

# Tread Lightly in the Park



Cairngorms  
NATIONAL PARK

September 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 Monday** (except 14 Sept)

11am - 1.30pm

### RANGER-LED GUIDED WALK

A gentle stroll through Boat of Garten's Deshar woodlands, with a ranger, will reveal why these woods are special for people and wildlife alike.

Dogs on leads welcome.

**Booking:** essential (max 15 spaces)

**Contact:** 07710 387510 or

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

**Cost:** FREE - donations welcome

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

**Every Thursday & Sunday**

10.30am - 3.30pm

### THE NORTHERN CORRIES OF CAIRNGORM

Exploring the Cairngorms on footpaths and easy slopes in the Northern Corries of Cairn Gorm, possibly reaching the plateau if the weather is fair.

Bring lunch, hill walking boots essential.

**Booking:** essential (max 10 spaces)

**Contact:** Lorna Adam (Mon, Wed & Fri) on 01479 861261

**Cost:** adults £18, children £15

**Meet:** Ranger Base in the Base Station car park in Coire Cas  
Cairngorm Mountain Ranger Service

**Every Friday**

10am - 11.30am

### HEALTH WALK

A ranger-led walk over easy ground. To recover/improve fitness & well-being.

**Booking:** not essential

**Contact:** 013398 86072 or

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

**Cost:** Free

**Meet:** Glen Tanar Visitor Centre  
Glen Tanar Charitable Trust 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 Sunday** (except 20th Sept)

11am - 1.30pm

### RSPB RANGER-LED GUIDED WALK

An amble through Dell Woods, Nethy Bridge - part of Abernethy Forest - will reveal its hidden history that links people and landscape. Plenty of wildlife to spot along the way. Dogs on leads welcome.

**Booking:** Essential (max 15 spaces)

**Contact:** 07710 387 510

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

**Cost:** donations welcome

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

**Tuesday 1st September** 1pm - 5pm

### WILD FOOD FORAGE IN DESHAR WOODS

Join 'fungi obsessive' Mark Williams of Galloway Wild Foods for an amazing journey into the sometimes deadly, often delicious, and always fascinating world of fungi in Deshar Woods, Boat of Garten.

**Booking:** Essential - <http://www.eventbrite.co.uk>

**Contact:** 07710 387 510

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

or [becky.shaw@snh.gov.uk](mailto:becky.shaw@snh.gov.uk)

**Cost:** £30 waged, £10 unwaged/senior/child

**Meet:** Community Hall car park  
RSPB Community Ranger

**Saturday 4th September** 11am - 3pm

### HEALTH WALK AND TALK

Join the ranger on a health walk up the Dounalt to Jock's Road to discuss the management and natural history of the area.

Where appropriate you should have stout shoes, waterproofs, warm clothing and a packed lunch. A telescope will be available for use but please bring binoculars if you have them.

**Booking:** Essential

**Contact:** 01575 550233

email: [GlenDollRanger@angus.gov.uk](mailto:GlenDollRanger@angus.gov.uk)

**Cost:** free

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

**Sunday 5th September** 10am - 4pm

### MAR LODGE OPEN DAY

Come along and view the public rooms of this magnificent sporting lodge as well as the famous Stag Ballroom, adorned with the Duke of Fife's antler collection. Displays about the variety of work carried out on this large Highland estate - deer stalking and maintenance to guided walks and weddings, as well as children's activities.

**Booking:** Not essential

**Contact:** 013397 20164

**Cost:** admission to view interior of Mar Lodge: NTS/NT Members and children U-16 free, non-members £3. Additional charges for participation in various displays.

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

The National Trust for Scotland Ranger Service



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### Friday 11th & Saturday 12th September 8pm - 10.30pm (Fri), 9 - 10am (Sat) **WE'RE ALL OF A FLUTTER FOR NATIONAL MOTH NIGHT & BREAKFAST**

Discover the non-avian winged wonders that abound around Loch Garten Osprey Centre.

**Booking:** essential

**Contact:** 07710 387 510 or

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

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

**Meet:** Walk up the Osprey Centre at RSPB Loch Garten RSPB Community Ranger

### Saturday 12th September 8am - 8.30pm **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 - places limited

**Contact:** 013397 20164

**Cost:** £50 per person (includes return transport).

Payment required in advance.

