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2020



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2020
COASTS
& WATERS

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2025



Tubing, River Garry, Killarney



Kayaking, Lochgelly



Cuillin Ridge, Isle of Skye



Galloway Active Centre, Loch Ken, near Castle Douglas

Welcome

Whether it's wakeboarding on a picturesque loch, kite surfing off white sandy beaches or trying your hand at canyoning over and through fast-flowing waterfalls, you are guaranteed to find the perfect activity during Scotland's Year of Coasts & Waters 2020, whatever your age or ability.

Or, if you'd prefer to stay on dry land, there is miles of countryside waiting to be discovered on bike, horseback or by foot, whilst in the winter, Scotland's five snowsports centres transform into snowy wonderlands.

If you fancy trying something new, rock climbing, land yachting and quad biking are just a few of the activities on offer.

With stunning scenery, breathtaking landscapes and a warm welcome that is second to none, Scotland really is the perfect setting for your outdoor adventures.



Join the conversation
#YCW2020

Cover: Stand up paddle boards on Loch Inch, Cairngorms National Park © Jakob Iwanicki

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Mountain biking, 7stanes Innerleithen



Surfing, Brims Ness, Caithness

“ The view of the wild Scottish landscape from the top of a Scottish Munro is unbeatable. ”

Hazel Irvine, TV Presenter



Skiing, Glencoe Mountain



TreeZone, Balloch, Loch Lomond



Horse riding, Isle of Arran

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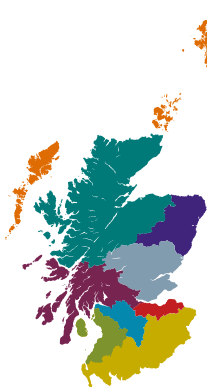
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A regional colour index to help guide you through this booklet



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Scotland on Two Wheels

Discover a country that is the ideal destination for cyclists of all ages and abilities.

Scotland's fabulous landscapes, plentiful peaceful routes and accessibility make it an attractive destination for cyclists and mountain bikers.

You could bring your own bike or hire one from a growing number of outlets. Why not choose an e-bike and take advantage of power-assisted pedalling to ride further and with greater ease?

If you can't decide where to ride first, check out over 2,600 miles of dedicated cycling routes developed by Sustrans, the charity that looks after the National Cycle Network (NCN), and other partners.

Information on several Sustrans routes, such as the Caledonia Way NCN 78, the Glasgow to Edinburgh NCN 754 and the Lochs & Glens NCN 7, which journeys from the Scottish border to Inverness, can be found at visitscotland.com/cyclingroutes

Routes to go

Many routes, whether you choose to ride for a few hours or multiple days, can be reached by train or ferry, so you can holiday in Scotland without need of a car.

The Scottish islands are popular with cyclists. For an easier outing, visit Cumbrae for a 10-mile loop of the island, or ride a section of the scenic Hebridean Way (NCN 780) in the Outer Hebrides.

Other routes to consider are the C2C Scotland route, a Five Ferries island tour, Edinburgh Loops and Links, The Rings of Bredalbane and several coastal routes known as 'Scotland's sustainable shores'.

Ride on

Scotland is also world-acclaimed for mountain biking. There are many dedicated trail centres with routes for all abilities, from easy greens to technical blacks. You could visit the 7stanes centres in southern Scotland, or, further north, there's Laggan Wolfrax, Learnie

Red Rock and Highland Wildcat Trails, to name a few.

Some centres have become famous after playing host to major cycling events. Cathkin Braes was built for the 2014 Commonwealth Games in Glasgow, while Nevis Range near Fort William is an annual venue for the UCI Mountain Bike World Cup and hosted the 2007 UCI Mountain Bike & Trials World Championships.

Scotland is also looking forward to the honour of being the first nation to host all 13 world championship cycling disciplines at the UCI Cycling World Championships in 2023. The Sir Chris Hoy Velodrome and the Glasgow BMX Centre will see some of the action alongside other venues across the country.

With cycling offering environmental and health benefits, too, it's no wonder Scotland is keen to attract more two-wheeled holidaymakers.

Cycle events

Etape Loch Ness

Highlands
26 April 2020
www.etapelochness.com

Etape Caledonia

Perthshire
17 May 2020
www.etapecaledonia.co.uk

TweedLove Transcend Epic

Scottish Borders
June 2020
www.tweedlove.com

UCI Mountain Bike World Cup

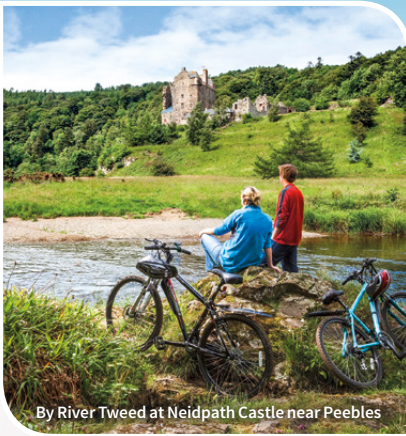
Highlands
6-7 June 2020
www.fortwilliamworldcup.co.uk

Tour o' the Borders

Scottish Borders
6 September 2020
www.tourotheborders.com

Poppyscotland Sportive

East Lothian/Scottish Borders
September 2020
www.poppyscotland.org.uk



By River Tweed at Neidpath Castle near Peebles



Mountain biking, Glentress and Innerleithen

“ Having travelled the world over I have yet to find a better training ground. ”

*Mark Beaumont,
Round the World Record Breaking Cyclist*

Active with a Twist

Active adventures make the perfect partner for indulging your passions, such as good food, history and wildlife.

If you love great food and drink, have an interest in history or enjoy spotting wildlife, you'll be thrilled to discover many activities with a twist in Scotland.

In towns and cities, you can join a cycling, running or walking tour between historic attractions, or further afield, how about hiring an e-bike to visit some of the castles along Scotland's Castle Trail in Aberdeenshire or the Four Abbeys cycle tour in the Scottish Borders?

Whether you're a keen cyclist, prefer an e-bike or to go by car, there are foodie gems to be found on day or multi-day trips, such as Scotland's Food Trail in Aberdeenshire, the Seafood Trail on the west coast or the East of Scotland Seafood Trail. Also check out VisitScotland's e-book, Taste of Scotland's Foodie Trails.

Distilleries

Distillery attractions are highlighted on Scotland's Gin Map - visitscotland.com/scottishgin and on Scotland's Whisky Map - visitscotland.com/whisky. You could even join Spirit of the Spey

on a canoe and whisky trip on the River Spey.

On the whisky island of Islay, a four-mile traffic-free Three Distilleries Pathway is aimed at walkers and cyclists, while the Hebridean Whisky Trail (hebrideanwhisky.com) offers a voyage of discovery between



Slow kayaking with cheese and wine, River Tay

the islands of Skye, Raasay and Harris.

Several companies offer 'tastes and trails' adventures with options to mountain bike, walk or take a boat or train to local food and drink attractions.

Otter Adventures is a supporter of 'slow adventures' in partnership with food producers and

restaurants in the Highlands, while Outdoor Explore in Perthshire can provide paddlers with a specially-made cheese and wine board to take on their kayaking trips.

The quiet life

For wildlife enthusiasts, it's a good idea to choose one of the quieter ways to actively explore, such as canoeing, paddleboarding or Segways. Alternatively, join a wildlife spotting outing led by a guide.

A camera stalking activity at various Scottish estates, such as Assynt in the north west and Fearann Eilean Iarmain on Skye, combines a hike with a chance to photograph red deer.

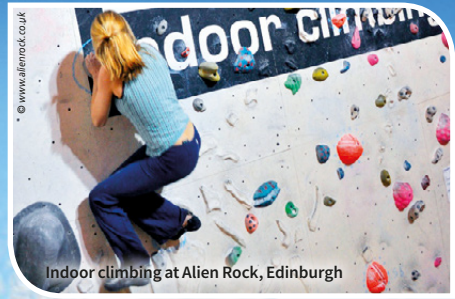
Basking Shark Scotland combine scuba diving trips with activities such as scenic drives, walks, historical sites, secret spots, movie locations and distillery visits. Check out the new Hebridean Whale Trail (whaletrail.org), too, for the best places to see these graceful mammals.

It's amazing how much you can see and do on an active holiday in Scotland.

© www.baskingsharkscotland.co.uk



Cycling passing Dunollie Castle, near Oban



Indoor climbing at Alien Rock, Edinburgh



Basking shark watching, Oban

“ You can't beat Scotland for a good walk, generally followed by a restorative whisky in a handy pub. ”

Penny Smith, Former GMTV Presenter

Fun with the Family

Families are in for a fantastic treat with so many active gems available.

Whether you are a family with young children or teenagers, and whatever your aspirations for adventure, there are many activities to try in Scotland.

If you are not sure what pursuit to choose, a taster day or half day with an outdoor provider is a great place to start. Many companies offer family focused sessions with a choice of activities, such as paddleboarding, canoeing or white water rafting, mixed with bushcraft, archery and high ropes courses.

One activity provider, Nae Limits, has a dedicated programme for children at the Wee Limits Adventure Academy, and Wee Adventures in Aberfeldy offers amazing experiences specifically designed for wee folk.

Family-friendly

Watersports centres, especially on inland lochs, such as Morlich, Ken and Insh, also offer a choice of activities to suit everyone in the family. While the kids learn dinghy sailing, the adults could try windsurfing. There are family-friendly activity centres in parks, at historic houses and on farms with a range of things to do, from pedal

boats and mazes to adventure playgrounds and zip wires.

Families can take a Farm Buggy Tour at Melvich, near Thurso, to learn how a traditional Scottish farm is run.

Guided outings by Canadian canoe, two-person kayaks, mountain bikes or e-bikes are perfect for mixed-ability groups. Just ask for guides to tailor a tour to suit your family.

Thrill seekers

Horse and pony riding treks offer plenty of family enjoyment. Sure-footed Highland ponies offer some of the best riding in the world. Riding can be a risky sport so book in at a BHS approved establishment (bhs.org.uk/enjoy-riding/find-a-place-to-ride).

Families always enjoy the chance to see wildlife in a natural setting. Book a Land Rover safari or a dusk wildlife experience. Can you spot Scotland's Big Five (red squirrel, red deer, harbour seal, otter and golden eagle) during your holiday?

For families with thrill-seeking children, Scotland will not disappoint. Try coasteering, canyoning, white water rafting, tubing, river sledging, river boarding or zorbing, to name a few ideas. In the winter, there is skiing and snowboarding at five snowsports centres, whilst Snow Factor near Glasgow and several artificial slopes offer year round sliding.

Indoor attractions

And don't worry if there are rainy days because towns and cities have indoor attractions, such as indoor skateparks, climbing centres and even a real snow ski slope near Glasgow. When the sun comes out again, other urban gems include go-karting, paintballing and paddleboarding.

With so much to do in Scotland, families might need to book another active holiday.

Insider Tip

"I love to go horse riding in my spare time and I've had this dream of galloping along the beach. On a recent trip to Ayrshire I got the chance to do this and what an amazing experience it was - I felt like I was in the movies!" *Clare Grant*



Skiing at Snow Factor, Renfrew, near Glasgow



Canadian canoeing, Glen Affric, The Highlands

“ When I was young, a great day trip was taking the bikes from Largs to Millport. ”

Jean Johansson, TV Presenter

Island Adventures

There are over 800 islands in Scotland, 118 of which are inhabited. With so many to choose from, your toughest decision will be where to go first!

Scotland invites you to splash into the Year of Coasts & Waters 2020 - and where better than on one of the country's many islands.

There are so many different islands to choose from, with coastal gems and islands located in lochs, and each with a unique charm and atmosphere.

You'll enjoy fabulous shorelines, such as the acclaimed white sandy beaches of the Outer Hebrides, and inland landscapes that range from surprisingly low-lying to magnificently mountainous.

The beginning

An island adventure will start with

Insider Tip

"My first experience of kayaking was around the Arisaig Skerries. Couldn't have imagined anything better – blue skies, crystal clear waters, seals basking on the shores. What a fantastic way to explore Scotland."

Megan Donnachie

your mode of transport. Perhaps you'll cycle over a bridge, take a ferry, paddle by kayak, sail, or fly in a small plane.

And once you arrive, you'll discover a menu of activities for all ages to enjoy. On the islands of Arran, Mull and Skye, for example, you can choose kayaking, canyoning, gorge walking, mountain biking and road cycling.

Have you heard about Islandeering? To tick off an island you must walk or cycle its perimeter.

Tiree is a popular surfing and kite surfing destination, while for coastal action suited to all the family, try bodyboarding. Likewise, the islands of Lewis and Harris are popular with surfers. You can also join guided coasteering trips.

On the small Isle of Cumbrae there is the national watersports centre, where you can learn windsurfing, sailing, kayaking and paddleboarding.

Sea kayaks are a great way to explore the waters around other islands, such as Kerrera, near Oban, the small isle of Seil, next to Easdale, and the

Summer Isles in the north west Highlands. For experienced kayakers, the Scottish Sea Kayak Trail is worth investigating (scottishseakayaktrail.com).

Alternatively, the jewel of Loch Lomond in one of Scotland's two National Parks has dozens of islands, which can be visited by power boat, jet ski, a kayak, or a paddleboard.

Spotting wildlife

Every island adventure boasts opportunities for spotting wildlife. Join a wildlife boat trip from Mull to see sea eagles or marine life including whales, or how about swimming with basking sharks or seals near Coll?

The islands have many historical connections, too, with castles, churches and abbeys dotting the countryside. Two large island chains, Shetland and Orkney, in particular are acclaimed for ancient relics and sites.

Orkney is also popular with climbers, especially those with the skills to climb the famous Old Man of Hoy.

It's not difficult to see why Scotland's islands are famed worldwide.



Windsurfing at Gullane Beach, East Lothian



Wild About Angly / Keppel, Dinnon

Kayakers, Isle of Staffa



Picnic at the Old Man of Hoy, Orkney



Canyoning Glen Sannox, Isle of Arran

“ My favourite outdoor activity is watersports - I’m learning to wakeboard and can’t wait to be good at it!

”

Katharine Brown, Former Miss Scotland

Addicted to Adventure

Scotland's diverse landscape provides an amazing playground for people who like their activities adrenaline-charged.

Exhilarating adventures are easy to find on land, in the water or flying through the air – and you don't need any experience to try many of them.

Daredevils can choose to roll down a hillside in an inflatable zorb, speed through a forest on a zipwire or fly tandem in a microlight or paraglider. And how about giving skydiving a go in Fife or Perthshire?

Scotland's fast-flowing rivers provide the perfect location for riding the rapids in river bugs, sledges, yaks, tubes or a group

raft. For the most excitement, ask outdoors providers for outings on dam-release waters.

Inventive adventure leaders have found the best gorges, especially in Perthshire and the Highlands, for exciting canyoning trips and aqualining.

A long coast, as well as numerous lochs, make the perfect location for further high energy sports, including surfing, kite surfing, water skiing, wake boarding, wake skating and jet skiing.

Do you dare to take on a bungee jump over the River Garry in Perthshire or the River Clyde, near Glasgow? Or, how about traversing high crags on a Via Ferrata at Kinlochleven?

Climb to the top

Scotland is also renowned as a top destination for climbers. If you are new to the sport you can learn the skills at indoor and outdoor venues. More experienced climbers will relish many challenges on rock and, in winter, ice walls in Scottish mountains.

Heading downhill, mountain bikers can take on testing routes at trail centres. It takes skill and courage to descend the World Cup course at Nevis Range near Fort William.

And when the snow comes, skiers and snowboarders can take on red and black pistes at the country's five snowsports resorts. If you dare, ski the Flypaper at Glencoe Mountain, rated as one of Europe's steepest pistes.

And there will always be those who like to explore further. A new activity, packrafting, allows you to access remote locations, such as Knoydart and Inverpolly, on foot and by paddling.

Runners can go 'ultra' on their choice of a long menu of waymarked long-distance routes, such as the famous West Highland Way, the Caledonia Way or the new Loch Ness 360° Trail.

It's no surprise that Scotland is acclaimed as a top adventure destination.

You say...

"One of my favourite experiences is hanggliding off the Cairnwell mountain in Glenshee on a hot summer's day, soaring up to the clouds and circling with birds of prey."

Andy McLaughlin



Kyle of Sutherland MTB Trail, Balblair, Sutherland



Wobbly Waterpark fun on Loch Ken, Dumfries & Galloway

“ One of my favourite active sports used to be cliff and bridge jumping in the summer. ”

Alain Baxter, Olympic Skier



Activities for All

Everyone should be able to enjoy Scotland's outdoors - see below for links to further information on accessible activities across the country.

Contacts

Forestry & Land Scotland

www.forestryandland.gov.scot/visit/accessibility

Curling

www.scottishcurling.org/development/disability-programmes

Rambling

www.ftdr.uk

www.westlothian.gov.uk/article/4496/West-Lothian-Disabled-Ramblers

www.highland-disabled-ramblers.org

Walking

www.walkswithwheelchairs.com

www.phototrails.org

www.outdooraccess-scotland.scot/practical-guide-all/disabled-access

Water-skiing

www.waterskiandwakeboardscotland.co.uk

Horse Riding

www.rda.org.uk

Snowsports

www.disabilitysnowsport.org.uk

Sailing

www.rya.org.uk/scotland/initiatives/Pages/sailability.aspx

www.seagulltrust.org.uk

Fishing

www.fishpal.com/Disabled.html?dom=Pal



2020
**COASTS
& WATERS**

Join the conversation
#YCW2020

In 2020, Scotland celebrates its Coasts and Waters with a year-long programme of events and activities which will shine a spotlight on these vital elements of our landscape.

