

# Tread Lightly in the Park



**Cairngorms**  
NATIONAL PARK

July 2012

## 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.

Every Day in July 2.00pm–3.00pm  
**FEED THE DEER**

Armed with grain, you can stroke and feed these delightful animals whilst enjoying some magical views of the Spey valley. Rangers are on hand to answer any questions about the Red deer or other wildlife while on your stroll. Lasts approx 1 hour. Booking Essential. For more details call 01479 812345. Meet at Rothiemurchus Centre, Inverdrue by Aviemore. Cost: £8 adults, kids £4  
Rothiemurchus Estate Ranger Service

Daily except Wednesday  
**ROTHIEMURCHUS EXPERIENCE BY LAND ROVER**

This is a fascinating experience looking into the history, people and work of Rothiemurchus. Driven and guided by a Ranger you will visit the Highland Cattle, parts of the Ancient Caledonian Pine Forest, Loch an Eilein with views of its mysterious castle, Tullochgrue high ground, The Doune House and finish off getting up close and hand feeding hinds and stags at the Deer Farm. Meet at Rothiemurchus Centre 01479 812345 booking essential. Cost £30 per person.

Rothiemurchus Estate Ranger Service

Every Wednesday in July (4th, 11th, 18th, 25th)  
**HIGHLAND LADY SAFARI**

Step back in time and get a glimpse into the mysterious world of life on a Highland Estate in the early 1800's. Based on the famous book Memoirs of a Highland Lady this tour takes place at the Grants family home The Doune. Guided by a Ranger walk around this magnificent grand house and witness the work that is being done to restore this outstanding building. You are invited into the living quarters to see the renovation work that has been completed to date. Meet at Rothiemurchus Centre 01479 812345, booking essential. Cost £20 per person.

Rothiemurchus Estate Ranger Service

Every Monday in July (2nd, 9th, 16th, 23rd, 30th) 2.00pm–4.00pm

**MAGICAL MARSHES FAMILY EVENT**

Have fun discovering the wildlife of Insh Marshes. Nature games, minibeast hunt and making crafty creatures. For primary school age children.

Booking not required.

Meet at RSPB reserve car park (2 miles along B970 from Kingussie). Cost: Free  
RSPB

Every Tuesday in July (3rd, 10th, 17th, 24th, 31st) 11.00am–12.00noon

**RED SQUIRREL SAFARI**

Walk through the ancient pine forest to a magical woodland hide and watch red squirrels climbing, jumping and chasing each other, as well as many other woodland creatures such as crested tits, red deer, and woodpeckers. Lasts approx 1 hour.

Booking Essential Call or email for more details on 01479 812345

Meet at Rothiemurchus Centre, Inverdrue by Aviemore. Cost: £8 adults, kids £4  
Rothiemurchus Estate Ranger Service

Every Friday in July (6th, 13th, 20th, 22nd, 29th)  
10.00am–11.30am

**HEALTH WALK**

Easy, low-level ranger-led health walk in the beautiful surroundings of the Glen Tanar Estate. Booking Essential Call or email for more details 013398 86072  
ranger@glentantar.co.uk

Meet at Braeolaine Visitor Centre Car Park, Glen Tanar or pick up in Aboyne

Cost: Free

Glen Tanar Charitable Trust Ranger Service



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## July 1st 11.00am–3.00pm UPPER GLEN CLOVA EAGLE WATCH

Another opportunity to view the breeding Golden Eagles. Booking Essential 01575 550233

Meet at the Glen Doll Ranger Base. Grid Ref: NO282759

Cost: FREE

Stout shoes and packed lunch required. A telescope will be available for use but please bring binoculars if you have them.

Angus Glens Ranger Service

## July 1st – 21st FROM THE GLENS TO THE SEA

A Botanical Exhibition at the Glen Doll Ranger Base. Why are some of our wildflowers so rare? To celebrate three years work at University of Dundee Botanic Garden looking at the cultivation of difficult alpinines in Angus and Tayside, this exhibition of original artwork shows some of our native plants in beautiful detail. Funded by the Gannochy Trust and Friends of the Botanic Garden.

