

Tread Lightly in the Park



Cairngorms
NATIONAL PARK

March 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 March 10am - 11.30am HEALTH WALK

A Ranger-led walk, over easy ground. To recover/improve fitness and well-being. Meet at Braealoin Visitor Centre Car Park, Glen Tanar or pick up in Aboyne.

Booking: not essential

Contact: 013398 86072 or

email: ranger@glentantar.co.uk

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

March 21st 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 & instructions provided. Wear comfortable warm clothes. Bring a packed lunch.

Booking: essential - tel: 013398

80868 or

email: ranger@glentantar.co.uk

Cost: Free

Glen Tanar Charitable Trust Ranger Service

March 28th 7.30 - 10pm GHOST WALK

Celebrate this year's Earth Hour by exploring Ellan Wood (Carrbridge) and the riverside path with your head torch. We'll be listening for sounds of the night and checking for stars and planets on the way. Hot chocolate and cake awaits us in the woods! Good dogs very welcome. Suitable for families.

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

Cost: adults £4, conc. £3, family £11

Highland Council Ranger Service

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



KNOW THE CODE
BEFORE YOU GO
outdooraccess-scotland.com

Make it Yours

www.visitcairngorms.com