

# Tread Lightly in the Park



**Cairngorms**  
NATIONAL PARK

October 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 Monday 11am - 1.30pm COME AND EXPLORE THE WOODS

Come on a FREE guided family walk with the Ranger in Boat of Garten and discover why these woods are a treasure for local people and wildlife alike.

Well behaved dogs welcome.

**Booking:** Helpful but not essential

**Contact:** 077103875

**Cost:** FREE

RSPB Community Ranger

### Every Sunday 11am - 1.30pm COME AND EXPLORE THE WOODS

Come on a FREE guided family walk with the Ranger in Nethy Bridge and discover why these woods are a treasure for local people and wildlife alike.

Well behaved dogs welcome.

**Booking:** Helpful but not essential

**Contact:** 077103875

**Cost:** FREE

RSPB Community Ranger

### October 5th 10am - 3pm MENDING OUR WAYS

Come and join the rangers as they repair the damage caused by hundreds of thousands of trampling feet on some of Scotland's most popular paths. Take part in a day of practical conservation action in spectacular mountain scenery. All tools and training provided.

**Booking:** Essential

**Contact:** 013397 55059

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

**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 or email [ranger@glentanan.co.uk](mailto:ranger@glentanan.co.uk)

[glentanan.co.uk](http://glentanan.co.uk)

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

**Cost:** FREE

Glen Tanar Charitable Trust Ranger Service

### October 1st 11am - 2pm

#### Souterrain and Raitts, Lynchat

We will explore the remarkable Iron Age souterrain and carry on up to the old village site of Upper Raitts. Fantastic history and views.

**Contact:** Duncan Macdonald on 01479

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

**Meet:** Chapelark Farm B9152, Lynchat. Grid ref: NH 783020, Grade B.

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

Highland Council 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](http://www.cairngorms.co.uk) for more information



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**October 5th** 10am - 3pm  
**CLASH OF THE TITANS**

Join the Ranger and a professional deer stalker on a walk along the Dounalt loop path to watch and listen to the roaring of the rutting stags in the glen as they round up their harem of hinds and warn off other rival stags.

This is a 5 mile return walk on a forest track with little climbing.

**Booking:** Essential

**Contact:** call 01575 550233 or email [glendollranger@angus.gov.uk](mailto:glendollranger@angus.gov.uk)

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

**Cost:** FREE

Angus Glens Ranger Service

**October 7th** 10am - 2pm  
**DRUIM AN AIRD, LAGGAN**

A chance to walk to the old village site of Druim an Aird high above the Pattack Falls.

**Contact:** Duncan Macdonald on 01479

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

**Meet:** Pattack Falls car park, A86 4 miles south of Laggan. Grid ref: NN 567903. Grade B.

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

Highland Council Ranger Service

**October 7th and 21st**  
6pm - 9pm (approximately)  
**BADGER WATCH**

Come and spend an evening in a comfortable hide on the river Spey watching badgers. Opportunities for seeing bats, owls, small mammals and perhaps otter or even pine marten.

**Booking:** Essential

**Contact:** call Allan Bantick on 01479 831768 / 07787323264 or email [allanbantick@yahoo.co.uk](mailto:allanbantick@yahoo.co.uk)

**Cost:** £10 per adult, under 16's go FREE

RSPB and Highland Badger

**October 10th** 4.30pm - 7pm  
**ROAR OF THE REDS**

Experience the sights, sounds and smells of the red deer rut on a 2-mile walk.

<16s must be accompanied. Bring warm & waterproof clothing, stout footwear, torch + (if

you have them) binoculars. Sorry no dogs.  
**Booking:** Essential  
**Contact:** 013398 80868 or email [marc.ranger@aberdeenshire.gov.uk](mailto:marc.ranger@aberdeenshire.gov.uk)  
**Meet:** Balnellan Road car park, Braemar (limited parking at walk venue a few miles away; be prepared to car-share if possible)

**Cost:** Free

Aberdeenshire Council Ranger Service in partnership with Invercauld Estate

**October 10th** 4.30pm - 7pm  
**MONARCHS OF THE GLEN, LAGGAN**

The Red Deer rut is one of Scotland's finest wildlife spectacles. The glens are echoing to roaring of stags at this time of year. We will be looking for other wildlife too.

Meeting place given out on booking. Grade A.

**Booking:** Essential

**Contact:** Duncan Macdonald on 01479

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

**Cost:** Adults £5.00, conc. £3.00, family £12.00.

Highland Council Ranger Service

**October 11th** 10.30am - 3.30pm  
**MOUNTAIN MEANDER**

Meall a Bhuachaille - a Corbet of a hill, to be tackled slowly as we explore Glenmore's past. Slow coaches, families and good dogs very welcome.

Bring lunch and a drink and dress for the hills.

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

**Meet:** Forestry Commission car park by the

Mor Café. NB there is a charge for the car park. Grid ref: NH 976097. Grade C.

**Cost:** Adults £10.00, conc. £5.00.

Highland Council Ranger Service

**October 12th** 11am - 3.30pm  
**ROARING STAGS WALK**

A walk amongst the hills to hear stags at their best. 6 miles. Some rough walking. Bring lunch. Children must be accompanied by an adult.

**Booking:** Essential

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

**Meet:** Details given at time of booking

**Cost:** Adults £6

Atholl Estates Ranger Service

**October 12th** from 11.30am  
**FAMILY FRIENDLY WALKS IN GLENTANAR**

A Sunday walk in beautiful Glentanar, with three family friendly walks to choose from 1, 2 or 5 miles

Refreshments available.

Dogs on a lead welcome.

**Contact:** Call Dr Jack Taylor on 01339 886 297

**Meet:** Glentanar Ballroom

**Cost:** £5.00 per adult, children FREE

Glentanar Charitable Trust Ranger Service

**October 15th** 2pm - 3.30pm  
**WILDLIFE WHODUNNIT**

Follow the clues to find out who has committed this wildlife murder mystery.

Children must be accompanied by an adult.

**Booking:** Not Required

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

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

**Cost:** Children £2

Atholl Estates Ranger Service

**October 17th** 10am - 2pm  
**RAPTOR TRACK(3)**

Young birds of prey are dispersing at this time of year as the short, frugal days of winter fast approach. We will walk through some spectacular surroundings looking for birds of prey and anything they might be hunting.

**Contact:** Duncan Macdonald on 01479

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

**Meet:** Auchlean car park at the end of the public road south of Feshiebridge. Grid ref: NN 851984. Grade C.

**Cost:** Adults £5.00, conc. £3.00, family £12.00.

Highland Council Ranger Service



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October 18th 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:** call 013398 86072 or email [ranger@glentanar.co.uk](mailto:ranger@glentanar.co.uk)

**Meet:** Braaloine Car Park, Glen Tanar

**Cost:** FREE

*Glen Tanar Charitable Trust Ranger Service*

October 18th

6.30pm - 8pm (shorter if cloudy)

### STAR GAZING

*Join us for some dark sky fun for beginners, looking at stars and planets.*

*Children must be accompanied by an adult.*

**Booking:** Essential

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

**Meet:** Details given at time of booking

**Cost:** Adults and Older Children £5

*Atholl Estates Ranger Service*

October 20th

10.30am - 12noon

### SQUIRREL SCAMPERS

*Find out more about our treetop friends*

*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:** Children £2

*Atholl Estates Ranger Service*



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