No Booking Required. Drop into Glen Doll Ranger Base (Grid Ref: NO282759) during opening hours.

COST: FREE

Angus Glens Ranger Service

## July 3rd 10.00am – 12.00noon MOTHS IN THE MORNING

Discover the variety of moths caught in the live traps set up overnight on the Muir of Dinnet National Nature Reserve, followed by a search for day-flying moths and butterflies as time allows. Joint event with Scottish Natural Heritage organised in conjunction with Butterfly Conservation. Under 16's must be accompanied by an adult. Please wear suitable outdoor clothing according to weather & sensible footwear. Meet at Burn o' Vat Visitor Centre, near Dinnet grid ref: NO 429997

BOOKING ESSENTIAL: Muir of Dinnet NNR Manager (SNH) on 013398 81667, Catriona.Reid@snh.gov.uk SNH

## July 3rd 10.00am–5.00pm DON'T GET LOST! AN INTRODUCTION TO MAP AND COMPASS

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 in Cairngorm scenery to put your new skills into practice. Bring lunch. Loan of map and compass included, or bring your own. Mid-level Walk Meet at Mar Lodge. Booking essential, phone 013397 20164

Cost £25 adult, £10 child U-16

National Trust for Scotland Ranger Service

## July 3rd 2.00pm–3.30pm MOTHS AND DRAGONS

Hunt for dragonflies and look at the amazing colours of moths caught the night before in our moth trap. Approx. 3 mile walk.

Meet at Glen Tilt Car Park, by Blair Atholl. 1 mile north of Blair Atholl on road to Old Blair.

Cost: Adults £2 and Children £1

Atholl Estates Ranger Service

## July 4th 10.00am–12noon MOTHS & MINIBEASTS SUMMER SAFARI

To celebrate National Insect Week, discover the marvellous moths caught in a live trap set overnight at Morrone Birkwood; then watch wonderful wood ants, beautiful butterflies, dazzling dragonflies and hunt for other small creatures. Event organised in conjunction with Butterfly Conservation.

Meet at the Duck pond car park, Chapel Brae, Braemar grid ref: NO 143911. BOOKING ESSENTIAL- telephone on 013398 80868 or email [marr.ranger@aberdeenshire.gov.uk](mailto:marr.ranger@aberdeenshire.gov.uk)

Under 16's must be accompanied by an adult. Please wear suitable outdoor clothing according to weather & sensible footwear.

Aberdeenshire Council Ranger Service



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July 5th, 12th, 19th, 26th  
7.00pm-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, adorned with the Duke of Fife's antler collection. Easy Walk  
Meet at Mar Lodge. Booking essential, phone 013397 20164  
Cost: £3 adult, children U-16 free  
National Trust for Scotland Ranger Service

July 5th 10.30am – 12.00pm  
**MINIBEAST MAGIC**

Come and hunt for the wriggly, creepy, slithery bugs and beasties to be found in the woods.  
Meet at Glen Tilt Car Park, by Blair Atholl. 1 mile north of Blair Atholl on road to Old Blair.  
Cost: Kids £2. All children must be accompanied by an adult.  
Atholl Estates Ranger Service.

July 6th 2.00pm-4.00pm  
**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!)  
Booking essential, phone 013397 20164  
Meet at Mar Lodge. Cost: Family Ticket £10; unaccompanied children over 21, £5  
National Trust for Scotland Ranger Service

July 8th 12noon-4.00pm  
**MUIR OF DINNET FUN DAY**

Come and join the fun at Muir of Dinnet National Nature Reserve. Lots of games and activities for all the family. It's also Year of Creative Scotland, so come along and try your hand at some crafty activities.  
Booking: Not essential. Meet at Burn o' Vat Visitor Centre, Muir of Dinnet. Cost: All activities are FREE!  
All under 18's must be accompanied by an adult.  
Scottish Natural Heritage

July 8th 2:00pm-4.00pm  
**WILDFLOWER WANDER**

Identify the wonderful array of wild flowers in Glen Muick and learn more about their habitat and uses.  
An easy ramble.  
Booking essential – telephone 013397 55059.  
Meet at Spittal of Glen Muick Visitor Centre.  
Cost: Free  
Balmoral Estate Ranger Service.

