blair Atholl  
**Cost:** £2

Atholl Estates Ranger Service

**August 8th** 10.30am – 12pm  
**MINIBEAST HUNT AND CRAFTS**

We go on a minibeast hunt and then try to make some beasties of our own.

All children must be accompanied by an adult.  
**Meet:** Blair Atholl Information Centre,  
**Cost:** £2

Atholl Estates Ranger Service

**August 9th** 8pm – Late  
**NIGHT HUNTERS AND THEIR PREY**

Get up close and personal with bats and moths. Come and dispel all your fears of these intriguing animals.

Torch essential. Midge spray and midge net recommended.

**Booking:** essential  
**Contact:** 01339 755059

**Meet:** TBC  
**Cost:** FREE  
Balmoral Estate Ranger Service

**August 10th** 10am – 3.30pm

**MOTHS AND BUTTERFLIES**

Join the reserve warden to look through a moth trap and then, weather permitting, go on a butterfly walk.

Bring stout shoes and a packed lunch.

**Booking:** not required

**Contact:** 01540 661518.

**Meet:** RSPB car park two miles out of Kingussie on the B970 past Ruthven Barracks.

**Cost:** FREE  
Royal Society for the Protection of Birds

**August 10th** 8am – 8.30pm  
**THE LAIRIG GHRU  
'THE DARK PASS'**

Traverse the Cairngorms through this iconic high mountain pass, amid magnificent scenery, led by a qualified Mountain Leader.

Mountain walk. Good walking boots and warm waterproof clothing essential. Sorry, no dogs.

**Booking:** essential - places limited

**Contact:** 01339 720164

**Meet:** Linn of Dee, Mar Lodge Estate  
**Cost:** adults only, £50

National Trust for Scotland Ranger Service

**August 13th** 10am – 1pm  
**GUIDED WALK**

Join the reserve warden to look at birds, plants and insects on this very special site.

Bring stout shoes, packed lunch and binoculars.

**Booking:** not required

**Contact:** 01540 661518

**Meet:** RSPB car park two miles out of Kingussie on the B970 past Ruthven Barracks.

**Cost:** adult RSPB member £2,  
adult non-member £5, under 16 FREE  
Royal Society for the Protection of Birds

**August 13th** 2pm – 4pm  
**FEEDERS AND HOMES**

Help out your local wildlife by making your own nestboxes and feeders.

All children must be accompanied by an adult.

**Meet:** Blair Atholl Information Centre

**Cost:** donations for materials  
Atholl Estates Ranger Service

**August 13th** 2pm – 3.30pm

**SUMMER ART ATTACK**

Join the Crown Estate rangers for this crafty session inspired by nature.

Children must be accompanied by an adult.

**Contact:** 01479 870070 or

[info@glenlivetestate.co.uk](mailto:info@glenlivetestate.co.uk)

**Meet:** Glenlivet Estate Information Centre,  
Main Street, Tomintoul, AB37 9EX

**Cost:** children £2 (accompanying adults FREE)  
The Crown Estate Ranger Service

**August 13th** 2pm – 4pm  
**ADVENTURE IN THE NIGHT GARDEN**

If you know your Pontipines from your Haa Hoos this is the event for you.

Families with very young children will enjoy activities with all the characters from In The Night Garden.

**Contact:** 01479 873706 or

[duncan.macdonald@highland.gov.uk](mailto:duncan.macdonald@highland.gov.uk)

**Meet:** Main Street entrance to Loch Imrich,  
Newtonmore.

**Cost:** children £3

The Highland Council Ranger Service

**August 14th** 1pm – 4pm  
**LIVING IN THE PAST**

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

Easy walk, partly over rough ground.

Sorry, no dogs.

**Booking:** essential

**Contact:** 01339 720164

**Meet:** Mar Lodge Estate, nr Braemar

**Cost:** adult £5, child U-16 £2.50

National Trust for Scotland Ranger Service

**August 15th** 10.30am – 12pm  
**MINI MAMMALS**

We look for those teeny animals that live all around us but we hardly ever see.

