

# Tread Lightly in the Park



May 2015

## Cairngorms National Park Ranger Services

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.

Every Friday in May  
10am - 11.30am

### HEALTH WALK

Ranger-led walk, over easy ground. To recover/improve fitness & well-being.

**Booking:** not essential

**Contact:** 013398 86072 or

email: [ranger@glentanmar.co.uk](mailto:ranger@glentanmar.co.uk)

**Cost:** FREE

**Meet:** Glen Tanar Visitor Centre  
Glen Tanar Charitable Trust Ranger  
Service

Friday 1st May 6 - 8.30pm  
**RED DEER RAMBLE**

Accompany a Ranger to discover the intriguing lifestyle and learn about the management of the majestic red deer of Glen Muick. This is also a great time of day to observe other wildlife in Glen Muick.

**Booking:** essential

**Contact:** 013397 55059

**Cost:** FREE

**Meet:** Spittal of Glen Muick visitor  
centre  
Balmoral Ranger Service

Sunday 3rd May 11am - 3pm  
**BIRDSONG**

Join the Ranger on a walk through Glen Doll to listen and learn how to identify a variety of forest and upland birds from their songs and calls. Many species are often heard before being seen and the ability to identify their sounds helps in locating them.

**Booking:** essential

**Contact:** 01575 550233 or

[glendollranger@angus.gov.uk](mailto:glendollranger@angus.gov.uk)

**Cost:** Free

**Meet:** Glen Doll Ranger Base, by  
Kirriemuir, DD8 4RD  
Angus Glens 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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### Every Monday in May

11am - 1.30pm

#### RANGER LED GUIDED WALK

A gentle stroll through Deshar woodlands with the Community Ranger will reveal why these woods are special for people and wildlife alike.

Dogs on leads welcome.

**Booking:** essential - 15 people max

**Contact:** 07710 387 510

**Cost:** FREE

**Meet:** Station Square, Boat of Garten  
RSPB Community Ranger

### Every Wednesday in May

9.30am - 1pm

#### RANGER-LED CALEDONIAN FOREST WALK

Saunter along way marked paths that fringe Loch Garten and Loch Mallachie and discover why Abernethy Forest is unique. Enjoy spectacular views, iconic wildlife and stories about people and landscape.

**Booking:** essential - 15 people max

**Contact:** 01479 831 476 or

email: [abernethy@rspb.org.uk](mailto:abernethy@rspb.org.uk)

**Cost:** RSPB member £3, non-members £5,  
children FREE

**Meet:** Osprey Centre car park outside kiosk  
RSPB Community Ranger

### Wednesday 6/13 May time details given on booking BADGER WALK

Watch badgers and other wildlife from a comfortable hide on the banks of the Spey.

[www.highlandbadgers.net](http://www.highlandbadgers.net)

**Booking:** essential

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

**Cost:** adults £10, accompanied children FREE

**Meet:** details given out on booking

Supported by RSPB Community Ranger

### Sunday 10th, 17th & 31st May

11am - 1.30pm

#### RANGER-LED GUIDED WALK

Amble along 'Explore Abernethy' trails through Dell Woods in Abernethy Forest. Discover the hidden history of Nethy Bridge the wildlife of Caledonian pine woodland.

[www.highlandbadgers.net](http://www.highlandbadgers.net)

**Booking:** essential - 15 people max

**Contact:** 07710 387 510

**Cost:** FREE

**Meet:** Information Hub opposite Community Hall,  
Nethy Bridge  
RSPB Community Ranger

### Saturday 16th May

2 - 4pm

#### CAIRNGORMS NATURE EXPLORERS

A Cairngorms Nature Festival Event - come and join the Rangers to build some wildlife homes and learn about the tracks and signs that some of the National Parks wildlife leaves behind.