July 10th 2.00 - 3.30pm  
**ROCKY TREASURE HUNT**

A family event searching for rocks and treasure.  
Atholl Estates Information Centre, Blair Atholl  
Cost: Kids £2. All children must be accompanied by an adult.  
Atholl Estates Ranger Service

July 10th 10.00 am – 1.00 pm  
**SEASONAL GUIDED WALK**

Join RSPB reserve staff to explore this special site, focussing on flowers and insects.  
Booking not required  
Meet at RSPB reserve car park (2 miles along B970 from Kingussie)  
Cost: RSPB members £2. Non-members £5, Children under 16 free.  
If the weather is good for insects we may run on later.  
Bring a packed lunch.  
RSPB

July 10th 10.30am-12noon  
**PRE-SCHOOL DISCOVERY MORNING**

Killiecrankie Visitor Centre, meet in stone circle A fun morning of activities in the woods for under 5s including painting, crafts and story- telling. Children's event, suitable for families with 3 and 4 year olds  
Booking: Just turn up  
Cost: Children £2; accompanying adults £1  
National Trust for Scotland



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**July 11th & 25th 2pm – 3.30pm**  
**BATTLE OF KILLIECRANKIE**

Killiecrankie Visitor Centre, meet in stone circle Get to grips with the gory details of this gruesome battle. Interactive battle talk (1hr) in woods above Soldier's Leap; followed by children's craft activities and a display of weapons outside the visitor centre. Booking: Just turn up. Cost: Adults £4; Children £2 National Trust for Scotland

**July 11th 2pm - 4pm**  
**DRAGON WALK, GRANTOWN ON SPEY**

Do dragons really exist? There's only one way to find out! Be brave and come and join the Dragon Trail in Anagach Woods, Granttown-on-Spey. Suitable for children aged 4-10 years. Booking essential. Phone for more details and exact location. Grid ref: Given out on booking. Contact Saranne Bish 01479 873914. Cost: Children £3. Highland Council Ranger Service

**July 12th 10.30am – 12.00pm**  
**WET AND WILD**

Kids' event. Discover the weird, watery world around the river. Atholl Estates Information Centre, Blair Atholl. Cost: Kids £2. All children must be accompanied by an adult. Atholl Estates Ranger Service

**July 15th 11.00am– 4.00pm** **CORRIE FEE – A FOCUS FOR NATURE AND LANDSCAPE**

Join SNH's award winning, professional wildlife photographer Lorne Gill and the Reserve Manager in a photo walk into the spectacular Corrie Fee. There will be many stops to take photos and pick up tips for taking better photos with Lorne's guidance. **BOOKING ESSENTIAL.** 01575550233 Maximum - 12 places. Please book early. Meet at Glen Doll Ranger base. Grid Ref: NO282759. **COST: FREE** Stout shoes and packed lunch required. A camera is essential, a tripod would be ideal but enthusiasm is the most important thing. Angus Glens Ranger Service

**July 17th 2.00 – 4.00pm** **KITE MAKING WORKSHOP**

Have a go at making some simple kites and fly them too if it's windy enough. Meet at Atholl Estates Information Centre, Blair Atholl Cost: Donations for materials. All children must be accompanied by an adult Atholl Estates Ranger Service.

