

# Tread Lightly in the Park



October 2013

## Cairngorms National Park Ranger Services Countryside Events

Every Friday in October 10 - 11.30am  
**HEALTH WALK**

Easy, low-level ranger-led health walk in the beautiful surroundings of the Glen Tanar Estate.

**Booking:** essential

**Contact:** 01339 886072 or  
ranger@glentanmar.co.uk

**Meet:** Glen Tanar Visitor Centre Car Park,  
Glen Tanar or pick up in Aboyne

**Cost:** FREE

Glen Tanar Charitable Trust Ranger Service

October 2nd 10am - 2pm

### DUN DA LAMH, LAGGAN

The fort of Dun da Lamh is one of the finest Iron Age sites in Badenoch and Strathspey and commands a superb view over upper Strathspey and beyond.

**Contact:** 01479 873706 or  
duncan.macdonald@highland.gov.uk

**Meet:** car park just past Laggan Village Stores

**Cost:** adults £5, conc £3

Highland Council Ranger Service

October 5th 1.45 - 5pm

### SECRETS OF STRATHDON

Discover Strathdon's rich history & natural beauty on a walk linking new waymarked trails around the village. 9km/5.5 miles mainly on surfaced paths/minor roads with some rough tracks & gradual ascent/descent.

Bring waterproofs, stout footwear & snack.

**Booking:** essential

**Contact:** 013398 80868 or  
marr.ranger@aberdeenshire.gov.uk

**Meet:** car park/picnic site between war memorial & motte by A944, Bellabeg, Strathdon

**Cost:** FREE

Aberdeenshire Council Ranger Service

October 9th 10am - 2pm

### MONARCS OF THE GLEN

The red deer rut is one of Scotland's finest wildlife spectacles. We will take a walk into a remote glen to hopefully experience the full power of the rut, whilst being alert for other wildlife.

**Booking:** book before 4pm Tues 8th Oct

**Contact:** 01479 873706 or  
duncan.macdonald@highland.gov.uk

**Meet:** given out on booking

**Cost:** adults £5, conc £3

Highland Council Ranger Service

October 11th 4.30 - 7pm

### ROAR OF THE REDS

Experience the sights, sounds and smells of the red deer rut, when stags challenge each other for the hinds among stunning scenery. 3km/2 miles on landrover track with gentle inclines.

U16s must be accompanied. Bring warm & waterproof clothing, stout footwear, torch and (if you have any) binoculars. Sorry no dogs.

**Booking:** essential

**Contact:** 013398 80868 or  
marr.ranger@aberdeenshire.gov.uk

**Meet:** public car park, Balnellan Road, Braemar

**Cost:** FREE

Aberdeenshire Council Ranger Service &  
Invercauld Estate

October 11th 4.30 - 7pm

### MONARCS OF THE GLEN, LAGGAN

The red deer rut is one of Scotland's finest wildlife spectacles, with the glens echoing to roaring of stags. We will be on the lookout for other wildlife.

**Booking:** book before 4pm Thurs 10th Oct

**Contact:** 01479 873706 or  
duncan.macdonald@highland.gov.uk

**Meet:** place given out on booking

**Cost:** adults £5, conc £3

Highland Council Ranger Service

October 13th 11am - 3pm

### CLASH OF THE TITANS

Join the Ranger and a professional deer stalker on a walk along the Dounalt loop path to watch and listen to the roaring of the rutting of Red Deer stags.

Stout shoes, warm clothing and packed lunch required. Please bring binoculars if you have.

**Booking:** essential

**Contact:** 01575 550233

**Meet:** Glen Doll Ranger Base

**Cost:** FREE

Angus Glens Ranger Service

October 13th 11am - 3pm

### ROARING STAGS - MOUNTAIN VIEWS

Climb some low hills with the ranger to get some excellent views of the high hills, and hopefully hear stags at their best.

Some rough walking off a path. No dogs please.

**Booking:** essential

**Contact:** 01796 481355

**Meet:** Blair Atholl

**Cost:** adults £6

Atholl Estates Ranger Service

October 15th 11am - 3pm

### THE KING OF BIRDS, COIGNAFERN

The Golden Eagle is a majestic, iconic species that is also Scotland's unofficial National bird, but can you recognise them? Join the Ranger in the heart of the Monadhliath to get to grips with identifying eagles and hopefully, other birds of prey.

**Contact:** 01479 873706 or  
duncan.macdonald@highland.gov.uk

**Meet:** car park at the end of the public road in Strathdearn, south west from Tomatin

**Cost:** adults £5, conc £3

Highland Council Ranger Service

October 17th 2 - 3.30pm

### AUTUMN TREASURE HUNT

A family event searching for clues and treasure. All children must be accompanied by an adult.

**Meet:** Glen Tilt Car Park, by Blair Atholl. 1

mile north of Blair Atholl on road to Old Blair.

**Cost:** £2

Atholl Estates Ranger Service

October 17th & 18th 6.30-8.30am

### OUT WITH THE OTTERS AT DAWN

Creep about in the early hours looking for these beautiful elusive creatures. No guarantees we'll see any but it'll be fun trying!

**Booking:** book before by 5pm Mon 16th Oct

**Contact:** 01479 873914 or  
sarranne.bish@highland.gov.uk

**Meet:** given out on booking

**Cost:** adults £5, conc £3

Highland Council Ranger Service



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www.visitcairngorms.com

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October 2013

## Cairngorms National Park Ranger Services Countryside Events

**October 19th** 10am - 4pm  
**VOLUNTEER DAY WITH JMT**

*Hands on conservation day with the John Muir Trust North East Group at Glen Tanar Estate.*  
All welcome, adults or accompanied children.

**Booking:** essential

**Contact:** 013398 86072 or

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

**Meet:** Glen Tanar Visitor Centre, Glen Tanar

**Cost:** FREE

*Glen Tanar Charitable Trust Ranger Service*

**October 20th** 12.30-3.30pm  
**HISTORIC WALK AT DORBACK**

*Join locals from Dorback with a wealth of knowledge and the Explore Abernethy ranger for an historic walk.*

Bring waterproofs, warm clothes and a snack.

**Booking:** essential

**Contact:** 01479 821565 or

[ranger@nethybridge.com](mailto:ranger@nethybridge.com)

**Meet:** Nethy Bridge Community Centre

**Cost:** donation

*Explore Abernethy Ranger Service*

**October 20th** 2 - 3.30pm  
**RED SQUIRREL WALK**

*Come and look for our red squirrels and learn more about them.*

Children are welcome but need to be able to stand still and quietly. No dogs please.

**Meet:** Glen Tilt Car Park, by Blair Atholl

**Cost:** adults: £2, quiet children £1

*Atholl Estates Ranger Service*

**October 31st** 3 - 5pm  
**BEASTLY BADENOCH TALES**

*One to get you in the mood for Halloween. Some dark tales of the area, told within the ancient walls of the barracks. Dare you enter?*

Please dress warmly.

**Contact:** 01479 873706 or

[duncan.macdonald@highland.gov.uk](mailto:duncan.macdonald@highland.gov.uk)

**Meet:** Ruthven Barracks car park

**Cost:** adults £3, conc. £2

*Highland Council Ranger Service*

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. A list of events can also be found on [www.cairngorms.co.uk](http://www.cairngorms.co.uk) or ask at your accommodation, local Visitor Information Centre or Ranger base.



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