

Tread Lightly in the Park



Cairngorms
NATIONAL PARK

August 2014

Cairngorms National Park Ranger Services Countryside Events

Every Friday (1st, 8th, 15th, 22nd,
29th) 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 email ranger@glentanar.co.uk

Meet: Glen Tanar Visitor Centre Car Park,

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

August 1st 12 midday - 4.30pm
WOODLAND WILDLIFE DAY

Join the rangers for all kinds of woodland activities including walks, minibeast hunts, moth traps, building bird boxes

Children must be accompanied by an adult.

Booking: Not Required

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

Meet: Glen Tilt Car Park, by Blair Atholl

Cost: Free

Atholl Estates Ranger Service

August 1st 2pm - 4pm
PEERING, POKING & PEEKING INTO

PINE WOODS

A celebration of pine woods from the roots in the ground to the crown at the top. What wildlife lives there?

Booking:

Contact: Saranne Bish on 01479 873914 or email saranne.bish@highland.gov.uk

Meet: Ellan Wood Community woodland car park on Station road, Carrbridge. Grid ref: NH 903228. Grade B.

Cost: Adults £5.00, conc. £3.00, family £12.00. Highland Council Ranger Service

Every Saturday and Wednesday
(2nd, 6th, 9th, 13th, 16th, 20th, 23rd, 27th,
30th) 10.30am - 3.30pm
GUIDED HILL WALK

Join a Cairngorm Ranger for a pleasant walk in the Northern Corries. Weather permitting we may reach the plateau for the spectacular views and environments up there.

Participants must be equipped for hill walking, including boots and suitable water/wind proof clothing. Bring lunch. Suit age 10+. Dogs only

on leads.

Booking: Recommended

Contact: 01479 861341

Meet: Ranger Base overlooking main car park at Cairngorm

Cost: £12 per person

Cairngorm Mountain Ranger Service is provided by HIE to work on Cairngorm Estate

August 2nd 2pm - 4pm
NATURE DETECTIVES

Family fun for all ages. Explore and discover the hidden delights of a picturesque piece of river and woodland of Glen Quoich. What animals might we find here?

Wellies useful! Sorry, no dogs

Booking: Essential

Contact: 013397 20164

Meet: Mar Lodge Estate, AB35 5YJ

Cost: Family Ticket £10; unaccompanied children over 21, £5

The National Trust for Scotland 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



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August 3rd 12pm - 4pm
FAMILY FUN DAY

A fun filled forest awaits! Come along for duck racing, face painting, nest box making, wildlife safaris, and much much more!

Filled rolls, teas, coffees and fantastic cakes will be available to purchase, proceeds to the Abernethy Parent Council

Booking: Not Required

Contact: 01479821409 or jayne.stevenson@rspb.org.uk

Meet: Forest Lodge PH25 3EF (NJ 021 161)

Cost: £5 per child, adults free.
RSPB Abernethy National Nature Reserve

August 5th 2 pm - 3.30 pm
MINIBEAST HUNT AND HOUSE

We go on a minibeast hunt and then you can make a bug house to take home.

Children must be accompanied by an adult.

Booking: Not Required

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

Meet: Blair Atholl Information Centre

Cost: Children £1 and £2 per box
Atholl Estates Ranger Service

August 7th 10.30 am - 12 midday
WET AND WILD

Discover the watery world around the river.

Children must be accompanied by an adult

Booking: Not Required

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

Meet: Blair Atholl Information Centre

Cost: Children £2
Atholl Estates Ranger Service

August 7th and 14th 2 pm - 4 pm
NATURE EXPLORERS - CHILDREN'S EVENT

Join the Balmoral Rangers, for exciting nature activities, storytelling and games.

Children under 16 must be accompanied by an adult.

Booking: Essential

Contact: 013397 55059

Meet: Spittal of Glen Muick Visitor Centre

Cost: FREE
Balmoral Ranger Service

August 7th 2 pm - 4 pm
EDIBLES AND MEDICINALS: WILD FOOD WALK

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

Under 16's must be accompanied. Bring outdoor clothing suited to weather & sensible footwear (1 mile walk with some inclines).

