

## Communicating Cairngorms

### Facts and figures about the Cairngorms National Park

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The Cairngorms National Park is one of 15 National Parks in the UK (one of two in Scotland) and is Britain's largest National Park. It is the location for some of the most spectacular landscapes in Britain and is home to an incredible diversity of wildlife and plants.

#### Landscapes

- Did you know ... the Park is 4528 sq kilometres. This is twice the size of the Lake District and Loch Lomond and the Trossachs National Parks, and **an astounding 6 per cent of the size of Scotland**.
- **Five of the UK's highest mountains** lie within the Park and there are an impressive 55 summits over 900 metres.
- WOW ... **36 per cent of land is over 800 metres** and 2 per cent is over 1000 metres.
- You need to see it to believe it ... the Cairngorms National Park contains the **finest collection of glacial landforms outside arctic Canada** - from granite tors to deposits from the Ice Ages.

#### Habitats

- The Cairngorms National Park is **internationally designated** as a protected area by the **IUCN** (International Union for Conservation of Nature). This recognises the special relationship between nature and people.
- **A massive 49 per cent** of the Park is designated as a Natura site and 25 per cent is designated as Sites of Scientific Importance.
- The **central mountain area is a rare habitat** within the UK with special vegetation, insects and other animals adapted to its extreme climate.
- The sparkling waters of the Park – our lochs, rivers and marshes – are amongst the **cleanest in Scotland**. And because of this, they're home to **endangered freshwater pearl mussels**, as well as salmon, trout and **rare lampreys**.
- Did you know ... the Cairngorms National Park contains the **largest extent of semi-natural pine forest** in the UK?

#### Wildlife

- The National Park is home to 25 per cent of the UK's threatened bird, animal and plant species. **Impressive!**
- **Come and see it ...** the Cairngorms National Park is the **best place in the UK for Scottish crossbill** which is the only unique bird to Britain.
- **In the Park you will also find ...** pine marten, red squirrel, badger, capercaillie, Scottish wildcat, water vole, otter, Northern damselfly, aspen hoverfly, dark bordered beauty moth and twinflower.

#### People

- Over **18,000** people call the Park their home. At 4.2 people per square kilometre, the population density is very low.
- Aviemore, Ballater, Braemar, Grantown-on-Spey, Kingussie, Newtonmore and Tomintoul are the major centres of population in the Park.
- **Get active ...** Summer playground? Winter playground? All-year-round playground! Watersports, walking, climbing, whisky tasting, Highland games, golf, horse riding, shooting, snowsports, quad biking, handgliding, fishing, castles, museums, mountain biking, shopping, eating ... sleeping!
- ... at least **1.4m people visit** the Park every year.