All children must be accompanied by an adult.

**Meet:** Glen Tilt Car Park, by Blair Atholl

**Cost:** £2

Atholl Estates Ranger Service



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## Cairngorms National Park Ranger Services Countryside Events

**August 16th** 10am – 5pm  
**DON'T GET LOST!**

*Don't get lost because your GPS battery has run out, unravel the mystery of map and compass.*

An indoor session, led by a qualified Mountain Leader, followed by a moorland walk to put your new skills into practice. Loan of map and compass included, or bring your own. No dogs.

**Booking:** essential

**Contact:** 01339 720164

**Meet:** Mar Lodge Estate, nr Braemar

**Cost:** adult £25, U16 £10

*National Trust for Scotland Ranger Service*

**August 17th** 10am – 4pm  
**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](mailto:ranger@glentantar.co.uk)

**Meet:** Glen Tanar Visitor Centre, Glen Tanar

**Cost:** FREE

*Glen Tanar Charitable Trust Ranger Service*

**August 18th** 1pm – 5pm  
**MYTHS & LEGENDS  
AROUND BRAEMAR**

*Truth or fiction?! Fascinating stories from the past on this hill walk above Inverey, and a wonderful view of the Cairngorms.*

Mid-level walk. Sorry, no dogs.

**Booking:** essential

**Contact:** 01339 720164

**Meet:** Mar Lodge Estate, nr Braemar

**Cost:** adult £10, child £5d

*National Trust for Scotland Ranger Service*

**August 20th** 7.30pm – 8.30pm  
**CAIRNGORM FUTURESCAPE**

*At a time when our natural environment is under increasing pressures we have to find a way meet challenges such as climate change head on.*

Join Catherine Vis-Christie to discover Landscape scale conservation and what RSPB Futurescapes could mean to you.

**Booking:** not required

**Contact:** 01479 821565

**Meet:** Nethy Bridge Community Centre

**Cost:** donation

*Explore Abernethy Ranger Service*

**August 20th** 8pm – 10pm  
**DUSK WATCH**

*Look for the creatures that come out at dusk – bats, moths, owls and more.*

**Meet:** Blair Atholl Information Centre

**Cost:** adult £2, child £1

*Atholl Estates Ranger Service*

**August 25th** 10.30am – 3.30pm  
**CARN-NAL KNOWLEDGE**

*A gradual climb by path and rough moorland to the summits of Carn na Criche and Carn Drochaide with fine views of Glen Quich and beyond.*

Mountain walk. Sorry, no dogs.

**Booking:** essential

**Contact:** 01339 720164

**Meet:** Mar Lodge Estate, nr Braemar

**Cost:** adult £15, U-16 £7

*National Trust for Scotland Ranger Service*

**August 28th** 2pm – 3.30pm  
**POND DIPPING**

*Join the Crown Estate rangers to explore the pond and discover the creatures of the deep.*

Children must be accompanied by an adult.

**Contact:** 01479 870070 or

[info@glenlivetestate.co.uk](mailto:info@glenlivetestate.co.uk)

**Meet:** Glenmullach Forest, off the Lecht

Road, 2 miles from Tomintoul (AB37 9ES).

**Cost:** children £2 (accompanying adults FREE)

*The Crown Estate Ranger Service*

**August 31st** 11am – 2pm  
**WILDFLOWER IDENTIFICATION FOR  
BEGINNERS**

*A stroll in the Glen Doll forest to identify the variety of plants that grow there.*

Stout shoes, appropriate clothing & packed lunch required.

**Booking:** required

**Contact:** 0575 550233

**Meet:** Glen Dp.; Ramger Base (Grid Ref:

N0282759)

**Cost:** FREE

*Angus Glens Ranger Service*

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 also be found on [www.cairngorms.co.uk](http://www.cairngorms.co.uk) or ask at your accommodation, local Visitor Information Centre or Ranger base.



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