

Tread Lightly in the Park



Cairngorms
NATIONAL PARK

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

November 2nd 10am-3pm

CALEDONIAN PINE FOREST WALK

A guided walk through pristine native pinewoods in the company of a ranger. Experience the splendour of one of the UK's finest habitats. Learn how these ancient woods are being managed for wildlife.

Distance: 10kms, ascent 250m

Booking: essential

Contact: 013397 55059

Meet: Keiloch car park

Cost: FREE

Balmoral Ranger Service

Every Friday 10am-11am
HEALTH WALK

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

Booking: not required

Contact: 01339 886072

ranger@glentanmar.co.uk

Meet: Glen Tanar Visitor Centre Car Park

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

November 15th 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 and accompanied children.

Booking: essential **Contact:** 013398 86072

ranger@glentanmar.co.uk

Meet: Braealoine Visitor Centre, Glen Tanar

Cost: FREE

Glen Taner Charitable Trust Ranger Service

November 10th & 19th 6.30-9pm
BADGER WATCHING

Watch badgers from a comfortable hide on the banks of the river Spey.

Warm clothes that don't rustle please and bring a torch.

Booking: essential

Contact: Alison Greggans 07710387510

Alison.greggans@rspb.co.uk

Meet: Loch Garten car park, B970

Cost: Adults £10 accompanied children FREE

RSPB / CNP Community Ranger

November 15th 11am-3pm
RED SQUIRRELS

Come along and watch the antics of the red squirrels at our feeders in the Glen Doll forest. Discover the methods used to estimate their numbers.

Stout shoes, appropriate clothing, packed lunch required. Bring binoculars if you have them.

Booking: essential **Contact:** 01575 550233

Meet: Glen Doll Ranger Base, Grid ref:

NO282759

Cost: FREE

Angus Glens Ranger Service

November 5th 10.30am-12.30pm
**MEDITATE TO THE AUTUMNAL
COLOURS**

De-stress on Stress Awareness Day in a mindful fashion! We'll wander through the gorgeous Revack Gardens and have a go at meditating outside - a wonderful experience! Perhaps we'll see some migrating birds too?

Grade C

Contact: Saranne Bish 01479 873914

saranne.bish@highland.gov.uk

Meet: dog walking car park, Revack Estate,

Grantown-on-Spey, Grid ref: NJ032256

Cost: Adults £3.00, conc. £2.00, family £8.00

Highland Council Ranger Service

November 6th 10am-12.30pm
A STRESS-FREE STROLL

Come for a relaxing stroll around the Golf Course Circular trail in Kingussie to mark Stress Awareness day. We will find pleasant places to stop and contemplate the bounty of nature.

Grade B

Contact: Liz Miller 01479 873706

07795 688827

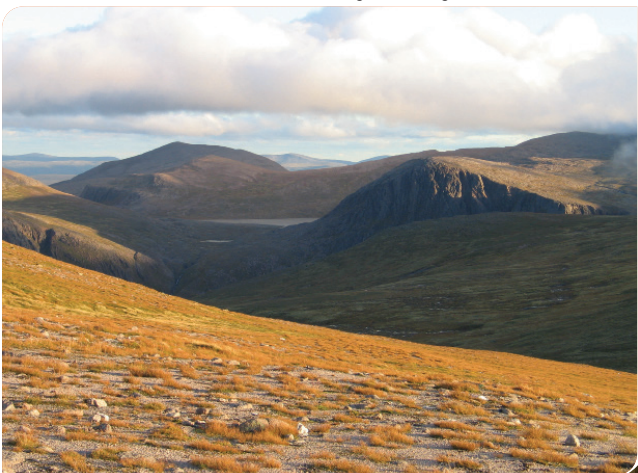
liz.miller@highland.gov.uk

Meet: Ardvonie car park, Kingussie, Grid ref:

NH755006

Cost: Adults £3.00, conc. £2.00, family £8.00

Highland Council Ranger Service



**KNOW THE CODE
BEFORE YOU GO**

outdooraccess-scotland.com

Make it Yours

www.visitcairngorms.com