**July 17th 10.30am – 12noon**  
**REALLY WILD ART**

Location: The Hermitage, by Dunkeld, meet in lower car park Create your own wild art in the woods – some to leave behind and something to take away with you. Suitable for families with 5 to 12 year olds Booking: Just turn up Cost: Children £3; accompanying adults £1 National Trust for Scotland

**July 18th 10.00am-12noon**  
**PASS OF KILLIECRANKIE DISCOVERY WALK**

Location: Killiecrankie Visitor Centre, meet in stone circle. A walk through the Pass with the ranger – learn about the Jacobites and Soldier's Leap; and discover which plants and animals are 'out and about' in July. Booking: Just turn up. Cost: Adults £4; Children £2 National Trust for Scotland

**July 18th 1.00pm-4.00pm**  
**LIVING IN THE PAST**

A leisurely walk in Glen Lui – picture yourself in this historic landscape, and imagine how life might have been in these 15th Century townships. Mid-level Walk Meet at Mar Lodge. Booking essential, phone 013397 20164 Cost: £5 adult, £2.50 child U-16 National Trust for Scotland

**July 19th 10.30am – 12.00pm**  
**BIRDS OF PREY**

We find out more about nature's flying predators. Meet at Atholl Estates Information Centre, Blair Atholl Cost: Kids £2. All children must be accompanied by an adult. Atholl Estates Ranger Service



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## July 21st 1.00pm-3.00pm EDIBLES AND MEDICINALS

Long before supermarkets and pharmacies, people had to feed and doctor themselves with the plants around them. Join us to find out which plants they used and try some wild foods!

Meet: Burn o'Vat Visitor Centre, Muir of Dinnet  
Booking Essential, only 15 places. Telephone: Catriona Reid 013398 81667. Cost: FREE  
All under 18's must be accompanied by an adult.  
SNH

## July 22nd 1.00pm-5.00pm MYTHS AND 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  
Meet at Mar Lodge. Booking essential, phone 013397 20164. Cost: £10 adult, £5 child  
National Trust for Scotland Ranger Service

## July 24th 2.00pm-4.00pm MINIBEAST CRAFTS

Come and make some bugs and beasts with the rangers. Atholl Estates Information Centre, Blair Atholl  
Cost: Donations for materials.  
All children must be accompanied by an adult.  
Atholl Estates Ranger Service

## July 24th 10.30am-12noon WOODLAND OLYMPICS

Location: The Hermitage, by Dunkeld, meet in lower car park. It's the Olympics - find out about some of nature's Olympic records at the Hermitage.  
Suitable for families with 5 to 12 year olds  
Booking: Just turn up. Cost: Children £3; accompanying adults £1  
National Trust for Scotland

## July 26th 10.30am - 12.00pm SQUIRREL-TASTIC

Find out more about our treetop friends.  
Glen Tilt Car Park, by Blair Atholl. 1 mile north of Blair Atholl on road to Old Blair.  
Cost: Kids £2.  
All children must be accompanied by an adult.  
Atholl Estates Ranger Service

## July 28th 10.00am-4.00pm VOLUNTEER DAY WITH JMT

Hands on conservation day with the John Muir Trust North East Group at Glen Tanar Estate.  
Booking Essential Call or email for more details  
013398 86072 ranger@glentantar.co.uk  
Meet at Braeloine Visitor Centre, Glen Tanar  
Cost: Free  
All welcome, adults or accompanied children.  
Glen Tanar Charitable Trust Ranger Service

## July 29th 12noon-4.00pm TOP DOGS DAY OUT, GLENMORE

It's back for the seventh year! Agility course, displays, quizzes and all sorts of doggy craziness! Register your dog on the day (first come first served basis), or simply come and watch the fun. Joint event with the Forestry Commission Scotland.  
Meet at the Hay Field, Glenmore, near Aviemore. Grid ref: NH 980093. Grade A.  
Contact Saranne Bish 01479 873914  
Cost: £5 per dog registration fee.  
Highland Council Ranger Service

## July 29th 12.00 - 3.00pm FEEDERS AND HOMES

Help out your local wildlife by making nestboxes and feeders. Drop in anytime. Part of Blair Atholl village market.  
Atholl Estates Information Centre, Blair Atholl  
Cost: Donations for materials.  
All children must be accompanied by an adult.  
Atholl Estates Ranger Service.

## July 31st 2.00 - 3.30pm POND DIPPING AT POLNEY

We look for all kinds of weird and wonderful life living in Polney Loch.  
Meet at Cally Car Park, near Dunkeld.  
Cost: Kids £2  
Atholl Estates Ranger Service



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