Our Coasts and Waters are host to an amazing array of riches, come in all shapes and sizes, and are greatly valued and cherished by communities and visitors alike. Our lochs, rivers and canals also play an important part in the visitor experience, offering boat trips, fishing opportunities and activity holidays, while the many nature reserves across the country are home to a tremendous variety of flora, fauna and wildlife.

Scotland's Coasts and Waters have shaped our history: from fishing and textiles to whisky and wave power they have influenced our culture, our stories, our way of life. So whether you want to navigate your way around distant isles or canals, experience Scotland's maritime heritage at a visitor attraction, enjoy Scotland's abundant natural larder or discover Scotland's wildlife on a local boat trip - Scotland's coasts and waters are perfect for get-away-from-it-all adventures.

**So what are you waiting for -
come on in, the water's lovely!**



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Aberdeen and Aberdeenshire



Urban and rural active gems are never far apart in a compact region of rolling countryside, sublime coastline and a historic city.

At the heart of Aberdeenshire, the beautiful granite city of Aberdeen is home to a surprising array of active pursuits.

You can learn to surf, dive or sail at a two-mile sandy beach that's just a short walk from the city centre. Close by, the harbour is a great vantage point for spotting bottlenose dolphins. Join RSPB Dolphinwatch viewings here in the summer.

A couple of dedicated activity centres cater brilliantly for

Did you know

Aberdeenshire has more castles per acre than anywhere else in the UK. You could easily pedal between some of the region's 263 castles and explore Scotland's only Castle Trail (visitscotland.com/castletrail).

families. Transition Extreme has skateboarding, in-line skating, climbing and BMX biking, while an inflatable theme park, Innoflate, is the place to bounce off energy.

Alternatively, you could give skiing and snowboarding a go, whatever the season, on the artificial slopes at Aberdeen Snowsports Centre, to the south west of Aberdeen.

Summer fun

In the summer, track skiing and roller skiing are on offer at the Nordic & Outdoor Centre, in the countryside village of Huntly, with real snow ski lessons in the winter, too. You can also try Nordic skiing at nearby Clashindarroch Forest when there's enough snow.

The region's rolling countryside provides a natural playground for an inventive range of land-based activities. For active families, there's Lochter Activity Park near Oldmeldrum, with karting, zorbing, target golf, Segways and digger driving and Deeside Activity Park with karts, quad treks, 4x4 driving and 'digger manoeuvring'.

House of Mulben in Moray also has quad biking on a range of different courses, off-road driving, archery and clay pigeon shooting, and there's a brilliant Go Ape! treetop adventure playground at Crathes Castle in Banchory.

Perhaps you would like to try climbing? The granite rock and pine trees at the Pass of Ballater in Royal Deeside provide an Alpine atmosphere but with easy graded routes. Book skills lessons with a guide.

Anyone over the age of six can try an exciting tree climbing activity with Wild Tree Adventures at locations such as Aden Country Park, Mintlaw.

Explore further

Trail bikers, from leisure to dare-devil, are spoilt for choice in Aberdeenshire with routes such as the 66 km Deeside Way from Aberdeen to Ballater, as well as dedicated mountain bike centres, including Tarland Trails, Aboyne Bike Park, Pitfichie Mountain Bike Trails and Kirkhill Forest.



© www.aberdeenshire.gov.uk/aberdeenshire

Surfing, Aberdeen beach



Inverboyndie Beach, near Banff



Beach combing, New Aberdour Beach

“ Award-winning Balmedie Beach is a must-visit. ”

Angus Purden, TV Presenter

The region's two snowsports centres, Glenshee Ski Centre and The Lecht 2090, provide chairlift access to mountain bike trails.

If you are a beginner mountain biker, keen to improve your skills or you want to explore local trails with a knowledgeable local, try Ride in Peace Adventures located on the eastern edge of the Cairngorms National Park. The kids can have their own private lessons, too.

Many runners like to explore new places on foot and Running the Highlands, based near Banchory, are only too happy to show you the way on their favourite country routes.

The trails are great for four-legged transport, too, and with multiple riding schools across the region, horse and pony treks are easily accessible.

Alternatively, you could let an off-road vehicle and driver do the touring, while you sit back and

spot wildlife. There are a number of four-wheel drive safaris on offer, such as through Balmoral Castle estate or amid the fabulous scenery of Glen Tanar National Nature Reserve.

And why keep your feet on the ground when you could be flying high – and looking down at the wonders of countryside and coast far below? There are many exhilarating options, such as gliding, microlighting, hot air ballooning and helicopter tours in the region.



Dunnottar Castle, Stonehaven



Orienteering is a great way to see the wonderful Aberdeenshire countryside, and teach my kids to read maps and use a compass.



Ali Robertson

Head to the coast

The eastern shoreline of Aberdeenshire is also a magnet for watersports fans. In the Year of Coasts & Waters 2020, why not give coastering a go? Join a guided outing to paddle, swim and jump from beach to cove. Top locations include the rocky shore of Cove, to the south east of Aberdeen, and further south at Portlethen.

Staying on top of the water, sea kayaking allows you to explore more of the coast. Highlights in this region include pink granite rocks, especially between Peterhead and Cruden Bay, magnificent seabird cliffs at Fowlsheugh and a huge

collapsed sea cave, the Bullers of Buchan, south of Peterhead.

Wind, waves and sunshine combine to create the ideal environment for surfing sports. Surfing hotspots are found along the pretty Banff and Buchan coastline and close to the fishing village of Sandend. Book lessons if you are new to the activity.

Meanwhile, for kite surfers there are several gem locations such as Balmedie, Bridge of Don and Fraserburgh.

Staying at the coast but further south, the seaside town of Stonehaven is home to a 50 m

You say...

“You can have fun at Stonehaven Heated Open Air Pool whatever your age – and whatever the weather. It’s quieter when the sun doesn’t shine and there’s nothing quite like swimming in the rain.”

Elma McMenemy



Codona's Amusement Park, Aberdeen



Surfing at Fraserburgh Harbour

Mountain Bike & Cycle Trails

Guide to Mountain Bike Routes

- Easy
- Intermediate
- ▲ Difficult
- ◆ Very Difficult
- Extreme
- Forest Trail

TARLAND TRAILS

MTB Routes: ● 0.2 km (Pump Track)

■ 0.9 km ▲ 0.7 km ■ 0.7 km

Location: Drummy Woods, Tarland

www.dmbins.com/wheretoride

DH FARM

MTB Bike Park: ■ 5 km

Location: Portsoy, Banff

www.dhfarm.cc/

ABOYNE BIKE PARK

MTB Bike Park: ■ 0.5 km

Location: Aboyne

www.dmbins.com/wheretoride

PITFICHIE

MTB Routes: ▲ 6.4 km ■ 1.6 km ○ 15 km

Location: Between Monymusk and

Alford

www.scotland.forestry.gov.uk/visit/pitfichie



Cyclists, Deeside Way



Canoeists, Cullykhan Bay



Wind surfer, Balmedie Beach



Cycling, near Ballater

Mountain Bike & Cycle Trails

Guide to Mountain Bike Routes

- Easy ■ Intermediate
- ▲ Difficult ◆ Very Difficult
- Extreme ○ Forest Trail

THE FORMARTINE & BUCHAN WAY

Cycle Route: **Easy** - 40 miles
 Starting Point: Dyce Rail Station
www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/aberdeen-to-inverness/

ABERDEEN TO INVERNESS (Route 1)

Cycle Route: **Medium** - 150 miles
 Starting Point: Aberdeen Station
www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/aberdeen-to-inverness/

THE DEESIDE WAY (Route 195)

Cycle Route: **Medium** - 41 miles
 Starting Point: Duthie Park, Aberdeen
www.deesideway.org

For more information go to
www.visitscotland.com/cycling

Olympic-sized open air pool and lido. The filtrated sea water is heated and in summer you can swim during the day, whether it is sunny or raining. There are midnight swimming sessions that are similar to an aqua disco!

Stonehaven also boasts a stand-up paddle boarding (SUP) school, where you can learn the beginner-friendly activity on the majestic River Dee, journeying from Banchory to Crathes.

Another great place for sheltered paddleboarding is at Knockburn Loch, set amid the picturesque rolling countryside of Royal Deeside. The purpose-built loch also has canoeing, kayaking, open-water swimming and sailing sessions.

SUP2Summit lead several tours, too, including paddleboarding sea safaris at Catterline Bay or Lunan Bay, with the chance to spot dolphins, puffins, seals and maybe even an octopus.

For long-lasting memories, book a paddleboarding outing at sunset, at a location such as Montrose Basin or Forfar Loch.

Still on the water, but this time on scenic rivers, such as the Don, Deveron, Esk and Ythan, you could join an exciting whitewater rafting trip or a relaxing wildlife canoe journey. These rivers, along with the River Dee, are also very popular for fishing.

More watery fun can be found in Braemar's lush glens, where families can try gorge walking.

So, where will you choose to go to first? The countryside, coast or the city? And what will you do?

Did you know

Water polo began around 1863 on the River Dee in Aberdeen.

“ Catching Glenshee on one of those blue sky days has to be one of the best skiing experiences I’ve had. ”

Stewart Richardson



Glenshee Ski Centre

A mountain renowned for its fairies, the resort offers many magical activities, too.

Glenshee means the ‘Glen of Fairies’ in Gaelic – and the area certainly boasts a magical atmosphere. Whether you visit in winter or summer, you’ll discover a natural wonderland.

When the snow falls, Glenshee has the UK’s most extensive skiing and snowboarding opportunities with a great mix of steeps and glades, pisted and unpisted, open bowls and narrow gullies.

The UK’s biggest

Glenshee boasts some impressive statistics including 22 lifts – three chairlifts, 16 pomas and three T-Bars – serving 36 pistes. The split is eight easier green runs, 13 blue-graded runs, 12 red runs and two challenging black runs.

The vertical descent is 1,500 ft (457 m), with a summit elevation of 3,504 ft (1,068 m) and the longest run, Glas Maol, stretching to 2 km. That’s a total of 40 km of skiing in three valleys and on four mountains.

If you are new to skiing there are lessons available, or you can brush up your skills with a private lesson. Glenshee has equipment hire, too.

For ski tourers, the accessible back country is great for exploring further afield, and there is a transceiver park close to the road to practise emergency skills.

Summer season

Once the snow has melted, the summer season brings walkers and mountain bikers to the centre. The Cairnwell Chairlift remains open for uplift and walkers can alight at the top of the chairlift and hike back down or ride the chairlift to the base again.

Riders can take their bikes on the chairlift for access to the blue-graded Glenshee Mountain Bike Track. The route is 3.2 km of natural-feel riding.

In all seasons, this mountain area is home to a variety of wildlife. Look out for red deer, mountain

hares, buzzards, ptarmigan and snow bunting.

With easy access to Glenshee from many Scottish towns and cities, it’s easy to see why it’s a popular destination.

More info

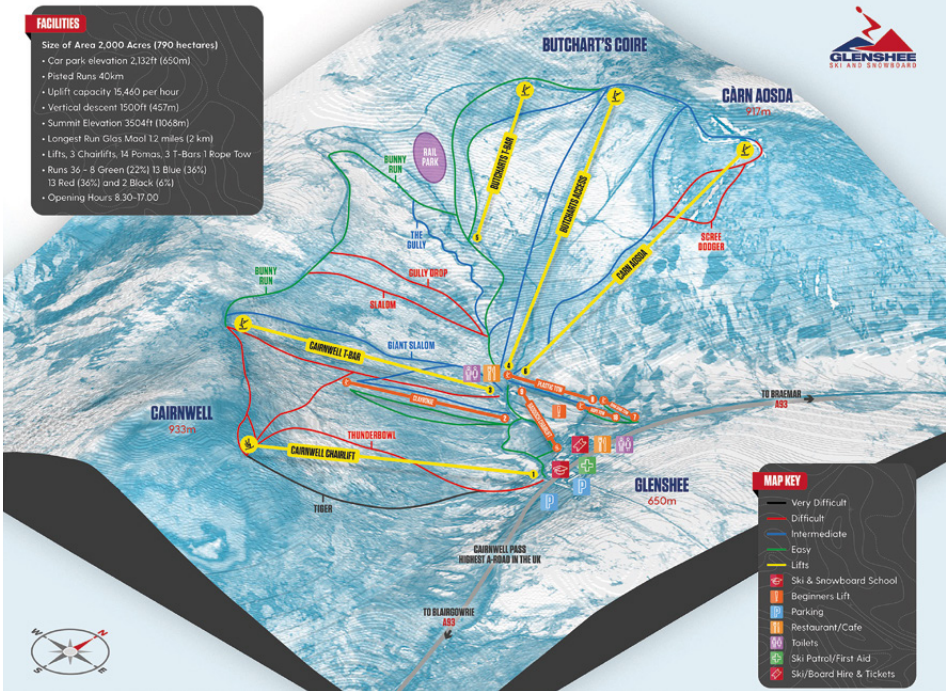
Altitude: 2,132 - 3,504 ft (650 - 1,068 m)
Pisted runs: 40 km
Longest runs: 2 km (1.25 miles)
Max vertical descent: 1,500 ft (457 m)

No of lifts:	22
Uplift capacity:	15,460 per hour
Snowmaking:	✓
Mountain cafés/restaurants:	✓
Off piste skiing:	✓
Ski & snowboard hire:	✓
Ski clothing hire:	✓
Shop:	✓
Artificial snowsports slope:	X
Crèche:	X
Ski guide:	X
Sledging:	X
Rail Park:	X
Webcam:	✓

Glenshee Ski Centre,
Cairnwell by Braemar AB35 5XU
Tel: 01339 741320
Email: info@ski-glenshee.co.uk
www.ski-glenshee.co.uk
www.ski-scotland.com

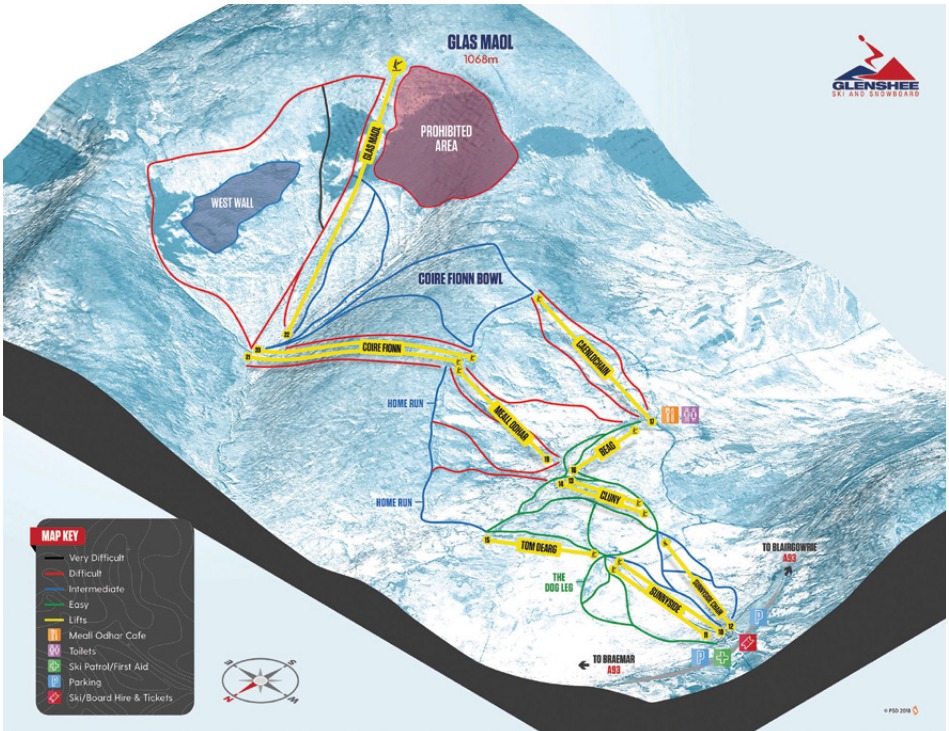
FACILITIES

- Size of Area 2,000 Acres (790 hectares)
- Car park elevation 2,132ft (650m)
- Paved Runs 40km
- Uplift capacity 15,460 per hour
- Vertical descent 1500ft (457m)
- Summit Elevation 3504ft (1068m)
- Longest Run Glas Mool 1.2 miles (2 km)
- Lifts, 3 Chairlifts, 14 Pomas, 3 T-Bars 1 Rope Tow
- Runs 36 - 9 Green (22%), 13 Blue (36%), 13 Red (36%) and 2 Black (6%)
- Opening Hours 8.30-17.00



MAP KEY

- Very Difficult
- Difficult
- Intermediate
- Easy
- Lifts
- Ski & Snowboard School
- Beginners Lift
- Parking
- Restaurant/Cafe
- Toilets
- Ski Patrol/First Aid
- Ski/Board Hire & Tickets



MAP KEY

- Very Difficult
- Difficult
- Intermediate
- Easy
- Lifts
- Meal/Outhouse/Cafe
- Toilets
- Ski Patrol/First Aid
- Parking
- Ski/Board Hire & Tickets



The Lecht 2090

This beautifully located resort is a great destination for all the family whatever the season.

The Lecht has been run by the same family since it was founded in the mid-70s – and you are assured a warm and friendly welcome.