**Meet:** Linn of Dee car park, Mar Lodge Estate, AB35 5YJ  
The National Trust for Scotland Ranger Service

### Saturday 12th September 10am - 4pm **A WALK BACK THROUGH TIME**

Exploring the glacial legacy of Corrie Fee - a walk with the Ranger and a professional geologist to discover and discuss the formation of Corrie Fee and its physical features since the last ice age.

Where appropriate you should have with you stout shoes, warm clothing and a packed lunch. A telescope will be available for use but please bring binoculars if you have them.

**Booking:** essential

**Contact:** 01575 550233 or

email: [GlenDollRanger@angus.gov.uk](mailto:GlenDollRanger@angus.gov.uk)

**Cost:** free

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

### Sunday 13th September 2pm - 4.30pm **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.

Sorry, no dogs.

**Booking:** essential

**Contact:** 013397 20164

**Cost:** adults £5, children £2.50

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

The National Trust for Scotland Ranger Service

### Sunday 13th September 10am - 4pm **GLEN GIRNOCK HISTORY WALK**

Come and explore the history and natural history of this secluded Glen.

Event run as part of Scottish Archaeology Month.

**Booking:** essential

**Contact:** 013397 55059

**Cost:** free

**Meet:** Crathie Visitor Information Centre  
Balmoral Ranger Service



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### Wednesday 16th September 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.

Please dress warmly and bring a torch.

**Booking:** not essential

**Contact:** 01479 873914 or

email: [saranne.bish@highland.gov.uk](mailto:saranne.bish@highland.gov.uk)

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

**Meet:** Grant Arms Hotel, Grantown-on-Spey  
Badenoch & Strathspey Highland Council Ranger Service

### Saturday 19th September 10am - 4pm HANDS ON CONSERVATION

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

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

**Cost:** free

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

### Saturday 19th September 2pm - 4pm LAGGAN WOODLAND SUPERBUILDERS

Calling all budding architects, woodspeople and builders.

Come to Laggan Wolftrax to find out about how our woodland creatures build their homes and have a go at building one of your own.

Suitable for ages 5-12. Please bring an adult.

**Booking:** not essential

**Contact:** 01479 873706 or

email: [liz.miller@highland.gov.uk](mailto:liz.miller@highland.gov.uk)

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

**Meet:** Laggan Wolftrax  
Highland Council Ranger Service

### Wednesday 23rd September 10am - midday CAKE, OUT AND ABOUT

Join the ranger for a leisurely walk to see what we find on our way in Glen Banchoir, Newtonmore.

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

email: [liz.miller@highland.gov.uk](mailto:liz.miller@highland.gov.uk)

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

**Meet:** Outside Newtonmore Post Office  
Highland Council Ranger Service

### Friday 25th September 8pm - 10pm BAT WALK TO THE RIVER SPEY

Ever wondered what bats do for us? Or how they find their way in the dark?

Join us for a bat walk to the River Spey in Grantown to find out what bats are about. Please dress warmly and bring a torch.

**Booking:** not essential

**Contact:** 01479 873914 or

email: [saranne.bish@highland.gov.uk](mailto:saranne.bish@highland.gov.uk)

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

**Meet:** Grant Arms Hotel, Grantown-on-Spey  
Badenoch & Strathspey Highland Council Ranger Service

### Sunday 27th September 10.30am - 12.30pm FUNGI FORAY

Join expert mycologist Liz Holden to explore the world of fascinating fungi at Muir of Dinnet NNR.

**Booking:** essential - U18 must be accompanied

**Contact:** 013398 81667

**Cost:** free

**Meet:** Burn o'Vat Visitor Centre, near Dinnet, AB34 5NB  
SNH



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**Wednesday 30th September 4.30pm - 7pm**

### **MONARCHS OF THE GLEN**

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

**Booking:** essential

**Contact:** 01479 873914 or

email: [saranne.bish@highland.gov.uk](mailto:saranne.bish@highland.gov.uk)

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

**Meet:** Meeting place given out on booking

Badenoch & Strathspey Highland Council Ranger Service



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