



The Wildlife of the Cairngorms National Park

CAIRNGORMS



Day 1

Join the A93 from Aberdeen as it heads west along Royal Deeside. At Aboyne, follow signs to Glen Tanar National Nature Reserve (NNR), where the ancient Caledonian pinewoods house a wide variety of plants and wildlife including Scottish crossbill, a bird unique to Scotland. A few miles further west, ospreys are often seen fishing at Muir of Dinnet NNR, where otters are also active. A trip out with "Walk Deeside" will allow you to experience the upland haunts of red deer and golden eagle, or, for a less strenuous activity, join a "landrover safari" with a Balmoral Ranger. Just beyond Ballater, follow the narrow B-road to Loch Muick and Lochnagar wildlife reserve, home to red deer and golden eagle. End your day near Braemar at Mar Lodge Estate home to a variety of wildlife from red squirrels to red deer and breeding waders.

Day 2

Leaving Ballater on the A939, keep an eye out for golden eagle hunting for mountain hare and red grouse. Continue to Tomintoul and drop in to the Glenlivet Estate Information Centre to find out more about wildlife on the estate. Arrangements can be made (in advance) with "Glenlivet Wildlife" for a guided early morning visit to a black grouse lek in April and early May. Follow signs to Delnabo and the spectacular Ailnack Gorge, Scotland's largest glacial meltwater channel. The area around the gorge is home to roe deer, red squirrel, red grouse and red deer. Head out of Tomintoul on the B9008. About 3 miles along this road at Feith Musach during the spring is an excellent place to see breeding lapwing, curlew, redshank, oystercatcher and snipe. Continue past Tomnavoulin and turn right through Tombae, where roe deer and brown hare browse amongst the birches. Stop at the end of the road by the River Livet to spot dipper, grey wagtail, common sandpiper and, during late autumn, spawning salmon.

Day 3

From Grantown on Spey head out on the B970 to Abernethy Forest NNR, the largest native Scots pinewood in Britain. View osprey on their treetop nest at Loch Garten between April and August. The rare capercaillie can also be seen here at an organised viewing hide, just after sunrise during April and May. Scottish specialities such as Scottish crossbill and crested tit can be seen throughout the year in the forest nearby. Go out for the day with a wildlife guide from "Speyside Wildlife" or "Highland Wildlife & Birdwatch Safaris" to see ptarmigan, dotterel and other mountain wildlife, or forest specialities, such as Scottish crossbill and crested tit. Head to Rothiemurchus where one of their local guides can take you out to enjoy the special wildlife on the estate, or experience ospreys coming in to fish at their fishery. Spend the evening at Speyside Wildlife's forest hide to see animals that prefer coming out after dark, such as pine marten and badger.

Day 4

Before leaving Aviemore enjoy an early morning stroll through Craigellachie NNR to spot the peregrine falcons, which regularly nest here from April to July. Head down the B9152 to the wildlife park at Kincaig to see Scottish wildlife, past and present, including wolves, bison, otters, wildcats and more. Take a boat trip out on Loch Insh to view the water birds and mammals that live around the loch. Now head south to Insh Marshes NNR near Kingussie. This is one of Europe's most important wetlands where you're likely to see lapwings, redshanks and curlews as well as oystercatchers, snipe and, in the winter, vast flocks of whooper swans and greylag geese. Finally, for something a little different, end your day at Falls of Truim just south of Newtonmore which is a great spot for salmon watching.

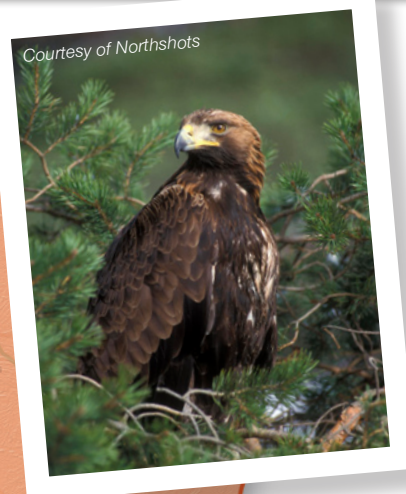
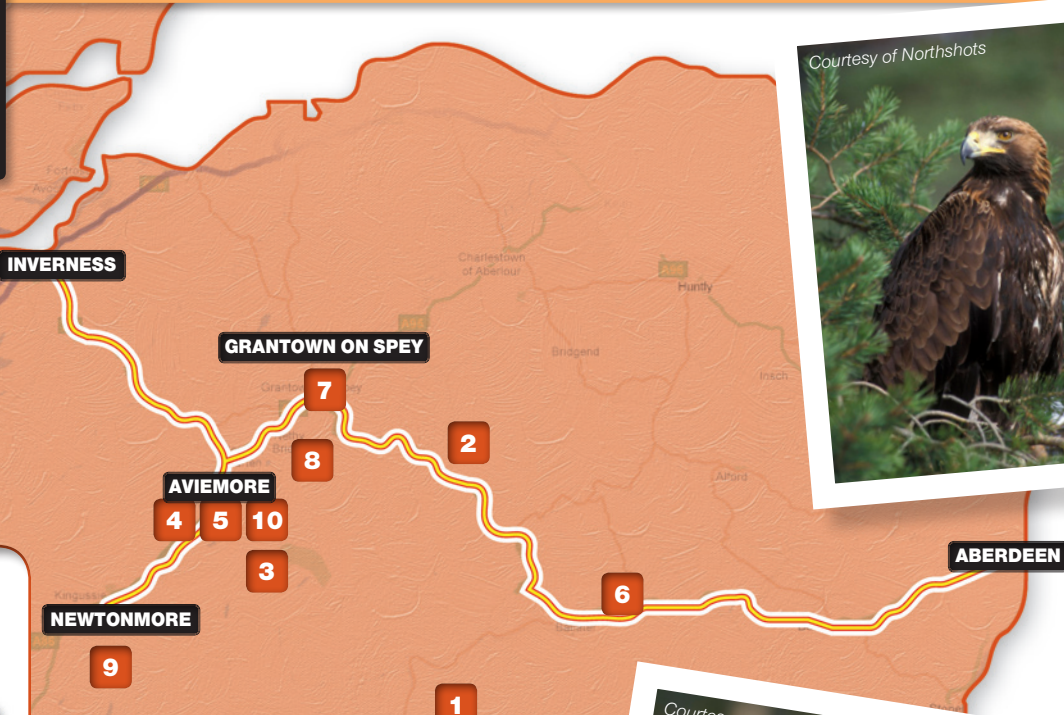
WILDLIFE HIGHLIGHTS