A European style Day Lodge is the first port of call at the resort that sits spectacularly in the heart of the Cairngorms National Park. There is a host of modern facilities, including a ski school, equipment and clothing hire for skiers and snowboarders, a café and a shop.

The Lecht also has a snow factory that makes snow on the lower slopes even when winter has not yet produced the white stuff. There are also snow cannons to top up natural supplies. They therefore plan to have nursery slope skiing from Mid December to Mid April every winter.

As the name of the mountain centre suggests, the base station is at an elevation of 2,090 ft (645

m), while the ski terrain rises another 700 ft (213 m).

There are 20 pistes, split around 25% beginner, 50% intermediate and 25% advanced, with over 18 km of groomed slopes served by 13 lifts.

The lifts include a chairlift, two magic carpets and a special Rondell carousel that allows children as young as two to get to grips with sliding around on snow.

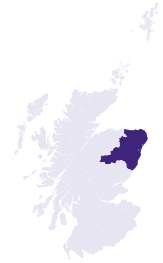
Routes

More experienced skiers and boarders can enjoy blue and red-graded runs and, if you dare, a race piste. When conditions allow, The Lecht has a Rail, Big Air and fun park.

In summer, a chairlift offers uplift for walkers and mountain bikers. From the top of the chairlift, it's possible to explore the wide Cairngorms landscape on foot while mountain bikers can gain access to two trails, an

easier Blue Hare run and the more technical Red Fox.

Having fun and being active in a friendly atmosphere is the aim of The Lecht.



More info

Altitude: 2,090 - 2,500 ft (640 - 823 m)

Pisted runs: 20 km

Longest runs: 2,953 ft (900 m)

Max vertical descent: 700 ft (213 m)

No of lifts:	12
Uplift capacity:	10,000 per hour
Snowmaking:	✓
Mountain cafés/restaurants:	✓
Off piste skiing:	✓
Ski & snowboard hire:	✓
Ski clothing hire:	✓
Shop:	✓
Artificial snowsports slope:	X
Crèche:	X
tubing:	X
Sledging:	✓
Rail Park:	✓
Webcam:	✓

Lecht 2090, Ski & Multi-Activity Centre,
Corgarriff, Strathdon,
Aberdeenshire AB36 8YP
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www.lecht.co.uk
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www.glenisla-hotel.com



SUMMER

FACILITIES INCLUDE:

The Cairnwell chairlift will run from May to September/October (weather permitting) and has hooks for mountain bikes. You can ride down the mountain on the land rover track.

Please note this is not a beginners ride

WINTER

FACILITIES INCLUDE:

22 Lifts & 38 Runs to all levels of skiers and boarders.

Equipment Hire, Snow sports School, Shop & 3 Mountain Cafes.

Opening times are 8:30am - 5pm (7 days a week during season)
Base cafe is open daily 8:30am to 4.45pm



Tel. 013397 41320

Braemar, Aberdeen AB35 5XU
email: info@ski-glenshee.co.uk
website: www.ski-glenshee.co.uk



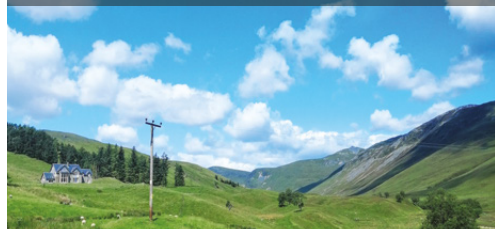
Please camp responsibly, in particular by taking away all your litter, removing all traces of your tent pitch and not causing any pollution – for further information see the Scottish Outdoor Access Code:

www.outdooraccess-scotland.scot

Take extra care and follow any local advice when parking cars or campervans. Please note, responsible access rights within the Scottish Outdoor Access Code do not extend to motorised transport. If you're planning to travel in a motorhome or campervan check with the landowner before you stop or book a pitch in a nearby camping park.



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Argyll & The Isles, Loch Lomond, Stirling and The Trossachs



Enjoy an array of activities for all in a region that stretches from Scotland's heart to some stunning islands off the west coast.

Hills, mountains, moorlands, lochs, rivers, coast and islands combine to provide an unmatched outdoors arena for a mesmerising menu of activities.

An easily accessible place to begin your adventure is Loch Lomond, at the centre of Loch Lomond & The Trossachs National Park. The UK's largest area of freshwater is the location for both easy-going and high-energy watersports.

You could take a sea plane trip from the loch, or join a speedboat tour or a relaxing loch cruise to one of the scenic islands. Why not give water-skiing, wakeboarding, wake surfing or jet ski safaris a try, then go for a bounce on a floating trampoline.

Stand-up paddleboarding, kayaking or canoeing are perfect for more peaceful outings, with good opportunities for spotting wildlife and enjoying the scenery.

Luss Estate, on Loch Lomond's western shore, is the ideal

environment for gorge scrambling with In Your Element. All ages will enjoy swimming, jumping and sliding over waterfalls and into pools.

Wild swimmers also rave about the loch, especially at Balmaha and Milarrochy Bay. Many of the other 20 or so lochs in the National Park are popular for swimming, too, such as at Lubnaig, Ard and Venachar.

See the lochs

Loch Ard is also home to Go Country Adventure, offering canoe and kayak hire and activities such as cliff jumping, water-borne 'hamster balls' and an inflatable water park.

It's not far to Loch Katrine, where many visitors take a trip on board the steamship,



© Wind Surfing Magazine, Dornier



Windsurfing, Isle of Tiree



Sea kayaking in Fingal's Cave, Isle of Staffa

“ There’s nothing like going for long runs in the wilds of Argyll - miles of traffic-free countryside. ”

Jackie Bird, former BBC Newsreader



Trekking, Queen Elizabeth Forest Park, Aberfoyle, Loch Lomond & The Trossachs National Park

You say...

“I joined a group with Kayak Majik Paddlesports, for a couple of day trips around Loch Melfort and Loch Feochan. It was great to see the amazing Argyll landscape from the water and picnic on uninhabited islands. I loved getting away to explore new places and there is so much variety of wildlife to see, including birds, seals and otters.”

Lesley Taylor

SS Sir Walter Scott, to relax and appreciate views of surrounding hills, mountains and forests. You can take bikes on board, then ride back from Stronachlachar on a 12-mile traffic-free road. Bike hire nearby includes e-bikes, making the route achievable for more people.

Another famous Scottish waterway, the Forth & Clyde Canal, journeys through part of this region in the east. At the Falkirk Wheel – an iconic boat lift on the canal – you can “walk on water” in inflatable balls. On land, you can join a Segway tour along the towpath.

Not far away, a lagoon at Helix Park, Falkirk, is a safe place to take canoeing and open water

swimming lessons. Kids will love the splash play area and Adventure Zone, too.

A network of paths, which take you past a magnificent sculpture of horses’ heads, the Kelpies, are ideal for walking, skating or cycling. Hire e-bikes nearby for easier travel, such as on a section of the stunning Caledonia Way - Sustans NCN 78.

Or how about a Segway tour to the Falkirk Wheel along the historic Forth & Clyde Canal?

Forests and trails

The region’s forests are ideal for mountain bikers, from family friendly routes at Loch Ard Forest Sculpture Cycle Trail and Mugdock Country Park to more

challenging trails at Carron Valley Mountain Bike Trails.

For a longer pedal, which could be assisted by an electric-powered mountain bike, there's a multi-day West Island Trail in Argyll, which has been created by Bikepacking Scotland in partnership with Hostelling Scotland.

On Kintyre, a bike and all-terrain buggies hire centre in Carradale Forest makes cross-country trails accessible for all, including disabled visitors.

Exploring is even easier by pony, with four legs doing the

work for you, as you journey on forest tracks and across pristine sandy beaches.

If you enjoy a challenge, Queen Elizabeth Forest near Aberfoyle, has a Go Ape! tree-high aerial course and, for younger kids, there's TreeZone at Loch Lomond Shores.

Treelined gorges are imaginatively transformed into outdoor playgrounds for canyoning, such as at Alva Canyon, where participants abseil, jump and take a zipline into a cave.

Head for the coast

The Cowal Peninsula and Argyll's islands draw adventure seekers away from inland attractions. Alongside an enviable range of



The Falkirk Wheel



Sailing, Loch Lomond

“ The Isle of Jura is a hidden gem with stunning wildlife and plentiful opportunities to enjoy outdoor activities. ”

Heather Suttie, Radio DJ and Broadcaster



Cyclists, Port Appin, Argyll

Mountain Bike & Cycle Trails

Guide to Mountain Bike Routes

- Easy ■ Intermediate
- ▲ Difficult ◆ Very Difficult
- Extreme ○ Forest Trail



CARRON VALLEY

MTB Routes: ▲ 10 km ■ 1.5 km
Location: Carron Valley, Stirlingshire
www.forestryandland.gov.scot/visit/carron-valley

LOCH ARD

MTB Routes: ○ 3 - 16 km
Location: Loch Ard Forest, outskirts of Aberfoyle
www.forestryandland.gov.scot/visit/forest-parks/queen-elizabeth-forest-park/cycling

FIRE TOWER TRAILS, LOCHGILPHEAD

MTB Routes: ▲ 14 km
Location: Achnabreac Forest, Lochgilphead
www.forestryandland.gov.scot/visit/achnabreac

LOCH LOMOND AND THE TROSSACHS NATIONAL PARK

MTB Routes: Mixture of MTB & Road routes for all abilities
Location: Across the Loch Lomond & Trossachs National Park
www.lochlomond-trossachs.org/things-to-do/cycling/

BESPOKE TRAILS, FALKIRK

MTB Routes: ● 4.5 km ■ 6.1 km
▲ 10.3 km ■ Skills area
Location: Falkirk
www.callendarestate.co.uk

ABERFOYLE

MTB Routes: ■ Skills area and pump track
Location: Aberfoyle
www.biketrossachs.org.uk

adventures, a trip to the west coast, by car, train or ferry, is also scenically rewarding.

Back on the mainland, there are plenty of beaches and bays with calm waters to try paddleboarding, sailing, kayaking and wild swimming. For something special, book a sunset paddleboarding experience from Oban or surfing at Machrihanish in Kintyre.

The Scottish Sea Kayak Trail is a focus for experienced paddlers with the opportunity to kayak short sections, such as a 'Lord of the Isles' trip from Oban to Mallaig with Arisaig Sea Kayaking, or complete the full route from the Isle of Gigha to the Summer Isles north of Ullapool over a fortnight. The Isle of Bute

offers many kayaking options, including majestic Loch Fad and St Ninian's Bay, with pretty Inchmarnock island off the west coast. Scalpsie Beach is popular for wild swimming.

Wildlife

As you travel along the coast look out for a multitude of seabirds, as well as birds of prey and seals.

Wind and sea combine on the islands of Islay, Coll and Tiree to create popular destinations for surfers, kitesurfers and windsurfers. The Tiree Wave Classic is a key event in the adventure calendar, and is one of the longest running adventure events in the world. For a family friendly place to enjoy bodyboarding, visit Kiloran Bay on the Isle of Colonsay.



© Wild About Argyll / Keiran / Duncan

Kayak Wild fat bike tours, The Big Strand on Laggan Bay, Islay

Basking Shark Scotland on Coll create lifetime memories with the chance to swim alongside these 30-foot plankton-eating giants, or go snorkelling in a lagoon with seals.

Another trip is to Staffa, off the Isle of Mull, to swim, snorkel or kayak into Fingal’s Cave – a stunning 60 m long chasm supported by remarkable basalt columns. Or join a puffin and wildlife tour to

the Treshnish Isles from Oban or Tobermory on Mull.

More of Mull’s natural wonders, including whales, dolphins, porpoises, seabirds and white-tailed sea eagles, can be spotted on foot, by boat and by Land Rover.

The Cowal Peninsula has further activities to try, such as canyoning at picturesque Glen Massan near

Dunoon, and a growing network of mountain biking trails close to the town such as at Bishop’s Glen, as well as Ardgartan in Argyll Forest Park.

You might well need another holiday to recover from all the fun and excitement in this region of great adventures.

Mountain Bike & Cycle Trails

Guide to Mountain Bike Routes

- Easy ■ Intermediate
- ▲ Difficult ◆ Very Difficult
- Extreme ○ Forest Trail

CALLANDER TO KILLIN (Route 7)

Cycle route: **Challenge** - 24 miles

Starting point: Callander

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/callander-to-killin/

BUTE OF A ROUTE

Cycle Route: **Medium** - 32 miles

Starting Point: Tighnabruaich

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/a-bute-of-a-route/

THE CALEDONIA WAY (Route 78)

OBAN TO FORT WILLIAM

Cycle Route: **Medium** - 48 miles

Starting Point: Oban

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/oban-to-fort-william/

THE CALEDONIA WAY (Route 78)

OBAN TO CAMPBELTOWN

Cycle Route: **Challenge** - 121 miles

Starting Point: Oban

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/oban-to-campbeltown/

For more information go to

www.visitscotland.com/cycling



© With Aneur Aguil / Aerial / Dunean

Peninsula triking, Glen Fruin, Dunbartonshire

“ I was learning to sail on the Kyles of Bute with the puff of a whale alongside us, amazing. ”

Torc Torrance

LAGNAKEIL HIGHLAND LODGES

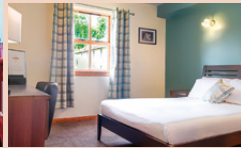


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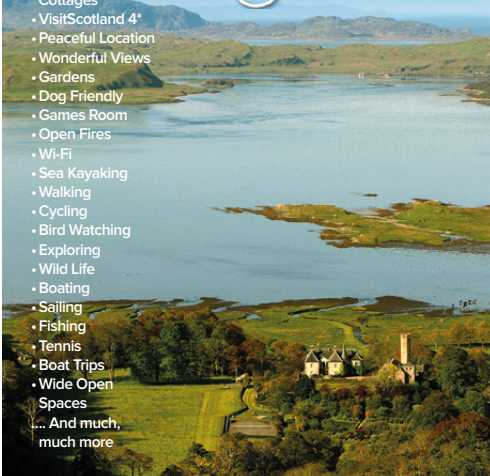
Local taster sessions in the Helensburgh area. Or hire a board to take away on holiday. Inflatable boards will fit in the back of your car.



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Ayrshire & The Isles of Arran and Cumbrae



Close to the Central Belt of Scotland yet wonderfully unspoilt, active fans will find plenty to do on land and water in this historic region.

An easy-to-reach destination that has long attracted holidaymakers 'doon the watter' from the city of Glasgow, you'll discover this area is still a peaceful haven.

The 'watter' is a clear attraction with the Firth of Clyde and the coasts of the islands of Arran and Cumbrae. It provides a safe place to have a go at an array of watersports, including canoeing, stand-up paddleboarding, kayaking, surfing, kite surfing, windsurfing, sailing and water skiing. How many can you try during your holiday?

Adventure time

Adventure Carrick is a good place to start if you are looking for lessons in kayaking, paddleboarding and coasteering. They also know the best places for gorge walking and canyoning in Ayrshire.

Watersports newcomers might like to take a ferry from Largs to Cumbrae for a range of water-based sessions at sportscotland's National Centre. There is

paddleboarding, dinghy sailing, windsurfing, kayaking and yacht cruising on offer here.

As well as boasting a ferry terminal, the seaside town of Largs has two kids' favourites: ice cream and a modern skatepark.

Another ferry port, south along the coast, is Ardrossan that offers a regular timetable of ferries to the Isle of Arran, where visitors can then journey on to Claonaig on the Kintyre peninsula. Arran is famous for its blend of Highland and Lowland landscapes, which has earned it the title of 'Scotland in miniature'.

Insider Tip

Pauline and Stephen Armory booked a four-day RYA Day Skipper course. She said: "The instructor was great - he personalised our training and made it great fun."

From gorge walking and canyoning at Glenashdale and Glen Sannox, to sea kayaking in Brodick Bay, as well as bushcraft, archery and climbing, you could easily spend a week on Arran with your family.

As you journey this island, especially by the coast, look out for wildlife such as seals and birds of prey. More sealife, perhaps even dolphins and basking sharks, can be spotted on a boat tour, leaving from Lamlash Pier.

The long and winding rivers of this region provide another natural environment for playful activities. The River Ayr is perfect for kayaks and canoes, while the River Doon's bubbling rapids and man-made weirs are ideal for guided rafting trips.

Head outdoors

Outdoor swimming in a refurbished open-air heated swimming pool at New Cumnock in East Ayrshire is a novel experience for many people. There are even night-time swims on occasions.



Yachting, Largs Yacht Marina

Climbing, Crocodile Rock, Millport

“

It is a wonderful experience to ride a horse
across the sands of Maidens beach.

”

Helen Bolland

Nearby, the historic stately home of Dumfries House in Cumnock has a modern adventure playground for kids.

There is more family fun to be had at Newmilns Snow and Sports Centre, also in East Ayrshire, with year-round skiing, snowboarding and tubing on an artificial slope.

In North Ayrshire, Kelburn Castle has a secret forest with walking trails and both indoor and outdoor play areas. Nearby, Eglinton Country Park offers a range of activities, from

orienteering to pony treks and canicross, an increasingly popular activity for runners and dogs.

In South Ayrshire, cliff-top Culzean Castle and Country Park has woodland, beaches, secret follies and imaginative playparks.

On yer bike

In a region with quiet roads and trails, it's no surprise that cycling is a popular activity. Electric bikes are for hire on Arran and make cycling the hilly coastal road a far more comfortable experience.



