

Tread Lightly in the Park



Cairngorms
NATIONAL PARK

February 2015

Cairngorms National Park Ranger Services Countryside Events

February 4th

4pm

BADGER WATCH

Spend an evening in a comfortable hide on the banks of the River Spey watching badgers forage just a few yards away. Hear the assortment of wildfowl on the river and the hoots and calls of tawny owls. Maybe glimpse otters or pine martens.

Booking: Essential (restricted to 6 people)

Contact: Allan Bantick 01479 831768 /

07787 323264 / allanbantick@yahoo.co.uk

Meet: Boat Hotel car park, Boat of Garten

Cost: Adult £10, accompanied children FREE

RSPB Community Ranger Service

February 7th

9:30am - 3:30pm

RANGER LED WALK

An all day walk with RSPB Community Ranger promises spectacular views of mountains and moorland. 11 km route that leads into Abernethy NNR, flat and uncomplicated but not all ability.

Warm clothes and lunch required.

Booking: Essential (restricted to 10 people)

Contact: Alison Greggans on 07787 323264

or alison.greggans@rspb.org.uk/

Meet: Nethy Bridge Information Hub

Cost: Adult £5, accompanied children FREE

RSPB Community Ranger Service

February 14th

11am - 2pm

HEALTH WALK & TALK

Join the Ranger for a health walk in Glen Doll Forest. Stout shoes, warm clothing, packed lunch required.

Booking: Essential

Contact: 01575 550233 or

GlenDollRanger@angus.gov.uk

Meet: Glen Doll Ranger Base

Cost: FREE

Angus Glens Ranger Service

February 14th

7:30pm

MOUNTAIN FILM NIGHT

Featuring three films with an outdoor adventure theme - 'Between Places', 'Five Months' and 'Alone on the river'.

Refreshments available.

Booking: Essential

Contact: 013397 20164 or

srao@nts.org.uk

Meet: Glen Doll Ranger Base

Cost: Adults £10, children £5

Mar Lodge Ranger Service

February 11th

4pm

BADGER WATCH

Spend an evening in a comfortable hide on the banks of the River Spey watching badgers forage just a few yards away. Hear the assortment of wildfowl on the river and the hoots and calls of tawny owls. Maybe glimpse otters or pine martens.

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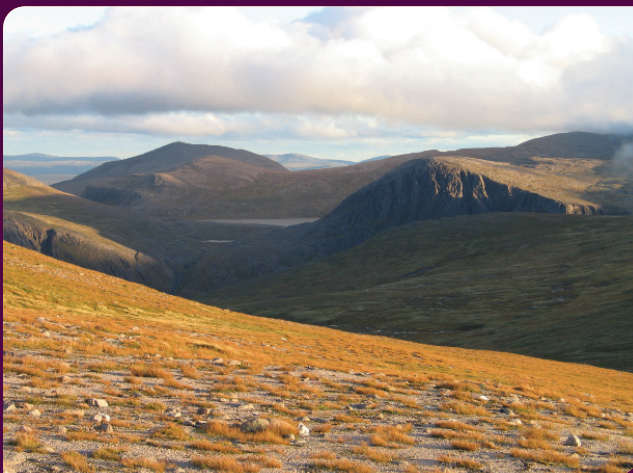
Meet: Boat Hotel car park, Boat of Garten

Cost: Adult £10, accompanied children FREE

RSPB Community 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



SCOTTISH
OUTDOOR ACCESS CODE

KNOW THE CODE
BEFORE YOU GO

outdooraccess-scotland.com

Make it Yours

www.visitcairngorms.com