



Cairngorms
National Park
Pàirc Nàiseanta a'
Mhonaidh Ruaidh

Tread lightly in the Park

Cover image © Rachel Keenan

Please do not light a campfire in the National Park

The woodlands and peatlands of the Cairngorms are internationally important and can easily catch fire. One spark is all it takes to accidentally start a wildfire which can destroy habitats and kill wildlife. Using a gas stove for cooking helps prevent wildfires.



The Park is home to the largest area of native woodland in Britain. By not lighting a fire you are helping conserve it.

© Cairngorms National Park Authority

Take the lead and be a responsible dog walker

In areas with ground nesting birds, from April to August, please keep your dog on a short lead or close at heel. In areas with protected wildlife, follow all signage and keep your dog on a lead where requested. On farmland, keep your distance from livestock and don't take your dog into fields with young animals.

When ground nesting birds are disturbed the eggs / chicks are at risk from predators. You can help prevent this by keeping your dog on a lead.



Lapwing © Mark Ranner

You can help keep the Cairngorms special by enjoying the outdoors responsibly, respecting other people and caring for the environment.

Please follow the guidance in this leaflet, as well as any on-site signage and advice from rangers. Guidance may vary at different sites.


Your access rights and responsibilities are explained in the Scottish Outdoor Access Code.

SCOTTISH OUTDOOR
ACCESS CODE
outdooraccess-scotland.scot



Leave no trace when wild camping

Camp well away from buildings, roads, paths, historic sites. Ensure you aren't disturbing wildlife or other people. Camp in small numbers and move on after two or three nights. Use a gas stove for cooking (no campfires please!) and remove all traces of your camp pitch, including litter.

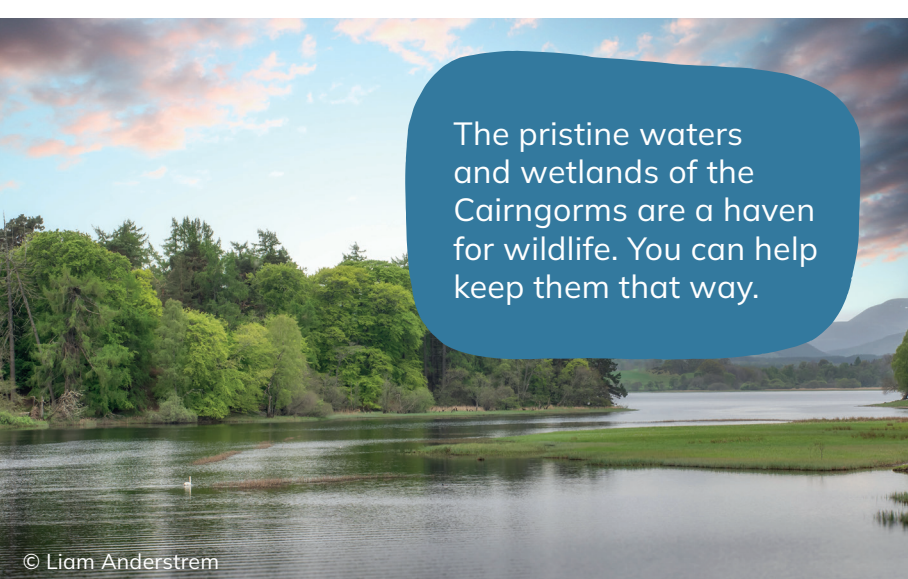


By leaving no trace you are playing a part in keeping the Cairngorms a special place for everyone to experience and enjoy.

© VisitScotland / Damian Shields

When you've got to go, go away from water

Use a public toilet if there is one. If not, 'go' at least 30 metres away from lochs, rivers and streams and away from buildings and paths. Dig a hole and bury solid waste, pack out any toilet paper and sanitary items.



The pristine waters and wetlands of the Cairngorms are a haven for wildlife. You can help keep them that way.

© Liam Anderstrem

Respect other water users

If you are canoeing, paddling or wild swimming please remember lochs and rivers are shared with wildlife and anglers. Give wildlife space and avoid nesting areas, eg islands and bays with vegetation. Follow any local signage about zoned conservation areas or seasonal restrictions.

Be barbecue savvy

Single-use, disposable barbecues are damaging to the environment, a high fire risk and can cause injury to people and wildlife when not disposed of responsibly. Please do not use them in the National Park.

Thank you for helping to protect the Cairngorms National Park and its special wildlife.

Visit cairngorms.co.uk for further information.