Cyclists, South Beach, Troon

Mountain Bike & Cycle Trails

Guide to Mountain Bike Routes

- Easy
- ▲ Difficult
- Intermediate
- ◆ Very Difficult
- ▨ Extreme
- Forest Trail

ARRAN MOUNTAIN BIKING

MTB Routes: ■ 10/10/10 km
▲ 18/25/50 km ◆ 35 km

Location: Isle of Arran - various routes
www.arranbikeclub.com

RANKIN PARK, GREENOCK

MTB Routes: ▨ 1 km ▲ 0.5 km

Location: Rankin Park, Greenock
www.dmbs.com/riders/where-to-ride

AYRSHIRE COAST (Route 7)

Cycle Route: 🚲 Easy - 19 miles

Starting Point: Irvine
www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/ayrshire-coast-cycleway/

KILMARNOCK TO ARDROSSAN (Route 73)

Cycle Route: 🚲 Easy - 18 miles

Starting Point: Kilmarnock
www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/route-73/

IRVINE & KILWINNING NEW TOWN TRAIL

Cycle Route: 🚲 Easy - 12 miles

Starting Point: Irvine
www.ayrshirepaths.org.uk/walkirvinentt.htm

MAYBOLE SOUTH LOOP

Cycle Route: 🚲 Hard - 36 miles

Starting Point: Maybole village
www.ayrshirepaths.org.uk/cyclepathsmaybole.htm

THE AYRSHIRE ALPS

Cycle Route: 🚲 Hard - Selection of challenging hill roads
www.ayrshirealps.org

For more information go to

www.visitscotland.com/cycling



Quad bikes, Heads of Ayr Farm Park, Ayrshire

Did you know

Ailsa Craig is home to thousands of breeding gannets in summer as well as puffins. The isle's blue hone granite was once quarried to make curling stones.

Further hill challenges, rewarded with great views, are on offer in Scotland's first 'road cycling park', the Ayrshire Alps at South Carrick.

Two great cycle routes for families include the traffic-free Sir Chris Hoy cycleway on an old railway path from Hurlford to Galston in East Ayrshire, and a 10-mile circuit of Cumbrae. Hire bikes or take your own for free on the CalMac ferry from Largs.

If mountain biking is your preferred choice, there are trails at Craufurdland Estate, near Kilmarnock, and Newmilns Bike Park, in East Ayrshire. Arran is brilliant for trail riders, too, with relaxed and challenging options around Brodick and, for those with the stamina, a 30-mile Arran End to Enduro route from Lochranza to Kildonan.

There are many opportunities to enjoy horse riding in this picturesque region, such as at Barskimming Estate, Dean Castle Country Park near Kilmarnock and on beaches, such as Maidens along the coast of the Firth of Clyde.

After a packed holiday of active fun, returning to the cities of Glasgow and Edinburgh is so easy to do.



Disembarking the Arran ferry, Ardrossan



I love a visit to Culzean Castle in Maybole, with stunning trails to walk, bike or run that take you right on to the beach.



Lindsay Johnson



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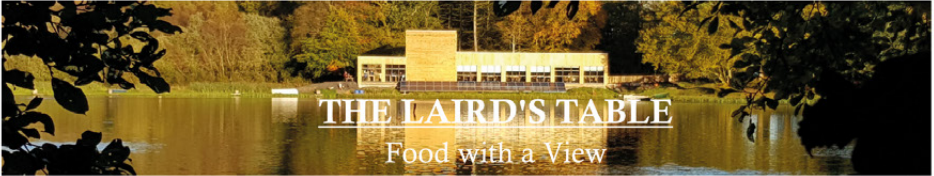


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THE LAIRD'S TABLE

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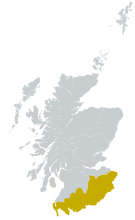
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- Master the mighty **"Eagle"**. Up to 14 metres, our toughest obstacles, finishing with a free-fall descent.



Craufurdland Castle Estate, nr Fenwick- Tel 01560 600 760

www.craufurdland.co.uk



Dumfries & Galloway and The Scottish Borders

This peaceful and picturesque region is a haven just waiting to be discovered by active fans.

With beaches, rolling hills, forests and a relaxed pace of life, the south of Scotland is a holidaymaker's heaven on earth. It is also a great destination for enjoying a wide range of adventures.

Watersports fans are drawn to the long coastline, but will you go east or west first? Surfers are spoilt for choice with hotspots such as Sandhead Beach near Stranraer in the west and, to the east, Coldingham Bay, near Eyemouth in Berwickshire. Book

lessons at a local surf school if you are new to the sport.

Also in Berwickshire, you can join a wildlife RIB boat trip, which departs from Eyemouth, to spot myriad seabirds and even seals at St Abbs National Nature Reserve. Divers also choose the eastern coast to explore some of the 80 wreck sites hidden under the sea.

Country gems

Inland, beautiful Loch Ken is the location for a wide array of watersports. Galloway Activity Centre, near Castle Douglas, teaches kayaking, stand-up paddleboarding and windsurfing on the freshwater loch. Or how about dinghy sailing or sail foiling? These are sessions for disabled participants too.

GAC has more excitement on offer with a giant swing, water slide, climbing wall, the freefall 'Leap

of Faith', an inflatable obstacle course, combat laser games and archery.

Active groups and families can also sample an inventive mix of adventures at Laggan Outdoor, near Gatehouse of Fleet. There's an 820 m zip wire, which is one of Europe's longest, and offers amazing views over the Solway Firth, grass sledging, Segways, archery, clay pigeon shooting and the chance to roll downhill in an inflatable water-filled sphere.

For a tree climbing experience in the Scottish Borders that anyone aged six to 60-plus can enjoy, visit Wild Tree Adventures at various locations, such as Dawyck Botanic Garden. Staying in the trees, Go Ape! at Glentress, near Peebles, is a high ropes and bridges course that includes a 300 m zip wire.

Other family friendly centres with plenty of entertainment

Did you know

Kirkpatrick Macmillan, who was born in 1812 in Dumfriesshire, is credited with the invention of the pedal bicycle.



Sailing, Galloway Activity Centre, Loch Ken

See South Scotland has a wealth of information on activities in this region - go to www.visitscotland.com/campaign/see-south-scotland to find out more.



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for all includes Born in the Borders, near Jedburgh, with guided mini-beast safaris, as well as outdoor rollerskating, grass sledges, turf boards and the chance to see ospreys.

Further south at Newcastleton, Rock UK Whithaugh Park has a

300 m zip wire, gorge walking, a bike skills course, abseiling, aerial adventures, archery, bushcraft, fencing, climbing and slack lining.

In Dumfries & Galloway, Mabie Farm Park, which nestles beneath stunning Mabie Forest, offers a hillside Astroslide, paddle boating, pedal karts and quad biking. Also in Dumfries, Dalscone Farm Fun has an



One of Europe's longest zip wires, Laggan Outdoor Activity Centre, by Castle Douglas

Mountain Bike & Cycle Trails

Guide to Mountain Bike Routes

- Easy ■ Intermediate
- ▲ Difficult ◆ Very Difficult
- ⚡ Extreme ○ Forest Trail

7STANES AE

MTB Routes: ● 9 km ■ 13.5 km ▲ 24 km
⚡ 1.6/1 km Location: Ae
www.7stanesmountainbiking.com

7STANES DALBEATTIE

MTB Routes: ● 11.5 km ■ 14 km
▲ 25 km ◆ Location: Dalbeattie
www.7stanesmountainbiking.com

7STANES GLENTRESS

MTB Routes: ● 4.5/3.5 km ■ 16 km
▲ 18 km ◆ 29 km ⚡ 1.4 km
Location: Glentress Forest, near Peebles
www.7stanesmountainbiking.com

7STANES GLENTROOL

MTB Routes: ● 14/6 km ■ 9 km
Location: Galloway
www.7stanesmountainbiking.com

7STANES INNERLEITHEN

MTB Routes: ◆ 19 km ⚡ 4.2 km
Location: Between Peebles and Galashiels
www.7stanesmountainbiking.com

7STANES KIRROUGHTREE

MTB Routes: ● 6 km ■ 10/14/2 km
▲ 17 km ◆ 14 km
Location: Galloway Forest Park, Newton Stewart
www.7stanesmountainbiking.com

7STANES MABIE

MTB Routes: ● 8 km ■ 10 km ▲ 19 km
⚡ 3.8 km Forest road 23 km
Location: Mabie Forest, south of Dumfries
www.7stanesmountainbiking.com



With world-class facilities in Dumfries & Galloway and The Scottish Borders I feel spoilt for choice for great places to go mountain biking.



Yvonne Middlemiss

indoor play area and outside trampolines, pedal karts and go-karts.

Meanwhile, Cream O' Galloway, at Finlay's Farm near Gatehouse of Fleet, is a great day out with a specially built aerial netting adventure area that lets you bounce, crawl and move around, a 3D maze, crazy golf and an adventure playground.

On two wheels

Bring your own bikes to explore the countryside around Finlay's Farm, which is also famed for its delicious ice cream, on three graded bike courses.

On two wheels you can enjoy getting off the beaten track a little, perhaps on one of the waymarked long-distance road routes through the region, such as the Four Abbeys Way or the Lochs and Glens Route NCN7.

For a more leisurely ride, choose a shorter section of the

routes or hire an e-bike and pedal with power assistance.

If you prefer the trails, there are many mountain biking centres to choose from, especially the acclaimed 7stanes network.

There are graded routes to suit all abilities at 7stanes Glentress & Innerleithen, near Peebles and 7stanes Newcastleton.

The small town of Innerleithen is famed for a range of trails. Caberston Forest boasts fantastic natural trails. For downhill daredevils, 7stanes Innerleithen is the Mecca. Further west, there are more 7stanes centres at Glentool, Ae, Dalbeattie, Kirroughtree and Mabie. Yet more off-road trails have been built at Drumlanrig Castle near Thornhill.

Another trails adventure to try is 4x4 off-road vehicle driving,



Cyclists, Tweed Valley

Mountain Bike & Cycle Trails

Guide to Mountain Bike Routes

- Easy ■ Intermediate
- ▲ Difficult ◆ Very Difficult
- ⚡ Extreme ○ Forest Trail

7STANES NEWCASTLETON

MTB Routes: Forest road 8 km ■ 9.7 km
▲ 23.4 km ⚡ Skills area
Location: Newcastleton
www.7stanesmountainbiking.com

DRUMLANRIG

MTB Routes: ● 21 km ■ 9.2 km
▲ 15.5 km
Location: Thornhill
www.drumlanrig.com

MEGGET AND TALLA

Cycle Route: 🚲 Hard - 53 miles
Starting Point: Innerleithen
www.cyclescottishborders.com/route/megget-talla

NEWTON STEWART TO WIGTOWN

(Route 73 S)
Cycle Route: 🚲 Easy - 8 miles
Starting Point: Cree Bridge, Newton Stewart
www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/newton-stewart-to-wigtown/

PEEBLES TO INNERLEITHEN

Cycle Route: 🚲 Easy - 6 miles
Starting Point: Janet's Brae, Peebles
www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/peebles-to-innerleithen/

For more information go to
www.visitscotland.com/cycling



Horse riding, Cheviot Hills

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www.cyclescottishborders.com

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7stanes Dalbeattie, Dumfries & Galloway

exploring the wider countryside around Hawick or at Abbey St Bathans, near Duns.

So much to do

Horse riders are spoilt for choice, too, with excellent hacking routes, including the Cross Borders Drove Road and the Romans and Reivers route, both developed by the British Horse Society, which are also suitable for walkers and bikers. There are plenty of stables offering pony treks, too.

Exploring

If you like to run and explore, you could follow the Mull of Galloway Trail, south along the Rhins of Galloway to reach Scotland's most southerly point.

Then again, why not fly high over southern Scotland in a hot air balloon or microlight?

With so much to see and do, you will be drawn to return to this gem of a region and See South Scotland again and again.



Alpaca trekking, Cheviot Hills

“ Scotland is like a playground for those who enjoy the great outdoors. ”

Michelle Mone OBE, Entrepreneur



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Edinburgh & The Lothians



Pick and mix from a long menu of activities in a region full of urban and rural delights.

Visitors to Scotland's world-famous capital city will be surprised to discover a wealth of adventure activities there, as well as in nearby countryside and along the coast.

The capital is a big draw for seeing many acclaimed attractions. Join a walking, running, cycling or Segway tour led by a knowledgeable guide who will show you, at your own pace, the sights, such as Edinburgh Castle,

Holyrood Palace, the Scottish Parliament, Arthur's Seat and Calton Hill.

Hiring a power-assisted e-bike is also a great way to journey along the city's cycleways between visitor gems, or follow a section of the traffic-free Sustrans NCN754 route along the canal from Edinburgh to Glasgow.

Some historic sites in the Edinburgh have even been revamped for new adventures, such as an old church transformed into the climbing centre Alien Rock One, with a bouldering facility next door. An old stone quarry is now home to Edinburgh International Climbing Arena at Ratho, the largest indoor climbing arena in the world. There are also plans to develop Craigpark Quarry nearby into Wavegarden Scotland - an inland surfing lagoon, due to open in 2021.

Anyone over the age of six can try an exciting tree climbing activity with Wild Tree Adventures at locations such as Royal Botanic Garden Edinburgh.

New facilities also provide an arena for more entertainment, such as SKELF, which is a bike park and pump track for all abilities.

Further active action is provided with paintballing, laser tag and Xtreme Karting, which are all located in the capital.

But if all this feels a little too busy for you, how about a more tranquil offering from new venture WanderWomen? A city-based adventure combines mindful walking, yoga, meditation, wild swimming and camping.

Country treats

Alternatively, leave the city hustle and bustle behind for a while on a short train, bus or car trip to countryside and coast.

Your ultimate get-away could be a tandem microlight flight from East Fortune, near North Berwick, or a hot air ballooning trip, both in East Lothian.

Back on the ground, the region's beaches lapped by clear seas will have your spirits soaring.



Windsurfer, Gullane Beach



Stand Up Paddleboarding (SUP), Port Edgar, South Queensferry

“ There are so many great breaks for surfing on the east coast, paddleboarding is tremendous. ”

Tony March

Mountain Bike & Cycle Trails

Guide to Mountain Bike Routes

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- ▲ Difficult ◆ Very Difficult
- ▮ Extreme ○ Forest Trail



BEECRAIGS COUNTRY PARK

MTB Routes: ● 3.6 km ■ 5.3 km ▲ 3.6 km

▮ Skills area & pump track

Location: Linlithgow

www.westlothian.gov.uk/beeccraigs

SKELF BIKE PARK

MTB Routes: ■ 1 km ▮ Pump track

Location: Edinburgh

www.theskelf.org.uk

EAST LOTHIAN BY BIKE

Cycle Route: 🚲 **Medium** - 18 miles

Starting Point: Longniddry Railway

Station

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/east-lothian-rides/

EDINBURGH TO FORTH ROAD BRIDGE

(Route 1)

Cycle Route: 🚲 **Easy** - 10.5 miles

Starting Point: Haymarket station

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/edinburgh-to-the-forth-road-bridge/

JOHN MUIR TRAIL COAST TO COAST

Cycle Route: 🚲 **Hard** - 134 miles

Starting Point: Dunbar

www.johnmuirway.org

EDINBURGH TO THE FALKIRK WHEEL

(Route 745)

Cycle Route: 🚲 **Medium** - 30 miles

Starting Point: Edinburgh Quay

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/union-canal-edinburgh-to-falkirk/

HADDINGTON TO PENICUIK (Route 196)

Cycle Route: 🚲 **Easy** - 26 miles

Starting Point: Haddington

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/route-196/

MIDLOTHIAN COUNTRY CIRCULAR

Cycle Route: 🚲 **Hilly** - 39 miles

Starting Point: Rosewell

www.visitscotland.com/info/see-do/midlothian-country-circular-p316031

For more information go to

www.visitscotland.com/cycling



Wakeboarding, Foxlake Adventures, Dunbar

Watersports fans can enjoy surfing, bodyboarding and kite surfing with Coast to Coast Surf School at Dunbar and Belhaven.

Sea kayaking is a great way to explore more along the shoreline with the chance to paddle to the Bass Rock, off the coast near North Berwick, where 150,000 gannets make their home in the summer. If you are new to the activity, join a guided outing.

If you prefer to sit back and relax, a boat tour from the seaside town offers scenic sightseeing plus wildlife spotting. Another more relaxed activity is paddleboarding on a variety of sheltered bays and rivers.

More water-based fun is found at Foxlake Adventures near Dunbar. Try easy-to-learn cable wakeboarding on a small loch.

The centre has open-water swimming sessions, too, as well as the Foxfall over-water

high ropes course, high-wire zip trail, ringo rides and off-road Segways.

Or, if you've ever fancied trying coasteering, why not visit My Adventure, just outside Edinburgh? (myadventure.org.uk/coasteering)

Park life

East Lothian has many parks, which are especially suited to family days out. John Muir Country Park near Dunbar has an adventure play area, while nearby East Links Family Park has crazy golf, family go-karting, kids' tractors and a junior JCB driver zone.

Travelling south west of Edinburgh reveals the fabulous countryside of Pentland Hills Regional Park. There are 100 km of trails to explore on foot, by mountain bike or on a horse or pony trek.

Three permanent orienteering courses have been set up in Bonaly Country Park, Castletlaw and Hillend Country Park, all in the Pentlands.

The regional park is also home to Europe's biggest artificial snowsports slope at Midlothian Snowsports Centre at Hillend. Try skiing and snowboarding year-round.