**Booking:** essential

**Contact:** 013397 55059

**Cost:** FREE

**Meet:** Spittal of Glen Muick Visitor Centre  
Balmoral Ranger Service

### Saturday 16th May

11am - 3pm

#### PEREGRINE WATCH PART I

Join the Ranger on a guided walk in Glen Doll to view the world's fastest flying bird as they bring in prey to the nest to feed their newly hatched young.

**Booking:** essential

**Contact:** 01575 550233 or

[glendollranger@angus.gov.uk](mailto:glendollranger@angus.gov.uk)

**Cost:** FREE

**Meet:** Glen Doll Ranger Base, by Kirriemuir, DD8 4RD  
Angus Glens Ranger Service



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### Saturday 16th May 11am - 12.30pm & 1.30 - 3pm BIRD BOX BUILDING

Join the Glenlivet Ranger to build Bird Boxes and Insect Homes, as part of the Cairngorms Nature Festival. Dogs on leads welcome.

**Booking:** not essential - drop in at anytime

**Contact:** 01479 870070 or [info@glenlivetestate.co.uk](mailto:info@glenlivetestate.co.uk)

**Cost:** FREE

**Meet:** Tomintoul Square  
Glenlivet Estate Ranger Service

### Saturday 16th May 10am - 4pm HANDS ON CONSERVATION (Cairngorms Nature Event)

An opportunity to 'put something back'. Work with the Ranger Service and John Muir Trust members. Practical conservation work.

Tools & Instructions provided. Wear comfortable warm clothes. Bring a packed lunch

**Booking:** essential

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

**Cost:** FREE

**Meet:** Glen Tanar Visitor Centre  
Glenlivet Estate Ranger Service

### Saturday 16th May 2 - 4pm LET'S MAKE HOMES FOR WILDLIFE

Some fun activities to create your very own wildlife homes for you to put in your garden.

**Booking:** not essential

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

**Cost:** adults £4, conc £3, family £11

**Meet:** Town House, Grantown  
Badenoch & Strathspey Highland Council Ranger Service

### Saturday 16th May 1 - 4pm FORAGING WALK

Join local bushcraft expert Willow Lohr in a foraging walk to find out about the plants our ancestors ate and used.

**Booking:** essential - U18's accompanied by an adult

**Contact:** Catriona Reid 013398 81667

**Cost:** FREE

**Meet:** Burn o'Vat Visitor Centre  
Scottish Natural Heritage

### Saturday 16th May 10am - 12pm WINGED WONDERS OF THE NIGHT

Encounter the amazing diversity of moths and learn about their roles in nature. We will unveil last night's live moth trap catch to see some spring-flying species found in the area.

**Booking:** essential - U16's accompanied by an adult

**Contact:** 013398 80868 or

[marr.ranger@aberdeenshire.gov.uk](mailto:marr.ranger@aberdeenshire.gov.uk)

**Cost:** FREE

**Meet:** Burn o'Vat Visitor Centre, near Dinnet  
Marr Ranger

### Sunday 16th May 2 - 4pm WINGED WONDERS OF THE DAY

Discover our native butterflies and find out how you can help them. We will take a short walk (up to 2 miles/3km) to look for butterflies and other insects, including the Pearl-bordered Fritillary, a speciality of the Cairngorms.

Bring outdoor clothing suited to the weather, stout footwear and binoculars (if you have them).

**Booking:** essential - U16's accompanied by an adult

**Contact:** 013398 80868 or

[marr.ranger@aberdeenshire.gov.uk](mailto:marr.ranger@aberdeenshire.gov.uk)

**Cost:** FREE

**Meet:** Cambus O'May Forest Walks car park, near Ballater  
Marr Ranger



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### Saturday 16th May 10.30am - 12pm TINY & COLOURFUL

A short walk for children and their parents with stories, small things to find and tiny things to make.

