

Dear Team Members,

**Training Visits to the Cairngorms National Park**

We understand that some team members will wish to visit the Cairngorm National Park for some on the ground training ahead of the Challenge in September.

Please be aware that most of the Cairngorms Challenge routes are highly protected conservation areas. This is a critical time for wildlife which has just entered their breeding season and the area is home to the largest percentage of endangered species of ground nesting birds in the UK as well as many other “at risk” species.

Because of this, Barnardo's would request that teams must gain permission from the local land owner, as indicated in the table below, to ensure that the routes they are taking will not cause any damage to the local flora and fauna or add any unnecessary pressure to already under threat areas. Note that orienteering and OS Maps do not highlight sensitive areas and “Trail Maps” are not agreed with local land owners.

Land Owner	Contact	Hike or bike	Notes
Cairngorm Mountain	n/a	Hike only	Must stick to way marked trails, especially on high plateau between Ptarmigan Rest & summit
Rothiemurchus	Alph.Mcgregor@rothie.net	Bike only	Biking maps available from Rothiemurchus* Must keep to the way marked biking routes Permission required for groups of ten or more
Forestry Commission	n/a	Hike & Bike	Must stick to way marked forest trails. Bike maps available: Visitor Centre, Glenmore
Pityoulish	n/a	Bike only	Keep to main tracks
RSPB	abernethy@rspb.org.uk	Bike only	Permission required for groups of ten or more. Five days notice please.

Failure to gain permission as indicated will put the event in jeopardy; the areas are beautiful, wild and exceptional – lets endeavour to keep them that way!

Finally, if you do decide to make a training visit, please extend courtesy to other users and ALWAYS give way and give space to walkers.

Thank you for your understanding and good luck with your training!

*M. Gaunt*

**Mary Gaunt**  
Challenge Events Manager

\*Biking maps available from Rothiemurchus Centre at Inverdrue, Rothiemurchus Fishery and Clay Shooting and at Loch an Eilein Centre. RRP £2, FOC to registrants on production of this letter.