There are 300 acres of countryside to explore at nearby Swanston Farm, especially if you enjoy mountain biking. The farm offers FootGolf and DiscGolf, too. Or head along to a trekking centre with outings for any level of rider on delightful Exmoor ponies.

In West Lothian, Kirknewton estate has archery, clay pigeon shooting, off-road driving and quad biking to try, whatever takes your fancy.

Also nearby, Port Edgar Marina on the Firth of Forth in South Queensferry is one of the largest watersports and activity centres in Scotland. Have a go at kayaking, canoeing, windsurfing, paddleboarding

or sailing, then have a bite to eat at Scotts or browse the outdoor and other goodies in the Marina shop.

Family fun

For more family friendly fun you don't need to travel far. Beeccraigs, by Linlithgow, has biking trails and an orienteering course. Polkemmet Country Park, near Whitburn, has orienteering, cycling and horse riding. While you are in the area, why not try an aerial adventure course at The Centre Livingston? More indoor fun includes a free fall activity and climbing.

For family days out Midlothian is a great choice. Vogrie Country Park has an 18-hole FootGolf course, a play park, miniature railway and trails.

At Dalkeith Country Park, Fort Douglas adventure park boasts a new Sky Maze for kids, with turreted treehouses,

Insider Tip

“Over the years I've spent hours at the Edinburgh International Climbing Arena and Alien Rock – it's great fun and very addictive! I wanted to introduce my friends to climbing so I took them along to EICA where the staff really made sure they got the best out of the day.”

Rowan Boswood

zip wires, suspension bridges and slides.

Both Vogrie and Dalkeith have regular canicross sessions – when owners run with their dogs – organised by Cani-Sports Edinburgh.

Now the choice is yours, to stay in the countryside for more activities or head back to the city.



Dalkeith Country Park's Sky Maze, Fort Douglas



Cyclists, Portobello Beach

“ The Country Parks are perfect venues for canicross running with my dog. ”

Neil Braidwood



Hillend



Britain's longest dry ski slopes

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- Snowboarding
- Tubing
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- Chairlift rides



Midlothian Snowsports Centre
 Hillend, Biggar Road,
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Greater Glasgow & The Clyde Valley



A great mix of urban and rural activities are to be found in and around Scotland's largest city.

Glasgow has become an increasingly popular destination – and in 2016, a survey named it the friendliest city on earth. More recently, Glasgow was listed in the top 10 of Time Out's world's best cities.

A legacy of sport and activity, created in part by the acclaimed Commonwealth Games in 2014, offers visitors a surprisingly wide range of urban adventures.

A bicycle is a great way to see the city's visitor attractions. Hire a 'nextbike' or, for easier pedalling, an electric bike, to visit places such as Kelvingrove Art Gallery & Museum, Glasgow Cathedral, the Necropolis, the newly refurbished Mackintosh at the Willow Tearooms and the city's amazing murals.

If you prefer to be guided, book a leisurely bike tour of Glasgow,

or switch to two feet and join a running tour.

The traffic-free Sustrans NCN 754 route starts in Glasgow and travels to Edinburgh.

to the south at Rutherglen, Cuningar Loop, has a bike track that is great for novices, as well as an outdoor bouldering park.

A centre for BMX racing is located at Knightswood on Glasgow's north side. There's another BMX track at Clydebank in the north west and a smaller track in the northern suburb of Bearsden.

There are no fewer than seven skateparks in the city and another at Lennox Park in the northern suburb of Milngavie with a designated beginner area. For rainy days there's the indoor skatepark, Zone 74, in the town of East Kilbride.



Glasgow Ski & Snowboard Centre, Bellahouston Park

More two-wheeled fun can be had at Cathkins Braes, an area of hills south east of the city, where a network of mountain bike trails was built for the 2014 Commonwealth Games. Also to

Also indoors is a snow and ice arena at Soar INTU Braehead retail and leisure outlet. You can ski or snowboard with Snow Factor on the UK's longest indoor real snow slope, go sledging or learn to ice climb.

© www.powerboatsglasgow.com



Powerboats Glasgow sightseeing tours, River Clyde

“ I spent a brilliant weekend in Lanark - the countryside in the Clyde Valley is stunning. ”
Kaye Adams, Broadcaster

Mountain Bike & Cycle Trails

Guide to Mountain Bike Routes

- Easy ■ Intermediate
- ▲ Difficult ◆ Very Difficult
- ▮ Extreme ○ Forest Trail



CATHKIN BRAES

MTB Routes: 9 km ● ■ ▲ ▮

Skills area and Pump track

Location: Glasgow

www.dmbins.com/wheretoride

WHITELEE

MTB Routes: ■ 15 km ▲ 3 km ▮

Pump track

Location: Whitelee Windfarm,
Eaglesham Moor

www.eastrenfrewshire.gov.uk/whitelee

GLASGOW WATERWAYS LOOP

Cycle Route: 🚲 Easy - 6 miles

Starting Point: Speirs Wharf, Port Dundas

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/glasgow-waterways-loop/

BOWLING TO FALKIRK WHEEL (Route 754)

Cycle Route: 🚲 Medium - 31 miles

Starting Point: Bowling Harbour

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/bowling-to-the-falkirk-wheel/

LOCHWINNOCH LOOP LINE (Route 7)

Cycle Route: 🚲 Easy - 14 miles

Starting Point: Paisley Canal Train Station

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/lochwinnoch-loop-line/

MUGDOCK COUNTRY PARK AND

KIRKINTILLOCH LOOP

Cycle Route: 🚲 Hard - 33 miles

Starting Point: Kirkintilloch

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/mugdock-country-park-and-kirkintilloch-loop/

CLYDE WALKWAY - GLASGOW TO

UDDINGSTON (Route 75)

Cycle Route: 🚲 Medium - 12 miles

Starting Point: Glasgow

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/clyde-walkway-glasgow-to-uddingston/

For more information go to

www.visitscotland.com/cycling



The Glasgow Climbing Centre

Extreme fans

The city has two artificial snowsports slopes, too, Glasgow's Ski and Snowboard at Bellahouston Park and the West of Scotland Snowsports centre in Bearsden.

An old church has been recreated as the Glasgow Climbing Centre with routes for all abilities. There are also two Climbing Academy rock climbing gyms in the city.

The Titan Crane, once an important part of city industry, still stands proud over the River Clyde at Clydebank. It has been reinvented as a location for a bungee jump or swing. (reopens April 2020)

The River Clyde is also the focus for kayakers, boat cruises and powerboat trips. As you journey, look up at a mix of old-

meets-modern architecture in this once busy shipbuilding and manufacturing city.

In another innovative industrial reinvention, the towers of a power station have been replaced by Pinkston Paddlesports Centre on the Forth & Clyde Canal. A flat-water basin is perfect for learning to kayak or for open-water swimming.

An artificial white-water course allows kayakers to test their skills, while Glasgow-based Outdoor Pursuits Scotland offers the unique activity of river boarding. Next door, Glasgow Wake Park teaches cable wakeboarding.

Further fun, especially for kids, is found at trampoline parks, Gravity at Soar at Intu Braehead; Flip Out Glasgow in

Rutherglen; and Ryze Glasgow at Kinning Park.

Which way next?

Head in any direction from Glasgow to reach satellite towns with more active things to do. At East Kilbride, James Hamilton Heritage Park has a programme of dinghy sailing, kayaking, windsurfing and paddleboarding. There is also an aerial adventure course – and climbing – to be enjoyed in the town’s shopping centre.

Cumbernauld is home to Eden Leisure Village with zorb football, hill zorbing and archery. Nearby Palacerigg Country Park has an

adventure playground, a tree-top walkway and a sensory garden. To the west of Glasgow, Castle Semple Loch in Lochwinnoch has sailing, kayaking, canoeing, powerboating and archery.

Follow the valley of the River Clyde south east to reach Strathclyde Country Park, Motherwell, where you can hire Canadian canoes, bumper boats and pedalos, or join a speedboat trip. Heading on to Lanark and the Falls of Clyde Wildlife Reserve, you will find a picturesque location to cycle, walk and go pony trekking.

There are plenty of stables dotted across the wider region with



Whitewater rafting, Outdoor Pursuits Scotland

lessons for all abilities, including a Glasgow Riding for the Disabled Association base at Summerston in Glasgow.

For the best of both urban and rural fun, Glasgow and its surrounds is a great choice.



Dinghy Sailing, Strathclyde Country Park

Insider Tip

“The Sir Chris Hoy velodrome is a fantastic facility offering cyclists of all ages and abilities the chance to try track cycling, and its location makes it accessible for most folk in the central belt.”

Iain McMillan

“Joining a running tour of Glasgow with Aye Run was a great way to see so many attractions.”

Janie Lacey



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The Highlands and Moray Speyside



Enjoy a wide variety of pursuits in an unmatched landscape of mountains, glens, lochs, rivers and the sea.

Whether you like slower-paced or high-energy adventures, the diverse natural playground of The Highlands provides many hotspot locations for activities.

Families will discover plenty of entertainment especially in the Cairngorms National Park, although it's worth noting that you should book accommodation early, especially around Aviemore.

Why not start with watersports lessons, especially relevant in 2020, Scotland's Year of Coasts & Waters? There are specialist centres at Loch Morlich, near Aviemore, and Loch Insh, near Kincairg, with paddleboarding, sailing, windsurfing and much more on offer.

Try a gentle paddle downstream by Canadian canoe or paddleboard from Kingussie to Loch Insh and through

Rothiemurchus Estate, both on the meandering River Spey. Alternatively, hire a canoe for adventures on smaller lochs such as Loch an Eilein at Rothiemurchus, and Loch Garten at Boat of Garten.

In Lochaber, further west, there are Canadian canoe taster sessions at Loch Lochy or Loch Linnhe, by Fort William.

Land an adventure

Back on dry land, families will

enjoy a Hairy Coo Safari at Rothiemurchus, or a walk to see Britain's only free-range reindeer herd in Glenmore.

Two tree-high obstacle courses make the most of large forests, with TreeZone, near Aviemore, and also Tree Adventure at Nevis Range, Fort William, offering options for different age groups.

For greater thrills, zip through trees over a gorge on Alvie Estate, near Aviemore. Zip Trek





Kitesurfing, Findhorn beach, Moray



Whitewater rafting with Ace Adventures

“ It was the magnificent views of mountains and forestry that made a Canadian canoe trip so special. ”
Gordon Lacey

Park has a guided course with 14 zipwires or a self-guided course with 17 zips.

For children with more energy to burn, book an adventure day including archery, bushcraft and mini quads at Craggan Outdoors at Grantown-on-Spey. Craggan – and Ace Adventures in Moray Speyside – also organise a family-friendly version of golf, called disc golf.

Also catering for families on the Isle of Skye, Whitewave offers kayaking, canoeing, climbing and abseiling sessions. Again, Skye can be busy and early accommodation booking is strongly recommended.

If your children enjoy skateboarding or BMX bikes, there are plenty of purpose-built parks to visit. (highlandskateparks.co.uk).

Go-kart centres are located at Aviemore, Elgin and in Inverness.

Quiet roads, both flat and hilly, and plenty of trails, including waymarked routes like the Caledonia Way - Sustrans NCN 78 (visitscotland.com/cyclingroutes), are a good choice for family groups. E-bikes – hired from a growing number of bike outlets – allow cyclists to go further.



Whisky tasting, Cragganmore Distillery



Canoeing, Cairngorms National Park

Surfing with North Coast Watersports, Dunnet, Caithness

“ Twenty-two years ago we moved to the Highlands and I fell in love with sea kayaking. ”

Mike Kingswood

Off the beaten track

A journey on horse back is a wonderful experience, such as exploring Glen Affric National Nature Reserve near Drumnadrochit or riding along the shores of Loch Duich, through Ratagan Forest or into Glen Shiel's mountains, all in stunning Kintail.

Quad bikes and off-road buggies, for children as young as 12, allow you to visit wilder terrain, such as the moorland and forests of Alvie Estate, near Aviemore.

Highland Scenic Safaris is the only company to lead quad tours through fabulous Ardverrick Estate, made famous by the BBC TV series *Monarch of the Glen*.

Another way to explore, especially if you enjoy wildlife spotting, is by peaceful electric Segway. Join a tour at Ballachuilish, Rothiemurchus or Glen Coe.

Up for a challenge

Innovative outdoor providers have designed many exciting challenges in a diverse landscape. Try spinning down a hill in an inflatable zorb, or descending white water rivers such as the Feshie, Findhorn, Garry, Moriston or Orchy, in a river bug, fun yak, river sledge or raft.

River tubing is a unique offering from Full On Adventures on a bubbling mountain stream in the Cairngorms.

You say...

Alastair Young and his 15-year-old twin sons took part in a coasteering activity with Skye Adventure. He said: "It is a great way to explore the coast in an unusual way, especially as the section of coast was not easily accessible. The highlight for us was climbing sea stacks and jumping back into the sea."



Kayakers, Camusdarach beach near Arisaig



Mountain biking, Sutherland

Mountain Bike & Cycle Trails

Guide to Mountain Bike Routes

- Easy
- ▲ Difficult
- Intermediate
- ◆ Very Difficult
- Extreme
- Forest Trail



HIGHLAND MTB E-GUIDE

MTB Routes: 9 Trail Centres & 22 Natural
MTB Routes (All gradings)
Location: Across the Highlands
www.highlandeguide.co.uk

CAIRNGORMS NATIONAL PARK

Location: Cairngorms
www.visitcairngorms.com/onabike

ABRIACHAN TRAILS

MTB Routes: ● 3 km ■ 7 km ▲ 6 km
Location: Abriachan, Inverness
www.abriachan.org.uk

GLENLIVET

MTB Routes: ■ 9 km ▲ 22 km
Location: Glenlivet Estate, Tomintoul
www.glenlivetestate.co.uk

NEVIS RANGE - FORT WILLIAM

MTB Routes: ■ 7 km ▲ 8.5/16.5/5.5 km
■ 2.8 km
Location: Nevis Range in Fort William
www.nevisrange.co.uk

HIGHLAND WILDCAT TRAILS

MTB Routes: ■ 6.5 km ▲ 7.5 km ◆ 13.6 km
Location: Golspie, Sutherland
www.highlandwildcat.com

KYLE OF SUTHERLAND

Balblair MTB Routes: ■ 3 km ◆ 7.5 km/11.5 km
Location: 10 miles west of where A9 crosses Dornoch Firth on the Dornoch bridge
www.forestryandland.gov.scot/visit/balblair



Wild swimming, Loch Sunart

Canyoneers jump, swim and abseil down fabulous water-filled gorges including Inchreoch Falls and Ben Nevis Canyon, both near Fort William, and Bridge of Brown gorge in the Cairngorms.

At Kinlochleven, a via ferrata offers daredevils a high rock wall traverse on a series of ladders and platforms. Vertical Descents has installed two wire bridges into the middle of the gorge for a view over Grey Mare's Waterfall.

Scotland is renowned for climbing, whether on roadside crags, mountains or sea stacks. Your challenge could be to learn to climb on sea-washed sandstone cliffs at Reiff in Ross-shire or learn lead climbing on harder routes such as the sea stacks, Am Buachaille and Old Man of Stoer, both in Sutherland.

If you are a technical mountain biker, the World Cup downhill

and the Red Giant cross-country trails of Nevis Range, near Fort William, are a superb experience.

Lochs and coast

A varied coast of sandy beaches, rocky coves and high cliffs, often populated with myriad birds and sealife, provide more attractions for active fans.

Magical sea kayaking can be found on lochs along the west coast, including Linnhe, Torridon and Shildaig. A sunset paddle on Loch Sunart with Otter Adventures is hard to beat.

The Summer Isles and the Small Isles of Rum, Eigg, Muck and Canna are popular destinations for paddlers who enjoy sublime views and wildlife.

Alternatively, sit back and let a motorised boat do the work on a coastal tour taking in sea stacks, beaches and islands

filled with bird life in Sutherland, with North Coast Sea Tours.

Join a RIB Wildlife Watch trip with Ecoventures to explore the Inner Moray Firth, home to a colony of resident bottlenose dolphins.

The remote St Kilda archipelago on Europe's westerly edge can be accessed from Uig on Skye with Go To St Kilda, to see amazing seabird 'cities' in this dual UNESCO World Heritage Site.

For a more immersive experience with nature, try coaststeering on the isles of Skye and Raasay, or follow a Snorkel Trail on the northwest mainland.

Make a splash

Wild swimming is increasingly popular, and a new company, Swim Highlands, has confidence coaching for beginners. Great spots for taking a dip include freshwater Loch Shiel, as well as Loch Moidart and the Sound of Arisaig.

Surfing hotspots are easy to find, too, especially along the northern shoreline, such as Brims Ness, Dunnet and Durness. North Coast Water Sports claim to offer the most northerly surf experiences from Thurso.

Your hardest decision in this large region is choosing where and what to do first.



