

Glen Tanar NNR, Aboyne



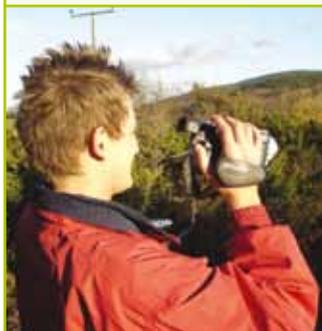
Discover the breathtaking wildness of Glen Tanar National Nature Reserve in the Cairngorms National Park and explore the mountains, rivers and moorland. With impressive ancient Caledonian pine forests and oakwoods that gradually thin into vast hillsides of heather, this glen near Aboyne has lots to offer.

Giving back to the community

Four young local men came to Glen Tanar National Nature Reserve on a community service project and found it to be a life-changing experience thanks to practical conservation work on the Glen Tanar Estate.

The Glen Tanar rangers took these young men on board and showed them how rewarding helping people and the environment could be. Starting with simple jobs, such as cutting and stacking firewood for the visitor centre stoves, the men quickly moved onto learning new skills including fencing, protecting trees from deer and the importance of habitats for wildlife.

At the end of their time at Glen Tanar, the men felt that they had truly benefited from their experience. The initial culture shock of working in the outdoors was so different to their daily lives that they left the programme feeling inspired and motivated.



"The nature and landscape were enough to make me feel motivated about my daily life"

Inspired?
Here's how...

This project was organised by Glen Tanar Ranger Service.

If you would like to organise a practical conservation project with the Glen Tanar rangers, please contact ☎ 013398 86072 🌐 www.glentantar.co.uk

Top things to do

Wildlife watching

Glen Tanar NNR has excellent examples of ancient pine forests, which provide a home to some of Scotland's most endangered species, including the Scottish crossbill, capercaillie and red squirrel. Red and roe deer are frequently seen and birds of prey soar overhead. Guided Land Rover tours can be booked at the Estate Office.

 Estate Office 013398 86451

Walking and cycling

Glen Tanar has a network of waymarked trails that lead through farmland, native pine forest and along the River Tanar. Many trails are suitable for walking, mountain biking and pony trekking. There are toilets at the entrance to the Reserve.

 Visitor Centre 013398 86072



Historic Aboyne

Aboyne in Royal Deeside dates back to the 17th century, although there has been a castle here since the 13th century. Nearby Craigievar Castle is a baronial castle which has Jacobean artwork and furniture and a delightful park with trails. Disabled parking is available and assistance dogs are welcome in the castle.

 Craigievar Castle 0844 493 2174

Adventure Activities

This varied countryside provides many opportunities for adventurous activities from mountain biking and karting to archery and horse riding.

 Ballater Visitor Information Centre
013397 55306

 www.visitcairngorms.com

Walking to health

Every Friday, the Ranger Service leads a one-hour guided walk around the Reserve for those who are starting out or are unsure of their fitness level. A minibus picks up and drops off people in Aboyne. Everyone is welcome and you can enjoy a cup of tea and a chat afterwards.

 Ranger Service 013398 86072



Conservation volunteering

If you would like to be involved in hands-on practical conservation activities, the Ranger Service with the John Muir Trust hold regular monthly sessions. By prior arrangement, they can also organise wildlife monitoring where you can learn how to sample and identify species in river, pond and woodland habitats.

 Ranger Service 013398 86072

Ranger service

Glen Tanar has an active, friendly ranger service that organises a number of events throughout the year, including for Red Squirrel Week and the Royal Deeside Venison Festival. They also arrange visits for a wide range of groups, from pre-school to special interest.

 Ranger Service 013398 86072

How to get here

Nearest train station is Aberdeen (30 miles)

 Scotrail 08457 550033

 www.firstscotrail.com

Nearest bus stop is Aboyne (3 miles)

 Northern Bluebird 01224 212266

Community Travel Grant

 <http://outdoors4all.org.uk/ctg.html>

Pick up a copy of *The Cairngorms Explorer* leaflet in the Visitor Information Centre for useful information about how to get to and around the Park without a car.

Eating

There are a number of restaurants in nearby Aboyne.

Access for all

The Visitor Centre has accessible parking and toilets. Some of the trails are fully accessible.

Accommodation

Glen Tanar Estate has a campsite, which can be booked in advance. It also has holiday cottages, all of which welcome walkers. One of the cottages is a designated assisted disabled property.

Staying longer?

Explore nearby:

- Balmoral, Royal Deeside
- Linn of Dee
- Muir of Dinnet NNR

Further information

Scotland's National Nature Reserves

 www.nnr-scotland.org.uk

Visit Cairngorms

 www.visitcairngorms.com

Glen Tanar Ranger Service and Visitor Centre

 www.glentantar.co.uk

 ranger@glentantar.co.uk

 013398 86072

Glen Tanar Estate Office

 info@glentantar.co.uk

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