Booking: Essential

Contact: 013398 81667

Meet: Burn o' Vat Visitor Centre, near Dinnet

Cost: FREE
Aberdeenshire Council Ranger Service & SNH

August 7th, 14th, 12st, 28th 7 pm - 8.30 pm

MAR LODGE EVENING STROLL

Join us for an evening stroll in the grounds around the Lodge, with an opportunity to view the interior of the Stag Ballroom.

Easy walk. Tea and shortbread included. Sorry, no dogs.

Booking: Essential

Contact: 013397 20164

Meet: Mar Lodge Estate, AB35 5YJ

Cost: £3 adult, children U-16 free
the National Trust for Scotland Ranger Service

August 9th 8am - 8.30 pm
THE LAIRIG GHRU, 'THE DARK PASS'

Traverse the Cairngorms through this iconic high mountain pass, amid magnificent scenery, led by a qualified Mountain Leader.

Mountain walk. Good walking boots and warm waterproof clothing essential. Sorry, no dogs

Booking: Essential

Contact: 013397 20164

Meet: Linn of Dee, Mar Lodge Estate, nr

AB35 5YJ

Cost: Adults only, £50. Includes return transport
the National Trust for Scotland Ranger Service

August 9th 11am - 2 pm
HEALTH WALK & TALK

Walk up the Dounalt to Jock's Road to discuss the management and natural history of the area.

Stout shoes, appropriate clothing and packed lunch required. Please bring binoculars if you

have them.

Booking: Required

Contact: 01575 550233 or email GlenDoll-Ranger@angus.gov.uk

Meet: Glen Doll Ranger Base, DD8 4RD

Cost: Free

Angus Glens Ranger Service

August 11th, 18th, 25th 2 pm - 4 pm
MAGICAL MARSHES FAMILY EVENT

Have fun discovering the amazing wildlife of Insh Marshes. In the meadows and bird hide we'll play nature games, look for minibeasts and other wildlife, and make crafty creatures.

For families with primary-school-age children.

Booking: Not Required

Contact: 01540 661518 or insh@rspb.co.uk or visit our website <http://www.rspb.org.uk/reserves/guide/inshmarshes/events.aspx>

Meet: RSPB reserve car park two miles along the B970 from Kingussie and ½ mile beyond Ruthven Barracks.

Cost: Free

Insh Marshes National Nature Reserve

August 12th 2 pm - 4 pm

RAPTOR TRACK (2) 

A fun day for all the family to celebrate the birds of prey of the Cairngorms National Park through art and craft activities.

Booking: Not Required

Contact: 01479 873706 or email duncan.macdonald@highland.gov.uk

Meet: Kincaig Community Hall. Grid ref: NH 832059. Grade A.

Cost: Adults £3.00, conc. £2.00, family £8.00.
Highland Council Ranger Service



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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.

August 12th

10am - 3pm (if weather is good)
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 and bring a packed lunch

Booking: Not Required

Contact: 01540 661518 or 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 ½ mile beyond Ruthven Barracks.

Cost: £3 adults (RSPB members) £5 adults (non-members)

Children free (under 16)

Insh Marshes National Nature Reserve

August 12th

8.30am - 10pm

BATS AND BAT BOXES

Make a bat box and come on an evening walk to see our local bats

Children must be accompanied by an adult.

Booking: Not Required

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

Meet: Blair Atholl Information Centre

Cost: £2 per box

Atholl Estates Ranger Service

August 14th

10.30am - 12 midday

CLOUDS AND WEATHER

Discover more about the weather and make some of our own!

Children must be accompanied by an adult.

Booking: Not Required

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

Meet: Blair Atholl Information Centre

Cost: Children £2

Atholl Estates Ranger Service

August 15th

8pm - late

NIGHT HUNTERS AND THEIR PREY!

Get up close and personal with bats and moths! Come and dispel all your fears of these intriguing animals.

Under 16's must be accompanied. Bring warm

clothing, stout footwear, Sunglasses/wide-brimmed hat (to shield eyes from bright moth trap light), Midge repellent & torch. Ballater Victoria Week event in association with Butterfly Conservation.

