

Tread Lightly in the Park



Cairngorms
NATIONAL PARK

February 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 small sample of this month's events is listed below – there are many more going on. A full list of events can be found on www.cairngorms.co.uk or ask at your accommodation, local Visitor Information Centre or Ranger base.

Every Friday in February 10.00am – 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 email ranger@glentananar.co.uk for more details

Meet: Glen Tanar Visitor Centre
Car Park

Cost: Free

Glen Tanar Charitable Trust Ranger Service

L4

February 15th 10.00am – 4.00pm 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@glentananar.co.uk for more details

Meet: Glen Tanar Visitor Centre
Car Park

Cost: Free

Glen Tanar Charitable Trust Ranger Service

L4

February 16th 11.00am – 2.00pm A WINTER WONDERLAND

Join the Ranger for a general walk in Glen Doll Forest to discuss the management and natural history of the area. In the event of bad weather, an illustrated talk "Angus Glens Wildlife and the Rangers Role" will be given at the base. Stout shoes, warm clothing, packed lunch required. Please bring binoculars if you have them.

Booking: Essential

Contact: 01575 550233 or email GlenDollRanger@angus.gov.uk

Meet: Glen Doll Ranger Base

Cost: Free

Angus Glens Ranger Service

J2

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