Cycling, Loch Eilt

Mountain Bike & Cycle Trails

Guide to Mountain Bike Routes

- Easy ■ Intermediate
- ▲ Difficult ◆ Very Difficult
- Extreme ○ Forest Trail

LAGGAN WOLFTRAX

MTB Routes: ● 4.5 km ▲ 13.4 km ◆ 6.4 km
■ 3.6 km

Location: Strathmashie Forest, Laggan, Newtonmore

www.forestryandland.gov.scot/visit/laggan-wolftrax

LEARNIE RED ROCK TRAILS

MTB Routes: ● 0.5 km ■ 1.2/2.4/2.7 km
◆ 3.6 km ■ 1.2 km

Location: Black Isle

www.forestryandland.gov.scot/visit/learnie-red-rocks

MORAY MONSTER TRAILS

MTB Routes: ■ 4.1/5.3/8.8 km ▲ 8 km

◆ 2.3 km ■ 1 km Location: Between Fochabers and Craigellachie

www.forestryandland.gov.scot/visit/moray-monster-trails

MORAY CYCLE ROUTES

Variety of cycle routes across Moray
www.morayways.org.uk/

ELGIN EXPERIENCE

Cycle Route: 🚲 Easy - 13 miles

Starting Point: Library, Cooper Park, Elgin

www.morayways.org.uk/routedetails.asp?routeid=186

THE CALEDONIA WAY (Route 78)

FORT WILLIAM TO INVERNESS

Cycle Route: 🚲 Hard - 66 miles

Starting Point: Fort William train station

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/fort-william-to-inverness/

For more information go to

www.visitscotland.com/cycling

“ After climbing Stac Pollaidh I stood mesmerised by the sheer beauty of the Scottish Highlands. ”

Martel Maxwell, Broadcaster and author



Cairngorm Mountain



Discover year-round activities at this stunningly situated mountain centre.

Set amid a wonderful high-rise landscape of rounded summits and deep glens, Cairngorm Mountain has long been a must-visit for adventure fans.

In the spring and summer, Cairngorm Mountain is popular with walkers and wildlife fans.

The centre has launched a small-scale ATV guided summer experience (May-Oct), using an existing track to transport walkers uphill between the base station to the Ptarmigan top station.

Full day ranger-led walks from May to October allow you to see the corries up close and the wildlife that survive in these parts of the mountains.

Family fun

A new family fun activity has been introduced for summer-time, too, with a 70 m, high-speed Tubing Slide that features two parabolic turns. Visitors speed down the slide on sit-down snow-tubes.

The new exhibition is now open. Step inside the Cairngorm Story and discover the lives of

people shaped by the mountain, (including local poets, skilled Olympians and heroic mountain rescuers) and learn about the climate, flora and wildlife that has shaped it. Walk through the years and experiences witnessed by the highest mountain massif in British Isles.

Other summer sessions for young explorers include the 'Wild Things' and the 'Young Explorer Activity Sheet' which can be found in the Cairngorm Café or Cas Bar.

Snow arrival

When the snow comes, skiers and snowboarders can access some 20 runs covering over 30 km of groomed slopes. The top of the mountain is reached via a series of lifts.

The longest run at Cairngorm is 3.3 km and, when conditions allow, there are freestyle areas.

The mountain is increasingly popular with ski tourers who can ski uphill as well as downhill, giving them access to many remote slopes.

There is kit to hire on-site and a refurbished café, bar and shop.

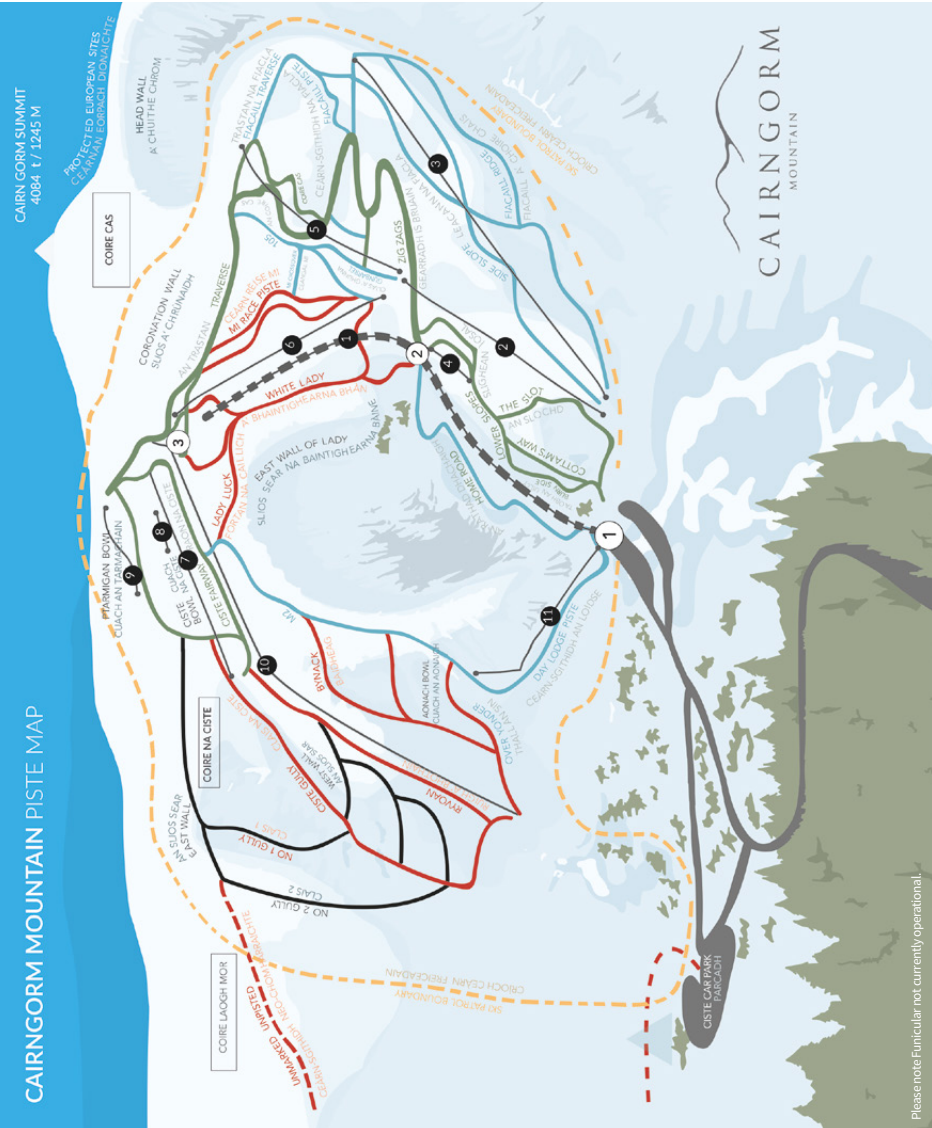
Whether you come to walk or ski, the panoramic views from the UK's sixth highest mountain will be imprinted in your memory for many years to come.

More info

Altitude: 2,150 - 3,600 ft (640 - 1,200 m)
Pisted runs: 30 km
Longest runs: 3.3 km
Max vertical descent: 1,650 ft (500 m)

No of lifts: 8
Uplift capacity: 4,300 per hour
Snowmaking: ✓
Mountain cafés/restaurants: ✓
Off piste skiing: ✓
Ski & snowboard hire: ✓
Ski clothing hire: X
Shop: ✓
Artificial snowsports slope: X
Crèche: X
Ski guide: X
Sledging: X
Rail Park: X
Webcam: ✓
Onsite Accommodation: X

Cairngorm Mountain Aviemore,
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www.cairngormmountain.co.uk
www.ski-scotland.com



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- 7 Coire Na Ciste T-Bar
- 8 Polar Express Poma
- 9 Pramligan T-Bar
- 10 West Wall Poma
- 11 Day Lodge Poma

STATIONS

- 1 Day Lodge & Base Station
- 2 Mid Station
- 3 Top Station

RUN DIFFICULTY

- Unmarked Unpiloted
- Black Run (Very Difficult)
- Red Run (Difficult)
- Blue Run (Intermediate)
- Green Run (Easier)
- Ski Tows
- Funicular Railway
- Ski Patrol Boundary

Please note Funicular not currently operational.

CAIRNGORM MOUNTAIN PISTE MAP

CAIRNGORM SUMMIT
4084 FT / 1245 M

CAIRNGORM
MOUNTAIN



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Glencoe Mountain

Enjoy a wealth of modern activities at Scotland's most historic mountain centre.

Glencoe Mountain, less than a two-hour drive from the central belt, has long been at the heart of the Scottish adventure scene with activities for all levels to enjoy.

When the snow comes – and with a boost from the on-site snow factory and snow cannons – skiers and snowboarders head to the mountain for fun on 20 groomed slopes. Did you know the first ski lift at the mountain was built in 1956 and there are now eight lifts?

For all ages

There is a beginner-friendly ski area and an intermediate blue run that has skiing from the top of the resort to the base. Families will enjoy Glencoe Mountain's free sledging park, too.

The mountain is also acclaimed for its more challenging ski terrain, with pistes such as the Spring Run, as well as The Flypaper, acclaimed as one of Europe's steepest black runs.

The centre gives great access to impressive backcountry terrain with ski and snowboard tours on

offer. There are avalanche awareness training and mountain safety sessions, too. A free-to-use transceiver park provides an opportunity to practise using avalanche transceivers.

Summer fun

In summer, a chairlift, travelling from the valley floor up to 670 m in 12 minutes, is still in operation and enables visitors to enjoy views of the famously spectacular Glen Coe landscape. 'Eagles Rest', directly off the chairlift, provides a fantastic viewpoint. All ages can enjoy the chairlift and provisions can be made for disabled access.

The lift is used by mountain bikers, too, to reach waymarked cross-country trails or, for the more experienced, the black and red-graded downhill routes. There is bike hire and coaching on-site.

Families can ride the chairlift armed with a downloadable treasure hunt map to follow a series of clues to discover animals. Have a go at tubing sessions on an artificial snowsports slope, too.

To make the most of Glencoe Mountain why not stay overnight? Accommodation includes microlodges, camping and campervan hook ups.

A log cabin café at the base station provides home-cooked food from early until late, 364 days a year.

More info

Altitude: 1,000 - 3,636 ft (305 - 1,108 m)
Pisted runs: 20 km
Longest runs: 2.7 km
Max vertical descent: 2,600 ft (792 m)

No of lifts: 8
Uplift capacity: 4,300 per hour
Snowmaking: ✓
Mountain cafés/restaurants: ✓
Off piste skiing: ✓
Ski & snowboard hire: ✓
Ski clothing hire: ✓
Shop: ✓
Artificial snowsports slope: ✓
Crèche: X
Ski guide: ✓
Sledging: ✓
Rail Park: ✓
Webcam: ✓
Onsite Accommodation: ✓

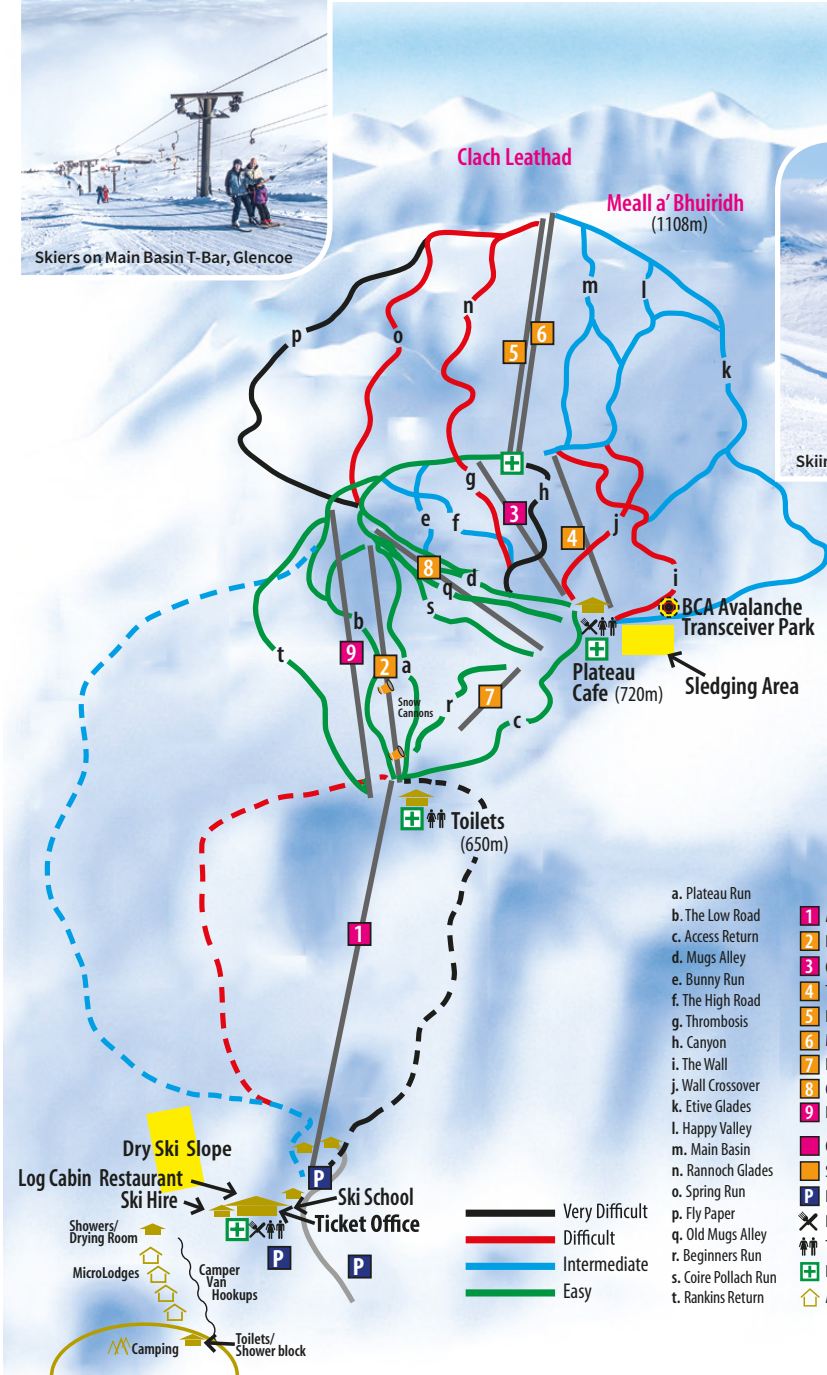
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Skiers on Main Basin T-Bar, Glencoe



Skiing, Glencoe



- a. Plateau Run
 - b. The Low Road
 - c. Access Return
 - d. Mugs Alley
 - e. Runny Run
 - f. The High Road
 - g. Thrombosis
 - h. Canyon
 - i. The Wall
 - j. Wall Crossover
 - k. Etive Glades
 - l. Happy Valley
 - m. Main Basin
 - n. Rannoch Glades
 - o. Spring Run
 - p. Fly Paper
 - q. Old Mugs Alley
 - r. Beginners Run
 - s. Coire Pollach Run
 - t. Rankins Return
- 1** Access Chairlift
 - 2** Plateau Poma
 - 3** Cliffhanger Chairlift
 - 4** The Wall T-Bar
 - 5** Rannoch Button Tow
 - 6** Main Basin T-Bar Tow
 - 7** Beginners Tow
 - 8** Coire Pollach Tow
 - 9** Rannoch Chair (opens 2019)
- +** Chairlift
 - T** Ski Tow
 - P** Parking
 - X** Restaurant
 - ♿** Toilets
 - +** First Aid
 - 🏠** Accommodation



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Nevis Range Mountain Experience

There is plenty of action, especially for families, through all the seasons.

A gondola – the only one of its kind in Britain – whizzes visitors to the 650 m Top Station on the UK’s ninth highest mountain of Aonach Mor.

From the Top Station in winter, skiers and snowboarders can access a network of beginner-friendly green and blue-graded pistes.

Further up the mountain, and to a height of 1,190 m, there are more groomed runs, graded red and black, for more experienced skiers. When conditions allow, there is a summit winter terrain park, too, while other snow-based activities include sledging and snowshoeing.

All weathers

Ski and snowboard equipment is available for hire at the mountain centre and lessons can be booked at the snowsports school for all abilities. Other guided sessions include back-country skiing, ski mountaineering and winter skills.

Come summer, the mountain becomes a play area for

mountain bikers, runners and walkers. Did you know there is a traffic-free cycle route from Fort William to Nevis Range? Bring your own bike or hire in the town or at the mountain. Book an e-bike to enjoy power-assisted cycling.

The gondola is ridden by the keenest mountain bikers. From the Top Station they descend the challenging World Cup Downhill Track and the new black Top Chief trail. The centre also has blue trails for less experienced riders, and the Witch’s Trails in Leanachan Forest boast mountain biking trails for all.

There is family fun at a Tree Adventure course, which includes aerial walkways, obstacles and zipwires suitable for a range of age groups.

Expert paragliders and hang-gliders are also welcome at Nevis Range. The gondola offers a ride to a take-off altitude of 650 m from either the Sgurr Finnisgaig or Meall Beag viewpoints. For newcomers, why not try a tandem paragliding outing?

And whatever you do, easy or challenging, you are sure to be rewarded with superb mountain landscape views.

