

# Tread Lightly in the Park



**Cairngorms**  
NATIONAL PARK

April 2014

## Cairngorms National Park Ranger Services Countryside Events

**Every Friday in April** 10am - 11.30am  
**HEALTH WALK**

*A short, sociable walk for all abilities, to help you recover or maintain well-being.*

**Booking:** Not Required

**Contact:** 01339 886072 or  
ranger@glentanar.co.uk for more details

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

**Cost:** FREE

*Glen Tanar Charitable Trust Ranger Service*

**April 6th** 11am - 3pm  
**PEREGRINEWATCH PART 1**

*Guided walk in Glen Doll to view the world's fastest bird as they set up their territory. Stout shoes, appropriate clothing and packed lunch required. Please bring binoculars if you have them.*

**Contact:** 01575 550233

**Meet:** at Glen Doll Ranger Bas (Grid Ref: NO282759)

**Cost:** FREE

*Angus Glens Ranger Service*

**April 9th** 2 - 4pm  
**GO FLY A KITE**

*A chance to make kites out of bits and bobs and weather permitting, fly them.*

**Grade:** A

**Booking:** Essential

**Contact:** 01479 873706 or email  
duncan.macdonald@highland.gov.uk for more details

**Meet:** Ardvonie Car Park, Kingussie. Grid ref: NH 755006

**Cost:** Adults £3, Conc £2, Family £8

*Highland Council Ranger Service*

**April 11th** 5 - 7am  
**LORDS OF THE DANCE**

*An opportunity to witness the spectacle of a Black Grouse lek and other wildlife in spectacular surroundings. Tea and Coffee available.*

**Grade:** A

**Booking:** Essential

**Contact:** 01479 873706 or  
duncan.macdonald@highland.gov.uk for more details

**Meet:** Place given out on booking

**Cost:** Adults £5, Conc £3, Family £12

*Highland Council Ranger Service*

**April 13th** 2 - 3.30pm  
**SPRING TREASURE HUNT**

*A family event searching for clues and treasure, children must be accompanied by an adult.*

**Booking:** Not Required

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

**Meet:** Glen Tilt Car Park

**Cost:** Children £2

*Atholl Estates Ranger Service*

**April 15th** 10am - 2pm  
**RAPTOR TRACK (1)**

*The Cairngorms National Park is home to a variety of birds of prey. We will walk to look for a range of these enigmatic birds whilst learning about their ecology and id tips.*

**Grade:** B

**Booking:** Essential

**Contact:** 01479 873706 or email duncan.macdonald@highland.gov.uk for more details

**Meet:** Shepherds Bride at the end of Glen Road, Newtonmore. Grid ref: NN 693998

**Cost:** Adults £5, Conc £3, Family £12

*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](http://www.cairngorms.co.uk)  
for more information



**KNOW THE CODE  
BEFORE YOU GO**

SCOTTISH OUTDOOR ACCESS CODE [outdooraccess-scotland.com](http://outdooraccess-scotland.com)

*Make it Yours*

[www.visitcairngorms.com](http://www.visitcairngorms.com)

# Tread Lightly in the Park



Cairngorms  
NATIONAL PARK

April 2014

## 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](http://www.cairngorms.co.uk) or ask at your accommodation, local Visitor Information Centre or Ranger base.

### April 16th 3pm - 4.30pm DEER, PONIES, LAMBS & CALVES

A walk on the farm to see spring new-borns and get a look at our red deer and Atholl ponies too.

Children must be accompanied by an adult.

**Booking:** Not Required

**Contact:** 01796 481355 or email [pi@atholl-estates.co.uk](mailto:pi@atholl-estates.co.uk)

**Meet:** Glen Tilt Car Park

**Cost:** Adults £2, Children £1

Atholl Estates Ranger Service

### April 18th 5 - 7am LORDS OF THE DANCE

An opportunity to witness the spectacle of a Black Grouse lek and other wildlife in spectacular surroundings. Tea & coffee available.

**Grade:** A

**Booking:** Essential

**Contact:** 01479 873706 or email [duncan.macdonald@highland.gov.uk](mailto:duncan.macdonald@highland.gov.uk) for more details

**Meet:** Place given out on booking

**Cost:** Adult £5, Conc £3, Family £12

Highland Council Ranger Service

### April 19th 2 - 3pm SCOTLAND'S NOMINATED NATIONAL BIRD

An illustrated talk on Scotland's most iconic bird the Golden Eagle, giving an insight into the life cycle of this magnificent bird.

