

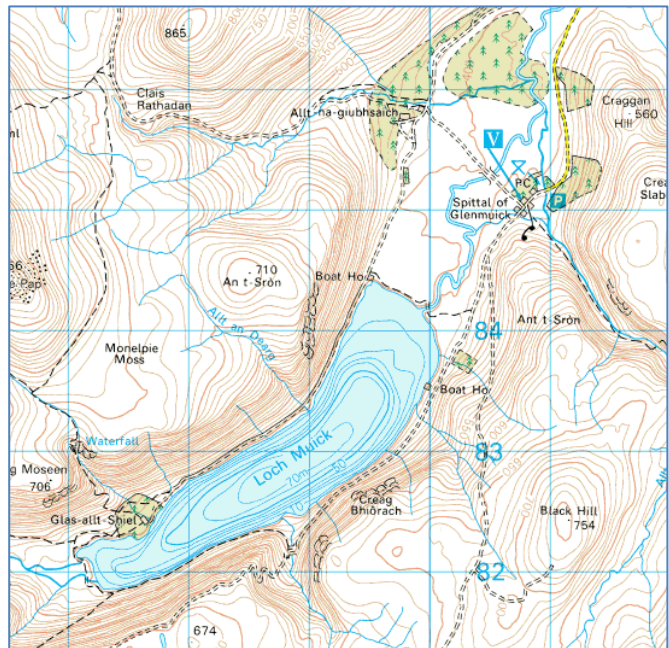
## Information for DofE Teams using the Spittal of Glen Muick, Balmoral Estate

In recent years there has been an increase in Duke of Edinburgh Award groups utilising Balmoral Estate and the Cairngorms National Park area. Balmoral Estate manages DofE groups wishing to camp in the very busy Spittal of Glen Muick area in order to minimise their environmental impact and to ensure the best possible experience for participants. Before deciding to come on to the Estate please consider whether your group could undertake their expedition in a less popular area or somewhere closer to home. This is a very popular area used by hundreds of thousands of people every year, and lots of DofE groups, so the cumulative impact of all these visits could be damaging.

There are three bookable designated DofE campsites located near the Spittal of Glen Muick (marked on the ground with a sign). These are for one DofE team per night. Groups are allocated a campsite on a 'first come first serve' basis- so book early to avoid disappointment! Some groups book the sites up to six months in advance.

All DofE teams are asked to use these sites when planning routes camping at, or within a couple of kilometres of, the Spittal of Glen Muick, or around Loch Muick. Expeditions will not be granted notification numbers by DofE Scotland if they do not abide by this.

If you would like to camp elsewhere on the Estate please contact Glyn Jones to ensure your activities do not conflict with Estate activities or conservation interests.



Whilst camping in Glen Muick please 'leave no trace'.

- ALL packaging, cans, food waste etc. must be carried out and should not be burnt or buried.
- Excrement should be buried in a hole several inches deep, well away from any watercourse and biodegradable toilet paper used.
- If camping near the visitor centre please use the public toilets.
- Be discrete, put your tents up late in the day and take them down early in the morning.
- Please leave the campsites as you find them.

Please be aware that during the summer months all camp sites can be extremely midgy and can harbour ticks which carry Lyme disease. The estate recommends that participants wear trousers and gaiters and long sleeved shirts and check themselves and remove any ticks as often as possible.

The estate recommends that leaders look at the CNP Tread Lightly in the Park PowerPoint presentation before planning their expedition.

To book a campsite or for any further information or help please contact the Head Ranger, Glyn Jones at:  
[glyn.jones@balmoralcastle.com](mailto:glyn.jones@balmoralcastle.com)