More info

Altitude:	300 - 4,006 ft (91 - 1,221 m)
Pisted runs:	20 km (pisted) 35 km (skiable)
Longest runs:	2 km (1.25 miles) 4 km (not pisted)
Max vertical descent:	1,800 ft (550 m)
No of lifts:	12
Uplift capacity:	9,600 per hour
Snowmaking:	✓
Mountain cafés/restaurants:	✓
Off piste skiing:	✓
Ski & snowboard hire:	✓
Ski clothing hire:	✓
Shop:	✓
Artificial snowsports slope:	✓
Crèche:	✗
Ski guide:	✓
Sledging:	✓
Bike School and Bike Hire:	✓

(Bike hire only available during summer months)

Terrain/Fun Park:	✓
Webcam:	✓

Nevis Range Mountain Experience,
Torlundy, Fort William,
Inverness-shire PH33 6SQ
Tel: 01397 705 825
Email: info@nevisrange.co.uk
www.nevisrange.co.uk
www.ski-scotland.com



Snowboarders, Nevis Range

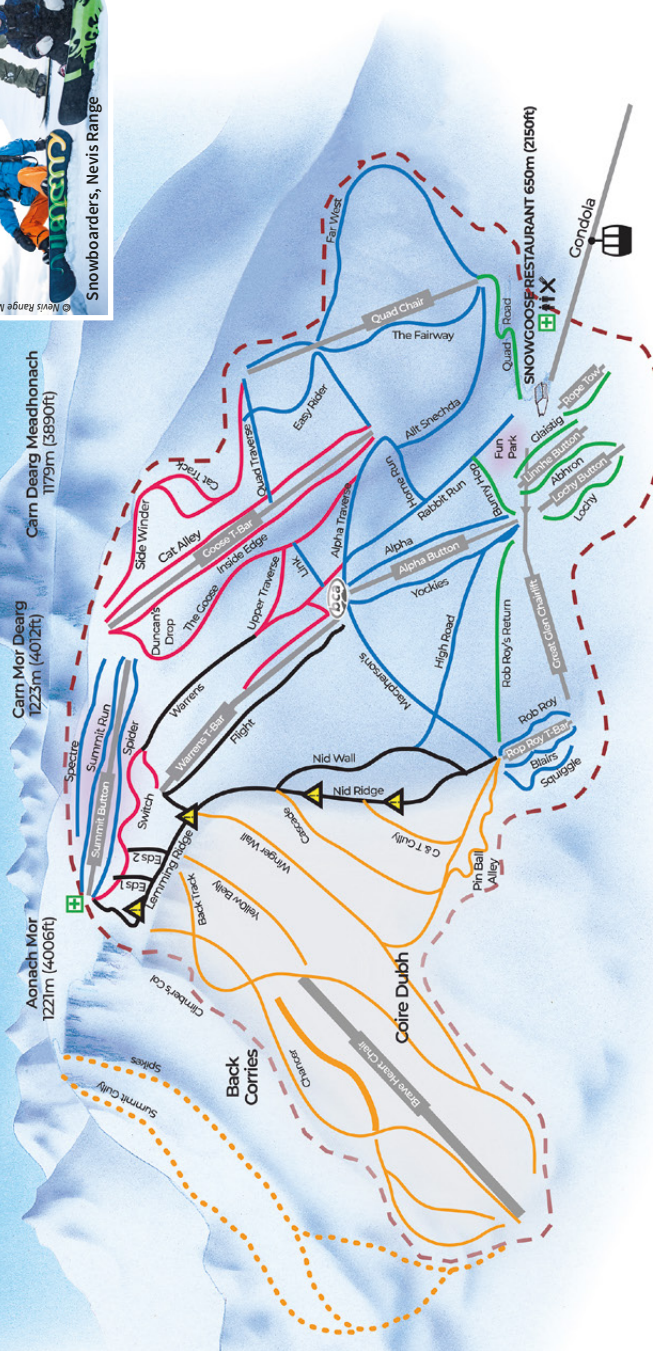
© Nevis Range Mountain Experience

Ben Nevis/Binn Nibheis
1345m (4412ft)

Carn Mor Dearg
1223m (4012ft)

Carn Dearg Meadhonach
1179m (3890ft)

Aonach Mor
1221m (4006ft)



Gondola station, Nevis Range

- Very Difficult
- Difficult
- Intermediate
- Easy
- Itineraries
- Back Country Itineraries
- Corrie Area
- Transceiver Park
- Restaurant
- Toilets
- First Aid
- Limit of Patrolled Area
- Terrain/Fun Park Area
- Back Corries Area

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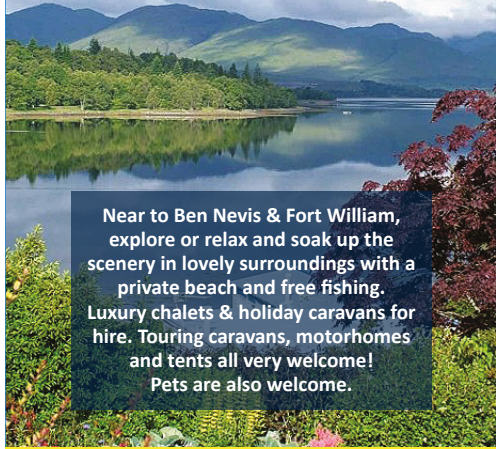
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The Outer Hebrides, Orkney & Shetland



Immerse yourself in island life with water and land adventures that make the most of the natural surroundings.

Wildly beautiful, wildlife abundant and historically fascinating, the many islands of the Outer Hebrides, Orkney and Shetland are an active paradise for all kinds of visitors.

Although seemingly far-flung, the archipelagos are surprisingly easy to reach thanks to excellent and regular ferry and flight services. Perhaps your first adventure will be a flight from Glasgow to the Isle of Barra in the Outer Hebrides, where the plane lands on Tràigh Mhor - the only beach runway in the world to handle scheduled flights - that's washed twice daily by the sea.

The 130-mile long Outer Hebridean archipelago, also known as the Western Isles, is acclaimed for its turquoise coastal waters, vast white sandy beaches and shoreline machair grasslands dotted with thousands of colourful wildflowers.

In the Year of Coasts & Waters 2020 (visitscotland.com/ycw2020), why not explore the coastline by kayak or stand-up paddleboard? Popular destinations are the magnificent beaches of Scarista and Huisinish on the Isle of Harris and Vatersay Bay on Barra.

Further gems include Berneray Island in the Sound of Harris and the Isle of Eriskay, home to

a special breed of hardy ponies, between South Uist and Barra.

Wild waters

Wild swimmers will discover plenty of sheltered spots, such as Horgabost on Harris and Coll beach on Lewis. If you're unsure where to go, take a tour with Wild Swim Adventures.

As you paddle or swim keep an eye out for marine life.



Wildlife cruise, Isle of Harris, The Outer Hebrides



Isbister, South Ronaldsay by the Tomb of the Eagles, Orkney



Sea kayaking around Kisimul Castle, Isle of Barra, The Outer Hebrides

“ I have great memories of a swim
across Village Bay on St Kilda. ”

Doug MacNaughton

A new Hebridean Whale Trail (whaletrail.org) reveals 10 of the best locations for spotting dolphins, porpoises and whales such as Gallan Head on Lewis and Eilean Glas on the Isle of Scalpay.

Seal snorkelling trips on Barra offer further opportunities for close encounters with wildlife.

If you prefer to explore without a guide, the Snorkel Trail on Harris (scottishwildlifetrust.org.uk/things-to-do/snorkel-trails/) highlights six destinations that showcase a fabulous diversity of sealife.

Cruise boats and yachts also depart Harris for trips to the outer most islands of the Outer Hebrides, the dual UNESCO

World Heritage site of St Kilda, with the promise of seeing a multitude of seabird species.

The Hebrides has plenty to offer visitors looking for adrenaline-boosting activities, too. Wind and sea combine to create excellent waves for surfers. Popular spots are Bragar, Eoropaidh, Shawbost, Dail Mhor and Mangersta beaches on Lewis.

The sister sport of kite surfing takes participants above the waves and into the air. Uig Sands on Lewis and on the small Isle of Vatersay are favourite destinations.

If you are new to surfing, stand-up paddleboarding and snorkelling, Surf



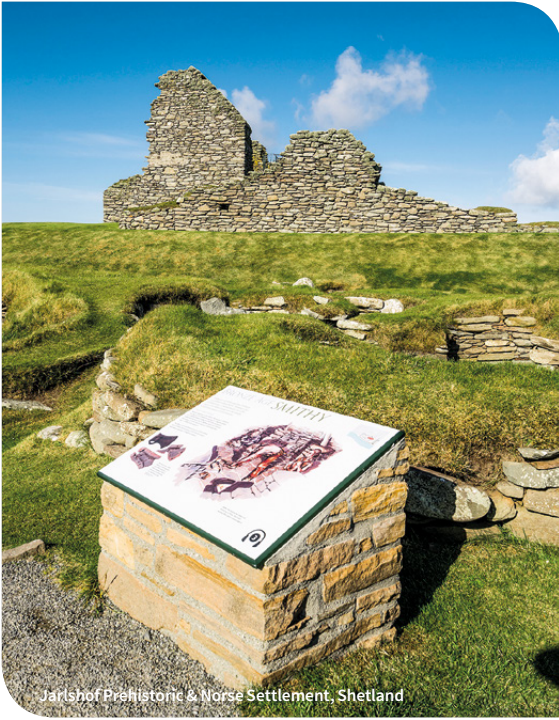
Windsurfing, Loch Bee, Isle of South Uist, The Outer Hebrides



Just did the Hebridean Way bike trail with my family. The rugged scenery and sheer adventure was so enjoyable.



Wendy Campbell



Jarlshof Prehistoric & Norse Settlement, Shetland

Lewis (surflewis.co.uk) is a good place to start.

There is more to explore inland on the Hebridean islands, where you'll discover a varied landscape of rugged hills, moors and myriad lochans.

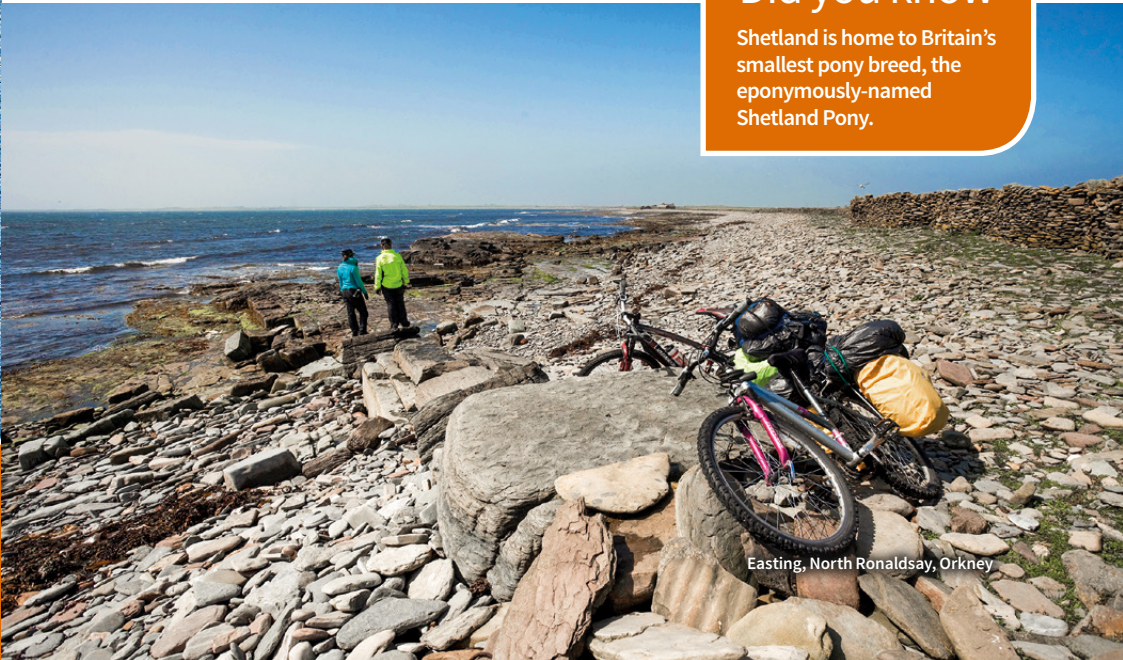
Cycling, whether on a hybrid bike, mountain bike or an e-bike, is a lovely experience on quiet island roads and trails. Hire a bike or take yours for free with a passenger ticket on CalMac ferries.

The more energetic might like to ride the length of 10 islands, linked



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Easting, North Ronaldsay, Orkney



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Guide to Mountain Bike Routes

- Easy ■ Intermediate
- ▲ Difficult ◆ Very Difficult
- Extreme ○ Forest Trail



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(Route 1)

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www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/aberdeen-to-the-shetland-isles/

ORKNEY - SOUTH RONALDSAY

Cycle Route: 🚲 **Easy** - 9 miles

Starting Point: Burwick, South Ronaldsay

www.visitscotland.com/info/see-do/orkney-south-ronaldsay-cycle-route-p316621

ORKNEY - NORTH WEST MAINLAND

Cycle Route: 🚲 **Medium** - 24 miles

Starting Point: Birsay, Orkney

www.visitscotland.com/info/see-do/orkney-north-west-mainland-cycle-route-p316661

SHETLAND - BRAE TO HILLSWICK

Cycle Route: 🚲 **Easy** - 11 miles

Starting Point: Brae, Shetland

www.shetland.org/things/outdoor/cycling/brae-hillswick

SHETLAND - SCALLOWAY TO WALLS

Cycle Route: 🚲 **Medium** - 23 miles

Starting Point: Scalloway, Shetland

www.shetland.org/things/outdoor/cycling/scalloway-walls

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(Route 780) (6 stages)

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www.visitouterhebrides.co.uk/see-and-do/activities/hebridean-way

For more information go to

www.visitscotland.com/cycling



Cyclists embarking ferry from Barra to Eriskay, The Outer Hebrides

together by short ferry trips, on the 185-mile Hebridean Way – National Cycle Network route 780. It's best to bike south to north to benefit from prevailing south-westerly breezes. For an easier pedalling outing, you can dip in with a shorter section of the waymarked route.

An alternative two-wheeled mode of transport is battery-powered Segways. Segway rangers lead tours in the grounds of Lews Castle, near Stornoway.

Active history on Orkney

To the north of Scotland, two more island chains, Orkney and Shetland, boast more active adventures. On Orkney, history and kayaking combine on a tour of the Churchill Barriers,

which were built in the 1940s as WWII naval defences. These can be also be spotted by boat, and for those interested in sailing there are well-established marinas in Kirkwall, Stromness and Westray.

Paddlers can also explore the waters of Scapa Flow – a vast natural harbour that forms a 50-square mile lagoon with many sunken boats beneath the waters including the scuttled WWI German Fleet. For a closer view, join a diving or snorkelling expedition.

Quiet roads and gentle terrain make cycling a great option on Orkney. Hire a bike in the town of Stromness to reach various attractions on a leisurely ride, including four

fascinating archaeological sites in the UNESCO World Heritage Site, Heart of Neolithic Orkney.

Other Orkney gems include natural wonders like the 137 m tall sea stack, the Old Man of Hoy, which is popular with experienced climbers.

Splendid Shetland

Shetland is also acclaimed by rock climbers, with routes for beginners to experts. A range of routes can be found at peaceful Ronas Hill, while the towering sea cliffs at Eshaness pose a bigger challenge.

A varied coastline stretching to more than 1600 miles with coves, caves, arches and stacks, attracts kayakers and wildlife fans alike. Look out for seals, whales and seabirds. Diving beneath

the waves reveals a fabulous marine environment and a chance to explore an array of shipwreck sites.

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For surfers, prime spots include close to Sumburgh Airport or at nearby Quendale or Boddam.

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Kate Turnock



Beach at West Sandwick, Island of Yell, Shetland

“Coasteering on Harris was fun and exciting and in lovely clean and clear water and with loads of rocks to jump off.”

Catriona Macleod

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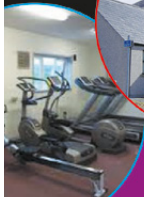
Located in North Walls, Rousay, Sanday, Shapinsay, St Margaret's Hope, Stronsay and Westray.

HOSTELS, CAMPING & CARAVAN SITES

The Hoy Hostel and Rackwick Hostel are located on the island of Hoy and the Birsay Hostel on the Orkney mainland.

There are two camping and caravan sites on the Orkney Mainland: one at the Birsay Hostel and another at the Point of Ness in Stromness.

Further information can be found at www.orkney.gov.uk or by contacting Orkney Islands Council on 01856 873535 or e-mail leisure.culture@orkney.gov.uk



Perthshire, Dundee & Angus and the Kingdom of Fife



A long menu of active adventures, all enjoyed amid delightful scenery, await in these three easily accessible regions.

From relaxed stand-up paddleboarding to high-adrenaline bridge bungee jumps, the list of active things to do in Perthshire, Angus and Fife appeals to a wide range of visitors.

Perthshire is a destination for fun-seekers, and outdoor operators make the most of this superb natural playground. Fast-flowing rivers, such as the Braan, Garry, Tay and Tummel, can be descended on a variety of inflatable crafts, including river bugs, river boards, sledges, tubes, two-person fun yaks and larger group rafts.

Canyoning makes imaginative use of spectacular gorges where canyoneers, wearing wetsuits and safety kit, jump, scramble, slide and swim their way down stunning water-filled gorges. A number of operators offer canyoning experiences in Perthshire.

A gentler-paced sister activity of canyoning - gorge walking - can

be enjoyed at Calvine, near Pitlochry, or how about testing your balance by aqualining on a slackline above the gorge?



Yachting, Loch Ore

Another gorge, which drops 40 m to the River Garry at the Pass of Killiecrankie, offers daredevils thrilling bungee jumps or harnessed bridge swings.

Water and wildlife

In neighbouring Angus, there are plenty of options for celebrating the 2020 Year of Coasts & Waters.

Foxlake Adventures in the city of Dundee has cable-powered wakeboarding, stand-up paddleboarding (SUP), ringo rides and a floating obstacle course on offer in a sheltered former dock area.

Beginners might also like to try SUP on the calm waters at Monikie Country Park, close to the city, as well as learning to canoe, sail and windsurf.

