

Tread Lightly in the Park



Cairngorms
NATIONAL PARK

July 2014

Cairngorms National Park Ranger Services Countryside Events

Every Wednesday and Saturday
(2nd, 5th, 9th, 12th, 16th, 19th, 23rd,
26th) 10.30am - 3.30pm

GUIDED HILL WALK

Join a Cairngorm Ranger for a pleasant walk in the Northern Corries. Weather permitting we may reach the plateau for the spectacular views and environments up there.

Participants must be equipped for hill walking, including boots and suitable water/wind proof clothing. Bring lunch. Suit age 10+. Dogs only on leads.

Booking: Recommended

Contact: 01479 861341

Meet: Ranger Base overlooking main car park at Cairngorm

Cost: £12 per person

Cairngorm Mountain Ranger Service is provided by HIE to work on Cairngorm Estate.

July 3rd 10.30am - 12 midday
CLOUDS AND WEATHER

Discover more about the weather and make some of our own!

Children must be accompanied by an adult

Booking: Not Required

Contact: 01796481355 or email pf@atholl-estates.co.uk

Meet: Blair Atholl Information Centre

Cost: Children £2

Atholl Estates Ranger Service

Every Thursday
(3rd, 10th, 17th, 24th, 31st) 7pm - 8.30pm
MAR LODGE EVENING STROLL

Join us for 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: 013397 20164

Meet: Mar Lodge Estate, AB35 5YJ

Cost: £3 adult, children U-16 free
the National Trust for Scotland Ranger Service

July 4th 6pm - 9.30pm
ORCHIDS GALORE, NEWTONMORE

A gentle stroll around part of the Wildcat Trail in search of orchids and other wildflowers as well as some of the lore associated with them.

Booking:

Contact: Duncan Macdonald on 01479 873706 or email duncan.macdonald@highland.gov.uk

Meet: Newtonmore station car park. Grid ref: NN 715984. Grade A. Adults

Cost: £5.00, conc. £3.00, family £12.00.

Highland Council Ranger Service

July 5th 1.30 pm - 4.30 pm
PLANTS OF THE PINEWOODS

Join us as we explore the beautiful Caledonian pinewoods-home to a unique and diverse variety of flowers, mosses and lichens.

Sorry, no dogs.

Booking: Essential

Contact: 013397 20164

Meet: Mar Lodge Estate, AB35 5YJ

Cost: £10 adult, £5 child U-16

The National Trust for Scotland 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



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Cairngorms National Park Ranger Services Countryside Events

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 or ask at your accommodation, local Visitor Information Centre or Ranger base.

July 7th, 14th & 21st

2 pm - 4 pm

MAGICAL MARSHES FAMILY EVENT

Have fun discovering the amazing wildlife of Insh Marshes. In the meadows and bird hide we'll play nature games, look for minibeasts and other wildlife, and make crafty creatures.

For families with primary-school-age children.

Booking: Not Required

Contact: 01540 661518, email insh@rspb.co.uk or visit our website <http://www.rspb.co.uk/reserves/guide/i/inshmarshes/events.aspx>

Meet: RSPB reserve car park two miles along the B970 from Kingussie and ½ mile beyond Ruthven Barracks.

Cost: FREE

Insh Marshes National Nature Reserve

Cost: Children £2

Atholl Estates Ranger Service

children over 21, £5!

the National Trust for Scotland Ranger Service

July 17th

10.30 am - 12 midday

WET AND WILD

Discover the watery world around the river.

Children must be accompanied by an adult

Booking: Not Required

Contact: 01796481355 or email pf@atholl-estates.co.uk

Meet: Blair Atholl Information Centre

Cost: Children £2

Atholl Estates Ranger Service

July 26th

10am start

MOTH MANIA

Join the reserve warden and local experts to look through moth traps run the night before. The target species is the extremely rare Dark Bordered Beauty moth.

Stay as long as you like and bring a packed lunch if you want to stay into the afternoon.

Booking: Not Required

Contact: 01540 661518, email insh@rspb.co.uk or visit our website <http://www.rspb.co.uk/reserves/guide/i/inshmarshes/events.aspx>

Meet: RSPB reserve car park two miles along the B970 from Kingussie and ½ mile beyond Ruthven Barracks.

Cost: FREE

Insh Marshes National Nature Reserve

July 8th

2 pm - 3.30 pm

MINIBEAST HUNT AND HOUSE

We go on a minibeast hunt and then you can make a bug house to take home.

Children must be accompanied by an adult.

Booking: Not Required

Contact: 01796481355 or email pf@atholl-estates.co.uk

Meet: Blair Atholl Information Centre

Cost: Children £1 and £2 per box

Atholl Estates Ranger Service

July 17th, 24th & 31st

2 pm - 4 pm

NATURE EXPLORERS - CHILDREN'S EVENT

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

Children under 16 must be accompanied by an adult.

