

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

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

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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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@glentanmar.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

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



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