Paddleboards are a wonderful way to journey through the landscape, with the peaceful rivers Esk and Isla highly recommended, or join a sublime sunset paddleboard outing at Montrose Basin and Forfar Loch.

At Lunan Bay, one of Scotland's finest beaches, a SUP Safari is the perfect way to immerse yourself in nature and see this wonderful coastline, as well as numerous seabirds, up close.

Family-friendly Canadian canoes are another great choice for relaxing water-



Insider Tip

Elaine Hunter and her four children headed to Paddle Surf Scotland on Loch Clunie, near Blairgowrie, Perthshire. She says: “We spent a couple of hours messing about in the water and it was great fun. It would be a very relaxing pursuit if your children aren’t trying to capsize you!”

Gorge jumping, Soldier’s Leap, Killiecrankie

“ The aerial adventure at Crieff Hydro is one of the scariest and most fun days out I have had. ”

Dominique McKay

based outings, or for an even more memorable paddle, join a night-time kayak with Outdoor Explore on the rivers Isla or Tay. Enjoy starry skies and a bright moon, and listen for wildlife calls.

Wildlife kayak trips in the early morning or evening offer the chance to see Tayside beavers, as well as ospreys, herons and kingfishers.

Wildlife spotting is a feature of a Pirate Boats RIB trip on the Tay from Broughty Ferry by Dundee,

or from the city of Perth. You'll see plenty of seabirds and perhaps even dolphins and seals.

Also in Perthshire, Loch Tay Safaris offer wildlife boat trips with a knowledgeable guide who will also offer a host of fascinating facts about local history, heritage and folklore.

In Fife, paddlers can enjoy kayak outings to coastal Tentsmuir Forest National Nature Reserve for a good chance to see seals and possibly dolphins.



Tubing, River Garry, Perthshire

Land yachting, West Sands, St Andrews

Active on land

The beaches, rolling hills and forests inland in the three regions provide a focus for further active gems.

At Muddy Boots Fife, 'zorbbers' enjoy colliding with each other, as well as doing rolls, headstands and bouncing. It's possible to walk on water in inflatable balls on Loch Tay, by Killin with In Your Element.

It's possible to 'zip' between trees and cross obstacles high up in woodland at Aloft!, a tree-top adventure park in Crieff Hydro's Action Glen.

Off-road vehicles provide more fun, including quad biking, child-friendly mini quad-pods and Segways in the countryside around Crieff. Or, perhaps you have always wondered what it's like to drive a tank? Find out at Auchterhouse, near Dundee.

The family friendly Active Kids Adventure Park near Stanley in rural Perthshire is perfect for a day of entertainment. Alternatively, children can leave behind their parents and join the Wee Limits Adventure Academy to enjoy bushcraft, forest play, rafting and tree climbing.

You say...

Kirsty Horne, Houston, East Renfrewshire, visited Foxlake Dundee with her daughters aged 12, 10 and eight. She says: "The aqua park and ringo rides were great fun for the whole family. It was exciting to do something in a city that was out of the ordinary."



Inflatable obstacle course, Foxlake Dundee

“Camping at the side of Loch Tay, walking and kayaking was magical.”

Claire Grogan, Actress



Mountain Biking, Lochore Meadows, Fife

Mountain Bike & Cycle Trails

Guide to Mountain Bike Routes

- Easy ■ Intermediate
- ▲ Difficult ◆ Very Difficult
- Extreme ○ Forest Trail

COMRIE CROFT TRAILS

MTB Routes: ■ 4 km ▲ 8 km ◆ 5.3km
 ■ skills area & pump track Location:
 Between Crieff and Comrie, Perthshire
www.comriecroftbikes.co.uk

HIGHLAND PERTHSHIRE

MTB Routes: ● 30 km ■ 110 km ▲ 68
 km Location: Across Perthshire
www.highlandperthshirecycling.co.uk

WADE'S BRIDGE TO RIVER LYON

MTB Routes: ● 6 km Location:
 Aberfeldy
www.highlandperthshirecycling.co.uk

LOCH ORDIE CIRCUIT

MTB Routes: ▲ 16 km Location: Dunkeld
www.highlandperthshirecycling.co.uk

CARIE TRAIL, LOCH RANNOCH

MTB Routes: ■ 14 km Location: Carie
 Car Park, 3 miles west of Kinloch
 Rannoch
www.highlandperthshirecycling.co.uk

GLEN TILT

MTB Routes: ■ 13 km
 Location: Glen Tilt Car Park, Blair Atholl
www.highlandperthshirecycling.co.uk

DUNDEE - TEMPLETON TANGLE & CAMPERDOWN PARK

MTB Routes: ● 8 km ■ 1.3 km ▲ 1.3 km
 Location: Camperdown Park, Dundee
www.dmbins.com/tayside-fife



Wee Adventures in Aberfeldy (weeadventures.com) also has many child-friendly activities.

If you have always wanted to learn to climb, a sandstone quarry at Kirriemuir in Angus, provides the ideal environment for family sessions. Other great places to climb, this time indoors, include Avertical World in Dundee and Perth College Climbing Centre.

Another rock-based activity is discovered on the Fife coast. The Elite Chain Walk offers an exciting and safe sea cliffs traverse, just check the tide times before you head out.

Also in Fife, the spectacular West Sands beach at St Andrews is Scotland's number one location for power kiting, kite surfing and land yachting. Why not try an introductory session in power kiting?

The Kingdom's small airport is a base for more beginner-friendly adventures, including tandem skydiving or parachute jumping.

Ride or run

Cyclists, both road and mountain bikers, will find many miles of quiet roads and trails to explore across the regions.



Biking along the River Tay at Kenmore

Mountain Bike & Cycle Trails

Guide to Mountain Bike Routes

- Easy ■ Intermediate
- ▲ Difficult ◆ Very Difficult
- ▮ Extreme ○ Forest Trail

.....

ANGUS

MTB Routes: ● 23 km ■ 68.5 km ▲ 36.5 km

◆ 24.5 km Location: Across Angus

www.dmbins.com/tayside-fife

FIFE

MTB Routes: ● 12 km ■ 23 km ▲ 16 km

Location: Across Fife

www.dmbins.com/tayside-fife

ALYTH BIKE PARK

MTB Routes: ■ 0.6 km ▮ 400 m skills area and 200 m pump track

Location: Alyth Hill, Alyth

www.dmbins.com/tayside-fife

LOCH LEVEN HERITAGE TRAIL

Cycle Route: 🚴 Easy - 13 miles

Starting Point: The Pier, Kinross

www.lochlevenheritagetrail.co.uk

DUNDEE TO ARBROATH (Route 1)

Cycle Route: 🚴 Easy - 21 miles

Starting Point: Dundee train station

www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/dundee-to-arbroath/

For more information go to

www.visitscotland.com/cycling

Test your bike handling skills or learn to cycle at Fife Cycle Park at Lochgelly. For novice mountain bikers, Camperdown Country Park in Dundee or Bike Trax at Highland Safaris near Aberfeldy, are good choices.

Check out the Rings of Breadalbane for a selection of routes on both road and trail or head to a mountain biking centre, such as Templeton Tangle in Dundee or Comrie Croft in Perthshire.

If you lack the fitness or experience, hire an e-bike from Coupar Angus Cycle Hub or Electric Bikes Scotland in Dundee, to push your limits more comfortably.

Four legs might prove better than your two legs with opportunities for all levels at stables and riding

Did you know

If you canoe to an island in Loch of Clunie, near Blairgowrie, you can spot remnants of a castle used by one of the first kings of Scotland.

centres across Perthshire, Angus and Fife.

Running tours are increasingly popular for seeing new places at a faster pace. Dundee Running Tours is unique in the region with guided outings to attractions in the City of Discovery.

With so much to do in three scenic regions you will be keen to return for more another time.



Canoeing, Lochore Meadows Country Park

“ Whitewater rafting at Aberfeldy is a great day out - it's always such a laugh! ”

Ian Strong

Shieldbank Riding & Vaulting Club and Sheildbank Coffee Shop

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Come to life in Fife

With a stunning coastline and beautiful countryside Fife is a great outdoor playground with lots of activities to choose from. From high speed adventure like land yachting on the iconic West Sands in St Andrews to more relaxed pursuits like wildlife spotting at a National Nature Reserve, there's something to suit all. Add on fantastic food and drink and awesome accommodation and you've got the perfect place for your outdoor adventure.

Fife



For inspiration and ideas on adventures in Fife visit

www.welcometofife.com



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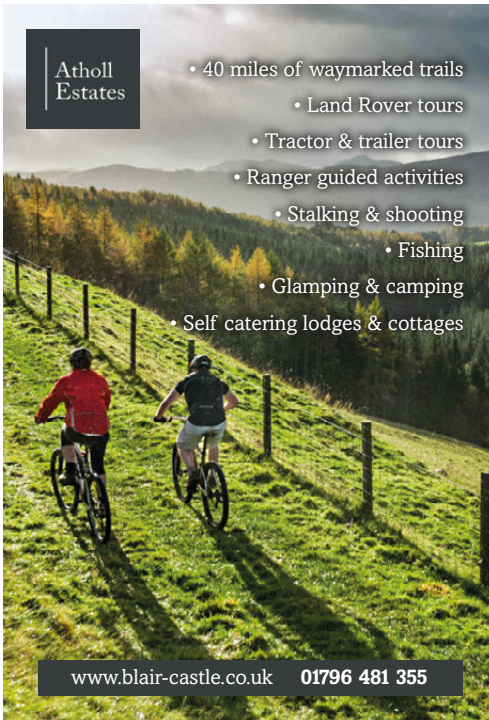
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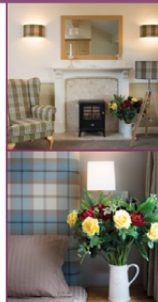
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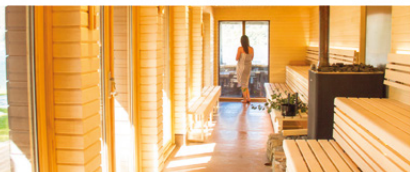


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Photos courtesy of Lorne Gill / SNH

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to Scotland's progressive access rights to most land and inland water, you are welcome to enjoy a whole host of activities – from wildlife watching to walking, camping, mountain biking, horse riding, paragliding, kayaking and swimming – as long as you follow some basic advice.

SIMPLY:

Take responsibility for your own actions;

Respect the interests of other people;

Care for the environment.

See the Scottish Outdoor Access Code for further information, especially if you're camping or have a dog with you.

Remember - Scotland's access legislation is different to the rest of the UK.



SCOTTISH
OUTDOOR ACCESS CODE

**KNOW THE CODE
BEFORE YOU GO**

outdooraccess-scotland.scot



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




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SC prices TBC

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Nevis Lodges are situated in a quiet rural location with superb views of Ben Nevis. Close to Nevis Range for mountain bike trails and 3 miles from Fort William the farm has Highland cattle, ponies and farm walks. The 2 bedroom chalets sleep 4 whilst Lone Pine Lodge and Nevis Lodge have 3 & 4 bedrooms.

T: 01397 703015
 E: chris.carver@btconnect.com
 Torlundy, Fort William PH33 6SP
www.nevis-lodges.co.uk



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 Alltigh, Inverness-shire IV63 7YD
www.lochsidehostel.com



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T: 01540 661967
 E: enquiries@mcinneshousehotel.com
 Newtonmore Road, Kingussie PH21 1HE
www.mcinneshousehotel.com



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T: 01445 781769
 E: poolewe.hotel@hotmail.co.uk
 Main Street, Poolewe IV22 2JX
www.poolwehotel.co.uk



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T: 01828 632816 / 07917 430200
 E: stay@kirklandbank.co.uk
 Alyth, Blairgowrie PH11 8LL
www.kirklandbank.co.uk



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★★★ HOTEL

B&B prices from £85 prpn

Atholl Arms Hotel

A really traditional Scottish highland hotel, big on heritage and on hospitality with evening meals served in the grand baronial hall. We offer some thirty-one bedrooms—each one elegantly decorated in its own unique tartan, which are also dog friendly. The Bothy Bar offers a cosy refuge with its traditional pub atmosphere and real ales.



T: 01796 481205
 E: info@athollarmshotel.co.uk
 5 Old North Road, Blair Atholl PH18 5SG
www.athollarmshotel.co.uk



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SC prices on request

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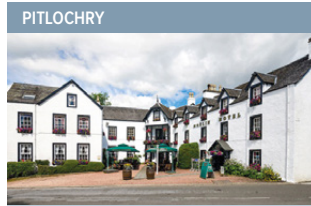
SC prices from £520 pw

Glenbeag Mountain Lodges

Log Cabins with private hot tubs located in the Cairngorm National Park. These Norwegian Log Cabins have panoramic views over nearby mountains with numerous walks and trails on the doorstep. Nearby activities include mountain biking, golf, fishing and skiing at the nearby Glenshee Ski Centre. Sleeping from 2-5 persons.



T: 01250 885204
 E: logcabins@glenbeag.co.uk
 Spittal of Glenshee, Blairgowrie PH10 7QE
www.glenbeag.co.uk



PITLOCHRY

★★★ HOTEL

B&B prices from £85 prpn

Moulin Hotel

Ideally situated for exploring the Perthshire Highlands, the Moulin Hotel offers 15 bedrooms and 2 self-catering cottages. All the rooms are individually designed and include a range of modern amenities, such as free Wi-Fi & flat-screen TV. The restaurant serves home cooked traditionally Scottish cuisine.



T: 01796 472196
 E: enquiries@moulinhotel.co.uk
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AIRPORT INFORMATION

Aberdeen

T: 0344 481 6666

www.aberdeenairport.com

Edinburgh

T: 0844 448 8833

www.edinburghairport.com

Glasgow

T: 0344 481 5555

www.glasgowairport.com

Glasgow Prestwick

T: 0871 223 0700

www.glasgowprestwick.com

Highlands and Islands

Airports

T: 01667 462445

www.hial.co.uk

BY RAIL

There is a fast, efficient, cross-border railway service from England and Wales to Scotland with regular services throughout the day. There are also direct services from London King's Cross to Scotland and good links from other main English cities such as Birmingham and Manchester.

First TransPennine Services

www.tpexpress.co.uk

National Rail Enquiries

www.nationalrail.co.uk

East Coast Main Line

www.lner.co.uk

Virgin Trains

www.virgintrains.co.uk

Sleeper Services

Caledonian Sleepers are the overnight train services operating between London Euston and Aberdeen, Edinburgh, Glasgow, Inverness and Fort William every night, except Saturday.

Caledonian Sleeper

www.sleeper.scot/

BY SEA

There are frequent ferry services from the continent to the north of England, which is within easy reach of the Scottish Borders and Dumfries & Galloway.

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www.dfdsseaways.co.uk

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www.poferries.com

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www.stenaline.co.uk

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www.eurolines.de/en/home

National Express operates express coach services from all over the UK to Scotland.

T: 0871 781 8181

www.nationalexpress.com

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BY AIR

There is an excellent internal air network connecting the islands and several regional airports to the main airports of Aberdeen, Edinburgh, Glasgow & Inverness.

Flybe

T: 0371 700 2000

www.flybe.com

Eastern Airways

T: 08703 669 100

www.easternairways.com

Loganair

T: 0344 800 2855

www.loganair.co.uk

BY RAIL

ScotRail

T: 0344 811 0141

www.scotrail.co.uk

BY COACH

Scottish Citylink is the largest operator, linking over 200 towns and cities across the country.

T: 0871 266 3333

www.citylink.co.uk

BY TRAM

Edinburgh Trams operates a 8.7 mile tram route between Edinburgh Airport and York Place in the city centre.

T: 0131 338 5780

www.edinburghtrams.com

BUS STATION INFORMATION

Edinburgh Bus Station is a 2-minute walk from the main Waverley Railway Station and 8 miles from Edinburgh Airport. In Glasgow, Buchanan Street Bus Station is 5-minutes' walk from the main city rail termini of Queen St and Central stations. Glasgow Airport is 8 miles away.

CAR HIRE

There are many companies which offer competitive car hire rates, among which are:

Alamo Rent-A-Car

www.alamo.co.uk

Arnold Clark

www.arnoldclarkrental.com

Avis

www.avis.co.uk

Budget

www.budget.co.uk

easyCar

www.easycar.com

Enterprise Rent-A-Car

www.enterprise.co.uk

Europcar

www.europcar.co.uk

Hertz

www.hertz.co.uk

Sixt Rent a Car

www.sixt.co.uk

MOTORHOME HIRE

Several companies provide motorhome hire, including:

BC Motorhomes

www.bcmotorhomes.co.uk

Nevis Campers

www.neviscampers.co.uk

Motorhome Rental Centre

www.motorhomerentalcentre.com

BY FERRY

Scotland has hundreds of islands, so ferries are very important. Many of our islands can be found off the west coast - the Inner Hebrides, Outer Hebrides and the islands of the Clyde Estuary. Orkney and Shetland can be found to the north of the Scottish Mainland.

Caledonian MacBrayne

www.calmac.co.uk

Northlink Ferries

www.northlinkferries.co.uk

John O' Groats Ferries

www.jogferry.co.uk

Pentland Ferries

www.pentlandferries.co.uk

Orkney Ferries Ltd

www.orkneyferries.co.uk

Argyll Ferries

www.argyllferries.co.uk

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T: 0871 200 2233

www.travelinescotland.com

Traffic Scotland

T: 0800 028 1414

www.trafficscotland.org



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