

# Tread Lightly in the Park



Cairngorms  
NATIONAL PARK

September 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.

**Every Saturday and Wednesday**  
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

[ranger@glentancar.co.uk](mailto:ranger@glentancar.co.uk)

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

**Cost:** FREE

Glen Tanar Charitable Trust Ranger Service

**September 5th** 8pm - 12am  
**GATHERING CEILIDH**

Celebrate the eve of the Braemar Gathering with a superb ceilidh band in the stunning location of Mar Lodge's Stag Ballroom.

Price includes light supper. Licensed bar.

**Booking:** Essential

**Contact:** 013397 20170, or email Hywel

Lewis at [hlewis@nts.org.uk](mailto:hlewis@nts.org.uk)

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

**Cost:** £20 per ticket

the National Trust for Scotland

**Booking:** Essential

**Contact:** 01575 550233, or email [glendoll-ranger@angus.gov.uk](mailto:glendoll-ranger@angus.gov.uk)

**Meet:** Glen Doll Ranger Base, Glen Clova,

Angus, DD8 4RD

**Cost:** FREE

Angus Glens Ranger Service

**September 6th** 2pm - 3.30pm  
**FABULOUS FUNGI**

Fungi for beginners. Learn the basics of fungi ID and ecology.

Children must be accompanied by an adult.

**Booking:** Not Required

**Contact:** 01796481355, or email [pf@atholl-estates.co.uk](mailto:pf@atholl-estates.co.uk)

**Meet:** Glen Tilt Car Park, by Blair Atholl

**Cost:** Adults £3

Atholl Estates Ranger Service

**Every Friday** 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

**September 6th** 11am - 3pm  
**HEALTH WALK & TALK**

Join the Ranger on a walk to observe the Flora and Fauna of the Glen including Golden Eagles, Red Deer, Red Squirrel and a variety of wild flowers.

**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)

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**September 7th** 10am - 4 pm  
**MAR LODGE OPEN DAY**

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

Various activities and displays, plus teas/coffees available.

**Booking:** Not Required

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

**Cost:** £3 adult, Children and NTS members Free

the National Trust for Scotland

**September 10th & 19th 8pm - 10pm**  
**BAT WALK**

Ever wondered what bats do for us? Or how they find their way in the dark? Join us for a bat walk in Grantown to find out what bats we have around us.

Dress warmly and bring a torch. Grade B.

**Booking:**

**Contact:** 01479 873914, or email [saranne.bish@highland.gov.uk](mailto:saranne.bish@highland.gov.uk)

**Meet:** Grant Arms Hotel, Grantown-on-Spey. Grid ref: NJ 033279.

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

Highland Council Ranger Service

**September 13th** 11am - 2pm  
**HIDDEN JEWEL - A GEOLOGY WALK**

Join the Ranger and a professional geologist to discover and discuss the formation of Corrie Fee and its physical features since the last ice age.

**Booking:** Essential

**Contact:** 01575 550233, or email [glendoll-ranger@angus.gov.uk](mailto:glendoll-ranger@angus.gov.uk)

**Meet:** Glen Doll Ranger Base, Glen Clova, Angus, DD8 4RD

**Cost:** FREE

Angus Glens Ranger Service

**September 13th** 1pm - 4pm  
**HIGHLAND HARVEST**

Autumn in the Highlands has always been a time of harvest. We will be foraging for fruits, fungi and anything else that catches our eyes whilst learning more about the organisms themselves.

Grade B.

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

**Meet:** Kincaig Community Hall.. Grid ref: NH 832059.

**Cost:** Adults £3, Conc. £2, Family £8  
Highland Council Ranger Service

**September 14th** 10am - 3pm  
**THE TOWNSHIPS OF UPPER GLEN  
MUICK**

Come and explore the abandoned townships of Upper Glen Muick. Visit abandoned houses, corn kilns and still houses and learn how people survived in this harsh environment over two hundred years ago.

A rough mountain walk, off path, with several steep and boggy sections. A good level of fitness is required.

Distance: 8Kms, ascent 290m

Event organised as part of Scottish Archaeology Month.

**Meet:** Spittal of Glen Muick visitor centre

**Cost:** FREE

Balmoral Ranger Service

**September 14th** 2 pm - 4 pm  
**FASCINATING FUNGI**

Ever seen a cauliflower fungus or a toadstool with teeth? Join us for a woodland walk looking at the fascinating array of fungi to be found in the pinewoods.

Easy walk. 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

**September 20th** 10am - 4pm  
**HANDS ON CONSERVATION**

A day putting something back for nature.

Tools/instruction provided. Wear clothes for working in: boots / wet weather gear. Bring packed lunch.

**Booking:** Essential

**Contact:** 013398 86072, or email [ranger@glentanmar.co.uk](mailto:ranger@glentanmar.co.uk)

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

**Cost:** FREE

Glen Tanar Charitable Trust Ranger Service



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