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
1 Golden eagle	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2 Pine marten	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3 Osprey				✓	✓	✓	✓	✓	✓			
4 Scottish crossbill	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5 Crested tit	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6 Black grouse	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7 Red deer	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
8 Ptarmigan	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
9 Red squirrel	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10 Dotterel					✓	✓	✓	✓				

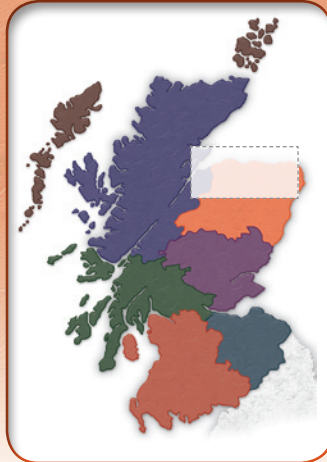


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Courtesy of Northshots



Organisations not shown on the map are either regional initiatives or run holidays to the area, but are based elsewhere.



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<p>1 BALMORAL LUXURY LAND ROVER SAFARIS</p> <p>Guided wildlife safaris on the royal Balmoral Estate.</p> <p>Tel: 013397 42534 www.balmoralcastle.com</p>	<p>5 ROTHMURCHUS ESTATE</p> <p>Highland estate with walks, wildlife tours and hides.</p> <p>Tel: 01479 812345 www.rothiemurchus.net</p>	<p>9 NORTHSHOTS</p> <p>Wildlife and landscape photography holidays.</p> <p>Tel: 01540 651352 www.northshots.com</p>
<p>2 GLENLIVET WILDLIFE</p> <p>Off-road wildlife safaris and guided walks.</p> <p>Tel: 01807 590241 www.glenlivet-wildlife.co.uk</p>	<p>6 WALK DEESIDE</p> <p>Activity holidays and guided walks in Cairngorms National Park.</p> <p>Tel: 01339 880018 www.walkdeeside.com</p>	<p>10 SPEYSIDE WILDLIFE</p> <p>Wildlife watching holidays, guided day tours and dusk wildlife watches in Cairngorms National Park.</p> <p>Tel: 01479 812498 www.speysidewildlife.co.uk</p>
<p>3 THE CAIRNGORMS REINDEER CENTRE</p> <p>Visit Britain's only herd of free ranging reindeer living in the Cairngorms National Park.</p> <p>Tel: 01479 861228 www.cairngormreindeer.co.uk</p>	<p>7 BIRD WATCHING AND WILDLIFE CLUB</p> <p>Accommodation for wildlife-watchers: The Grant Arms Hotel, Granttown on Spey.</p> <p>Tel: 01479 872526 www.bwwc.co.uk</p>	<p>11 WILDERNESS SCOTLAND</p> <p>Group and bespoke walking and activity holidays.</p> <p>Tel: 0131 6256635 www.wildernessscotland.com</p>
<p>4 HIGHLAND WILDLIFE & BIRDWATCH SAFARIS</p> <p>Guided wildlife safaris in the Cairngorms National Park.</p> <p>Tel: 01479 811169 www.highlandwildlifesafaris.co.uk</p>	<p>8 HEATHERLEA</p> <p>Wildlife watching holidays.</p> <p>Tel: 01479 821248 www.heatherlea.co.uk</p>	<p>ROUTE STATISTICS</p> <p>Length 4 days / 3 nights Mode of transport Car Start Aberdeen Finish Newtonmore</p>