**Booking:** Required

**Contact:** 01575 550233

**Meet:** at Glen Doll Ranger Base (Grid Ref. NO282759)

**Cost:** FREE

Angus Glens Ranger Service

### April 19th 2 - 3.30pm EGG OLYMPICS

Some egg activities for families. Please bring a (well trained) hard-boiled egg with you. Children must be accompanied by an adult.

**Booking:** Not Required

**Contact:** 01796 481355 or email [pi@atholl-estates.co.uk](mailto:pi@atholl-estates.co.uk)

**Meet:** Blair Atholl Information Centre

**Cost:** Children £2

Atholl Estates Ranger Services

### April 20th 10am - 4pm MAR LODGE OPEN DAY

An opportunity to view the public rooms of the Lodge, and the magnificent Ballroom containing almost 2500 stage heads.

Various activities and displays, plus teas/coffees available.

**Booking:** Not Required

**Meet:** Mar Lodge, AB35 5YJ

**Cost:** Adults: £3, Children Free, NTS members Free

The National Trust for Scotland

### April 20th 10am - 4pm EASTER EGG TRAIL

Follow the nature trail, collect the clues, solve the puzzle and then enjoy your hard-earned Cadbury reward!

**Booking:** Not Required

**Meet:** Mar Lodge, AB35 5YJ

**Cost:** £2 per Trail Sheet

The National Trust for Scotland Ranger Service

### April 22nd 10am - 1pm SEASONAL GUIDED WALK

Join the reserve warden to explore this very special site, focusing on Aspen woodland and the wildlife that is at its most impressive at the time of the walk. Be prepared for wet/cold weather

**Booking:** Not Required

**Contact:** 01540 661518 or [insh@rspb.co.uk](mailto:insh@rspb.co.uk) or visit our website <http://www.rspb.org.uk/reserves/guide/i/inshmarshes/events.aspx>

**Meet:** RSPB reserve car park two miles along the B970 from Kingussie and 1/2 mile beyond Ruthven Barracks.

**Cost:** £3 Adults (RSPB members) £5 Adults (non-members) Children Free  
Inch Marshes National Nature Reserve

### April 24th 5am start!

#### BLACK GROUSE 'DAWNWATCH'

Don't miss this opportunity to view the breeding display of these magnificent birds as seen on BBC Winterwatch 2014, followed by a hearty traditional breakfast in the Mar Lodge dining room. Sorry, no dogs. Bring binoculars if you have them.

**Booking:** Essential - places limited

**Contact:** 01339 720164

**Meet:** Mar Lodge Estate, AB35 5YJ

**Cost:** £25 Adult/Child, including breakfast

The National Trust for Scotland Ranger Service

### April 26th 5am start!

#### BLACK GROUSE 'DAWNWATCH'

Don't miss this opportunity to view the breeding display of these magnificent birds as seen on BBC Winterwatch 2014, followed by a hearty traditional breakfast in the Mar Lodge dining room. Sorry, no dogs. Bring binoculars if you have them.

**Booking:** Essential - places limited

**Contact:** 01339 720164

**Meet:** Mar Lodge Estate, AB35 5YJ

**Cost:** £25 Adult/Child, including breakfast

The National Trust for Scotland Ranger Service

### April 26th 10am - 4pm HANDS ON CONSERVATION

A day of 'putting something back' for nature. In partnership with N.E. group of John Muir Trust. All welcome, adults or accompanied children.

**Booking:** Essential

**Contact:** 01339 886072 or email [ranger@glentanan.co.uk](mailto:ranger@glentanan.co.uk) for more details

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

**Cost:** FREE

Glen Tanar Charitable Trust Ranger Service

### April 26th 12.30 - 4pm PITLOCHRY SUPERDOG

A fun afternoon for dogs with competitions, displays and doggy games. Children must be accompanied by an adult

**Booking:** Not Required

**Contact:** 01796481355 or e-mail [pi@atholl-estates.co.uk](mailto:pi@atholl-estates.co.uk)

**Meet:** Pitlochry Recreation Ground

**Cost:** FREE

Atholl Estates Ranger Service

### April 27th 10am - 3pm THE GREEN GYM

Take part in a practical conservation task with the Balmoral Rangers to help safeguard the wildlife of the Cairngorms National Park.

**Booking:** Essential

**Contact:** 013397 55059

**Meet:** Spittal of Glen Muick Visitor Centre

**Cost:** FREE

Balmoral Ranger Service



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