

HIGHLAND, MORAY AND ABERDEENSHIRE · SCOTLAND

Cairngorms National Park



Britain's biggest national park: Caledonian pinewoods with crested tits and red squirrels, and a high plateau of ptarmigan, dotterel and mountain hares.

86 species to look for: 19 mammals, 46 birds, 3 reptiles, 3 amphibians, 2 fish, 6 butterflies and 7 dragonflies.

☐ Tick it when you see it Note the date and place *Italic notes* say where to look Seen of 86

SPECIES	DATE AND PLACE
01 Mammals	19
☐ Red Deer	
☐ Roe Deer	
☐ Reindeer <i>The free-ranging herd on Cairn Gorm, from the Glenmore centre</i>	
☐ Mountain Hare <i>White in winter on the high slopes</i>	
☐ Rabbit	
☐ Red Squirrel <i>Feeders at Loch Garten and Glenmore</i>	
☐ Pine Marten <i>Evening hides in Speyside</i>	
☐ Otter	
☐ Eurasian Beaver <i>Released at RSPB Insh Marshes from late 2024; watch quietly at dusk from the reserve paths and hides</i>	
☐ Badger	
☐ Red Fox	
☐ Stoat	
☐ Weasel	
☐ Water Vole	
☐ Wildcat Rare <i>Very rare and hard to tell from hybrids. A lifetime sighting</i>	
☐ Hedgehog	

SPECIES	DATE AND PLACE
01 Mammals	CONTINUED
☐ Common Pipistrelle	
☐ Soprano Pipistrelle	
☐ Daubenton's Bat <i>Skimming the Spey and lochs at dusk</i>	
02 Birds of prey	11
☐ Golden Eagle	
☐ Osprey <i>Loch Garten and Rothiemurchus fish farm, April to August</i>	
☐ Buzzard	
☐ Hen Harrier	
☐ Merlin	
☐ Peregrine Falcon	
☐ Kestrel	
☐ Sparrowhawk	
☐ Goshawk	
☐ Tawny Owl	
☐ Short-eared Owl	

SPECIES	DATE AND PLACE
03 Mountain and moorland birds	14
☐ Ptarmigan <i>The plateau above Cairn Gorm and Lochnagar</i>	
☐ Red Grouse	
☐ Black Grouse <i>Displaying at dawn in spring on moorland edges; watch from a car, far back</i>	
☐ Capercaillie Rare <i>Now very rare. Never go looking at leks; stay on paths in the pinewoods</i>	
☐ Dotterel <i>High tops in May and June; keep to the paths</i>	
☐ Golden Plover	
☐ Snow Bunting	
☐ Ring Ouzel	
☐ Wheatear	
☐ Meadow Pipit	
☐ Curlew	
☐ Lapwing	
☐ Snipe	
☐ Whinchat	
04 Forest and river birds	21
☐ Crested Tit <i>Old pines at Abernethy and Rothiemurchus; in Britain, found only in the old pinewoods of the Scottish Highlands</i>	
☐ Crossbill	
☐ Siskin	
☐ Coal Tit	
☐ Goldcrest	
☐ Treecreeper	
☐ Great Spotted Woodpecker	
☐ Redstart	
☐ Tree Pipit	
☐ Spotted Flycatcher	
☐ Woodcock	
☐ Cuckoo	
☐ Raven	

SPECIES	DATE AND PLACE
04 Forest and river birds	CONTINUED
☐ Dipper	
☐ Grey Wagtail	
☐ Goldeneye <i>Breeds in nest boxes on Speyside lochs</i>	
☐ Goosander	
☐ Common Sandpiper	
☐ Oystercatcher	
☐ Whooper Swan <i>Insh Marshes in winter</i>	
☐ Black-throated Diver <i>Large lochs in summer; very easily disturbed when nesting, so watch from a distance</i>	
05 Reptiles and amphibians	6
☐ Common Lizard	
☐ Adder	
☐ Slow Worm	
☐ Common Frog	
☐ Common Toad	
☐ Palmate Newt	
06 Fish	2
☐ Atlantic Salmon <i>Leaping at the Linn of Dee and Spey falls in autumn</i>	
☐ Brown Trout	
07 Butterflies and dragonflies	13
☐ Scotch Argus	
☐ Small Pearl-bordered Fritillary	
☐ Dark Green Fritillary	
☐ Small Heath	
☐ Peacock	
☐ Small Tortoiseshell	
☐ Azure Hawker <i>A Highland speciality of boggy pinewood</i>	
☐ White-faced Darter <i>Bog pools at Abernethy in June</i>	

SPECIES	DATE AND PLACE
07 Butterflies and dragonflies	CONTINUED
☐ Northern Emerald	
☐ Golden-ringed Dragonfly	
☐ Common Hawker	

SPECIES	DATE AND PLACE
07 Butterflies and dragonflies	CONTINUED
☐ Four-spotted Chaser	
☐ Large Red Damselfly	

My trip

FROM _____ TO _____

TRAVELLING WITH

STAYING AT SEEN of 86

FIRST ANIMAL WE SAW

BEST MOMENT

FIELD NOTES AND SKETCHES

KEEP IT IN WILDER

Tick them off in the app

Scan to open this list in Wilder. Add your photos, get a summary of the whole trip and earn the Cairngorms passport stamp.



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ALSO SEEN, NOT ON THIS LIST

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A guide, not a guarantee: what you see depends on season, luck and patience. Give wildlife space and never feed it. Checklist by Wilder, [getwilder.app](#). Set in Fraunces and Inter Tight.