

Be a **Responsible** **Visitor** to the

Cairngorms NATIONAL PARK



The Cairngorms, Britain's largest National Park, has something for everyone from castles, distilleries and gentle strolls to fun parks, quad bikes and extreme sports. The Cairngorms contain some of the best wildlife habitats in the UK - ancient pine forests, arctic mountain tops, lochs, rivers and moorland and are home to a quarter of the UK's threatened species. This is why we want to safeguard the Park so that future visitors can continue to enjoy such a collection of outstanding environments in such a variety of different ways.

Getting Here and Around

Getting to the Cairngorms National Park has never been easier, but making the right choice for the environment is getting harder! If you visit outwith the peak holiday season it may cost you less and be far less busy.

Most people come by car, but why not try giving it a holiday too – even if it's only for a day or two! There are plenty more 'green' ways to get out and discover the Park. There are way-marked trails around and between most villages, as well as longer routes into the mountains. Many of these are also great for cycling and there are bike hire centres in Laggan, Kingussie, Aviemore, Braemar and Ballater.

You could use public transport. The Cairngorms Explorer contains public transport information for the Park and suggests walks and cycle rides to tie into your journey. The summer bus service, the Heather Hopper, travels right across the Park – a stunning journey over high moorland.

Most tourism activity and transport generates unavoidable carbon emissions, but one way to compensate for those emissions is through an initiative such as the voluntary carbon donation schemes like those at CairnGorm Mountain and Loch Muick.

Accommodation and Services

Look out for the Green Tourism Business Scheme (GTBS) award. This means that a business acts responsibly with regards to energy consumption and the environment. GTBS is open to accommodation providers, tour operators, visitor attractions, activity providers, restaurants and other businesses. Look out for the logo and please support those businesses demonstrating environmental good practice.



The Cairngorms National Park is one of Scotland's natural larders - game from the hills and moorland, fish from some of Scotland's most famous rivers, Highland Beef and other speciality breeds from the local farms and fruit and veg from speciality producers. All of this wonderful produce is available throughout the Park either ready prepared and cooked by some of the wonderful chefs of the area, or to buy direct from local shops or the Cairngorms Farmers Market. For details of dates and locations visit www.cairngorms-farmers-market.com or ask your accommodation provider.



**Cairngorms
Farmers Market**
QUALITY FROM THE NATIONAL PARK

Our Cultural Heritage

There's a fascinating array of castles, ancient monuments and heritage sites in the National Park. Be sensitive to their historic and sometimes fragile character and respect the local signposting and advice. Visit a local festival or event such as a Highland Games. It's a great way to enjoy a first hand experience and insight into Scottish culture. Check out events via your local Visitor Information Centre or ask at your accommodation.

Visit small shops and fairs which specialise in authentic local goods and hand-made trade, crafts and food. By doing this you will be lending valuable support to local businesses who play a key role in the rural economy of the National Park. For information on local arts and crafts visit www.creativecairngorms.co.uk



Our Natural Environment

In Scotland you have the right to be on most land and inland water if you take responsibility for your own actions, respect the interests of other people and care for the environment. We recommend reading the Scottish Outdoor Access Code which is a practical and indispensable guide for anyone wanting to have fun in Scotland's countryside. For full details please see www.outdooraccess-scotland.com or ask your accommodation provider.

The mountains, moors and forests of the Cairngorms National Park are truly outstanding - you can help care for them by:

- Avoiding damage and disturbance. Some plants can be easily damaged and some birds and other animals can be easily alarmed or distressed.
- Disposing of your rubbish responsibly, including biodegradable items like fruit peel - use recycling points where available, there may even be a composting system in place where you're staying... just ask.

Throughout the National Park you can see and hear some of Europe's best wildlife. Always watch from a distance and avoid any restricted areas. There are many companies that can help you get close to the National Park's wildlife. See www.wild-scotland.org for more details.

Wherever possible, lend your support to the valuable work of environmental and wildlife conservation organisations such as the Scottish Wildlife Trust, the Royal Society for the Protection of Birds (RSPB) and the John Muir Trust. You could even do a John Muir Award while you're in the National Park - see www.johnmuiraward.org for more details.

We really hope that you enjoy your visit and return home with many unforgettable memories of the Cairngorms National Park. By following this guide you will be making a highly valued contribution to the conservation of our natural and cultural heritage for future generations.