Booking: Essential

Contact: 013397 55059

Meet: riverside car park, Old Line Road, Ballater

Cost: Free

Aberdeenshire Council & Balmoral Estate Ranger Services

August 16th

10am - 4pm

HANDS-ON CONSERVATION

Join in through this practical conservation day, which includes fence removal, path repair and habitat management.

Please wear work clothes and boots, and bring your own packed lunch.

Booking: Not Required

Contact: email ranger@glentanan.co.uk

Meet: Glen Tanar Visitor Centre

Cost: FREE

Glen Tanar Charitable Trust Ranger Service

August 19th

8pm - 10pm

DUSK WATCH

Look for the creatures that come out at dusk – bats, moths, owls and more

Children must be accompanied by an adult.

Booking: Not Required

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

Meet: Blair Atholl Information Centre

Cost: Adults £2 and Children £1

Atholl Estates Ranger Service

August 24th

11am - 2pm

**WILD FLOWER IDENTIFICATION
FOR BEGINNERS**

A stroll in Glen Doll forest and identify the variety of plants that grow here.

Stout shoes, appropriate clothing and packed lunch required. Please bring binoculars if you have them.

Booking: Required

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

Meet: Glen Doll Ranger Base, DD8 4RD

Cost: Free

Angus Glens Ranger Service

August 24th

1pm - 5pm

**MYTHS AND LEGENDS AROUND
BRAEMAR**

Fact or fiction? Fascinating stories from the past on this hill walk above Inverey, with wonderful views of the Cairngorms.

Mid-level walk. Sorry, no dogs.

Booking: Essential

Contact: 013397 20164

Meet: Mar Lodge Estate, AB35 5YJ

Cost: £10 adult, £5 child

the National Trust for Scotland Ranger Service

August 30th

9am

LOCH MUICK CIRCUIT

Active Aboyne Outdoor Activities Festival 2014

Loch Muick lies within the Royal Family's Balmoral Estate. Led by a ranger from the Balmoral Ranger Service the walk will go round the loch to discover about the special wildlife and vegetation of the area, and of the local history and estate management.

Booking: Essential

Contact: 013398 85222

Meet: Outside the Victory Hall, Aboyne

Cost: £8 (includes transport)

Balmoral Ranger Service

August 30th

10am

**THE ACTIVE ABOYNE WALKING
READING GROUP**

Active Aboyne Outdoor Activities Festival 2014

Walk from Dinnet to Glen Tanar in the company of up and coming Scottish writer, Linda Cracknell.

At the end of the walk, enjoy a cup of tea or coffee and cake from Liz's Larder in the Glen Tanar Visitor Centre while Linda leads the discussion on her own writing. Anyone who might have difficulty in completing the walk is welcome to join the group at the Glen Tanar Visitor Centre at 11am.

Booking: Essential

Contact: 013398 85222

Meet: Dinnet Car Park

Cost: £5 (includes refreshments and minibus ride back to Dinnet or Aboyne)

Active Aboyne's Walking Reading Group and Linda Cracknell



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August 31st 1pm - 4pm

LIVING IN THE PAST

Join us for a leisurely walk in Glen Lui exploring the archaeological remains of 15th Century townships. What was life like for the people that lived here and why did they leave?

Easy walk, partly over rough ground. Sorry, no dogs.

Booking: Essential

Contact: 013397 20164

Meet: Mar Lodge Estate, AB35 5YJ

Cost: £5 adult, £2.50 child U-16

the National Trust for Scotland Ranger Service

August 31st 10am -12.30pm or 2pm-4.30pm

FUN WITH BIRCH CRAFT

Active Aboyne Outdoor Activities Festival 2014

The birch is a much loved tree, which is very common in Deeside. Join this 2-3 hour craft session, to learn various techniques to make your own birch artefacts in a friendly fun creative atmosphere!

Working in a small group, you will quickly master new techniques.

Booking: Essential

Contact: 013398 85222

Meet: Glen Tanar Visitor Centre

Cost: £20 (£10 for under 16's)

Glen Tanar

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