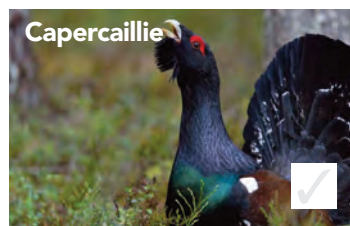


How many of these have you spotted in the forest?

SPECIES

CAIRNGORMS NATIONAL PARK



Capercaillie

The turkey-sized Capercaillie is one of Scotland's most characteristic birds, with 80% of the UK's species living in Cairngorms National Park. Males are a fantastic sight to behold with slate-grey plumage, a blue sheen over the head, neck and breast, reddish-brown upper wings with a prominent white shoulder flash, a bright red eye ring, and long tail.

Best time to see Capercaillie: April-May at Cairngorms National Park



Pine Marten

Pine martens are cat sized members of the weasel family with long bodies (65-70 cm) covered with dark brown fur with a large creamy white throat patch. Pine martens have a distinctive bouncing run when on the ground, moving front feet and rear feet together, and may stop and stand upright on their haunches to get a better view.

Best time to see Pine Martens: June-September at Cairngorms National Park



Golden Eagle

Most of the Cairngorm mountains have just been declared as an area that is of European importance for the golden eagle. If you spend time in the uplands and keep looking up to the skies you may be lucky enough to see this great bird soaring around ridgelines, catching the thermals and looking for prey.

Best time to see Golden Eagles: June-September in Aviemore



Badger

Badgers are still found throughout Scotland often in surprising numbers. Look out for the signs when you are walking in the countryside such as their distinctive paw prints in mud and scuffles where they have snuffled through the grass.

Best time to see badgers: June-September in Aviemore



Red Squirrel

The Highlands of Scotland are one of the few parts of the UK where the red squirrel exists in the absence of the grey squirrel. Squirrels are most active first thing in the morning – one or two hours after dawn is the best time to see them.

Best time to see Red Squirrels: June-September in Aviemore

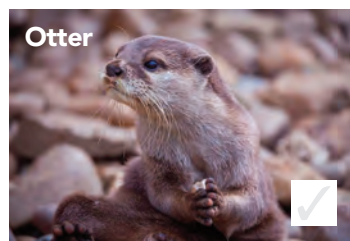
TROSSACHS NATIONAL PARK



Osprey

Loch Lomond has a great mix of woodland and wetland giving rise to a huge range of species. In the summer months, migrants such as redstarts and wood warblers can be seen in the woods with the stunning osprey feeding in the loch.

Best time to see Ospreys: April-July



Otter

A furry favourite for everyone, the characterful Otter can be found throughout Loch Lomond and The Trossachs National Park. The best time to spot them is at dawn and dusk, in rivers, lochs, and by the coast, when they hunt for treasures such as fish, crab, frogs or small birds. Be patient though as if they dive they can stay submerged for 6 - 7 minutes!

Best time to see Otters: September-November