Booking: Essential

Contact: 013397 55059

Meet: Spittal of Glen Muick Visitor Centre

Cost: FREE

Balmoral Ranger Service

July 28th

10 am - 3 pm

CALEDONIAN PINE WOODLAND CELEBRATION WALK

A full day's walk through some of the most magnificent woodlands in Scotland.

Learn about the wildlife and management of this iconic habitat. The event is organised as part of the Cairngorms Caledonian Forest Celebration Week.

The walk takes place mainly on good vehicle tracks but some uneven and wet ground may be encountered. Keiloch to Crathie, with transport provided back to start point.

Distance: 12Kms.

No ascent.

Booking: Essential

Contact: 013397 55059

Meet: Keiloch car park.

Cost: FREE

Balmoral Ranger Service

July 10th & 24th

10.30 pm - 12 midday

SOIL AND WORMS

We get muddy and investigate the wriggly life beneath our feet

Children must be accompanied by an adult

Booking: Not Required

Contact: 01796481355 or email pf@atholl-estates.co.uk

Meet: Glen Tilt Car Park, by Blair Atholl

Cost: Children £2

Atholl Estates Ranger Service

July 22nd

2 pm - 3.30 pm

ROCKY TREASURE HUNT

A family event searching for rocks and treasure

Children must be accompanied by an adult.

Booking: Not Required

Contact: 01796481355 or email pf@atholl-estates.co.uk

Meet: Blair Atholl Information Centre

Cost: Children £2

Atholl Estates Ranger Service

July 25th

2 pm - 4 pm

NATURE DETECTIVES

Family fun for all ages. Explore and discover the hidden delights of a picturesque piece of river and woodland of Glen Quoich. What animals might we find here?

Wellies useful!

Sorry, no dogs.

Booking: Essential

Contact: 013397 20164

Meet: Mar Lodge Estate, AB35 5YJ

Cost: Family Ticket £10; unaccompanied

July 15th

2 pm - 3.30 pm

WILDLIFE WHODUNNIT

Follow the clues to find out who has committed this wildlife murder mystery

Children must be accompanied by an adult

Booking: Not Required

Contact: 01796481355 or email pf@atholl-estates.co.uk

Meet: Glen Tilt Car Park, by Blair Atholl



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July 28th

2pm - 4pm

A IS FOR ASPEN FAMILY EVENT

Have fun discovering the amazing wildlife of Insh Marshes. In the meadows and bird hide we'll play nature games, look for minibeasts and other wildlife, and make crafty creatures.

For families with primary-school-age children.

Booking: Not Required

Contact: 01540 661518, email insh@rspb.co.uk or visit our website <http://www.rspb.org.uk/reserves/guide/inshmarshes/events.aspx>

Meet: RSPB reserve car park two miles along the B970 from Kingussie and ½ mile beyond Ruthven Barracks.

Cost: FREE

Insh Marshes National Nature Reserve

THE PINES ARE CREEPING UP THE HILL

Cairngorm contribution to the Cairngorms Tree-fest is an exploration of the rising tree-line scrub. We will do some measuring and discussing, but the walking will not be too demanding.

Participants must be equipped for hill walking, including boots and suitable water/wind proof clothing. Bring lunch. Suit age 10+. Dogs only on leads.

Booking: Recommended

Contact: 01479 86134, Cairngorm Mountain Ranger Service 01479 861327 for more details.

Meet: Ranger Base overlooking main car park at Cairngorm.

Cost: FREE

Cairngorm Mountain Ranger Service is provided by HIE to work on Cairngorm Estate

July 29th 10am - 3pm (if good weather)

WOODLAND GUIDED WALK

Join the reserve warden to explore this very special site, focussing on the aspen woodland. This is an area of high conservation and biodiversity importance.

Be prepared for wet/cold weather and bring a packed lunch

Booking: Not Required

Contact: 01540 661518, email insh@rspb.co.uk or visit our website <http://www.rspb.org.uk/reserves/guide/inshmarshes/events.aspx>

Meet: RSPB reserve car park two miles along the B970 from Kingussie and ½ mile beyond Ruthven Barracks.

Cost: £3 adults (RSPB members) £5 adults (non-members) Children free (under 16)

Insh Marshes National Nature Reserve

July 31st

10 am - 12 midday

SQUIRREL SCAMPERS

Find out more about our treetop friends

Children must be accompanied by an adult.

Booking: Not Required

Contact: 01796481355 or email pf@atholl-estates.co.uk

Meet: Glen Tilt Cat Park, by Blair Atholl

Cost: Children £2

Atholl Estates Ranger Service

July 30th

10 am - 12 midday

MOTHS IN THE MORNING

Discover the amazing variety of moths live-trapped overnight in the Muir of Dinnet National Nature Reserve woods, followed by a search for day-flying moths and butterflies as time allows.

Under 16's must be accompanied.

Cairngorms TreeFest event in association with Butterfly Conservation.

Booking: Essential

Contact: 013398 81667

Meet: Burn o' Vat Visitor Centre, near Dinnet

Cost: FREE

Aberdeenshire Council Ranger Service & SNH

July 30th

10.30 am



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