**Booking:** not essential

**Contact:** 01479 873706 or

[lizmiller@highland.gov.uk](mailto:lizmiller@highland.gov.uk)

**Cost:** adults £4, conc £3, family £11

**Meet:** RSPB Insh Marshes car park  
Highland Council Ranger Service

### Saturday 16th May 12.30 - 1.30pm BEAUTIFUL BUGS & BUTTERFLIES

Come along and make butterfly themed arts and crafts in the forest.

**Booking:** essential

**Contact:** 01466 794 161 or

[morayaberdeenshire@forestry.gsi.gov.uk](mailto:morayaberdeenshire@forestry.gsi.gov.uk)

**Cost:** FREE

**Meet:** Cambus O'May Forest Walks car park, near  
Ballater, AB35 5SD

Forestry Commission Scotland Ranger Service

### Saturday 16th, 6pm - 10pm & Sun 17th May, 8am - 10am WILD NIGHT OUT

Sleep out and experience the night-time sights and sounds of nature. Join the Rangers for evening and morning wildlife activities.

**Booking:** essential

**Contact:** 01796 481355 or [pf@atholl-estates.co.uk](mailto:pf@atholl-estates.co.uk)

**Cost:** TBC

**Meet:** Details upon booking  
Atholl Estate Ranger Service

### Sunday 17th May 10.30 - 12pm & 1 - 2.30pm GARDENING FOR WILDLIFE

Come along to Kingussie and find out how to improve your garden for wildlife with some hands on activities as well as lots of information and inspiration.

**Booking:** essential

**Contact:** 01479 873706 or [liz.miller@highland.gov.uk](mailto:liz.miller@highland.gov.uk)

**Cost:** adults £4, conc £3, family £11

**Meet:** Grassroots Garden Shop, 26 High St, Kingussie  
Highland Council Ranger Service

### Tuesday 19th 10am - 1pm SEASONAL WILDLIFE WALK

Accompany the Reserve Warden to look for spring birds, learn about reserve management and learn interesting facts about our aspen woodland and its associated wildlife. Distance: 4.8kms (3 miles).

**Booking:** not essential

**Contact:** 01540 661518/ 07866 578079

**Cost:** £3 RSPB members, £5 non-members, children  
U16 free

**Meet:** RSPB Insh Marshes car park  
RSPB

### Wednesday 20th 10am - 12.30pm CAKE OUT & ABOUT IN MAY

Join the Ranger for a leisurely Spring walk to see what we find on our way. Everyone welcome. Please bring a flask/ drink and snack (preferably home baking) to have on the way. Spare cake may be available.

**Booking:** not essential

**Contact:** 01479 873706 or [liz.miller@highland.gov.uk](mailto:liz.miller@highland.gov.uk)

**Cost:** adults £4, conc £3, family £11

**Meet:** Ardvonie car park, Kingussie  
Highland Council Ranger Service



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**Sat 23rd & Sun 24th May 10.30am**  
**GARDEN BIO-BLITZ**

*A 24 hour 'blitz' of all the wildlife visiting our community garden. Take home packs available for blitzing your own patch back home. Separate events throughout Saturday and Sunday morning.*

**Booking:** not required - just turn up

**Contact:** 07710 387 510 or

[Alison.greggans@rspb.org.uk](mailto:Alison.greggans@rspb.org.uk)

**Cost:** FREE

**Meet:** Community Garden - Boat of Garten, opposite Boat Hotel

RSPB Community Ranger

**Every Thurs & Sun in May to October**

**10.30am**

**THE NORTHERN CORRIES OF CAIRN GORM**

*Explore the footpaths and easy slopes in the Northern Corries of Cairn Gorm, possibly reaching the plateau if the weather is fair, and returning for 15.30.*

Dogs on leads only, children over 8 years old. Please take own walking kit including boots and lunch. Walks are weather dependent and the availability of the Ranger. More info at [www.naturalretreats.com](http://www.naturalretreats.com)

**Booking:** essential - max 10 places

**Contact:** 01479 861261

**Cost:** adults £12, children £6

**Meet:** Coire Cas car park

CairnGorm Mountain Ranger Service



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