







#### The adventure begins

Scotland's Great Outdoors is waiting for you! Which adventure will you pick?

- Climb a Munro (there's 282 of them) or dip your toe in the waters of Loch Lomond, the largest loch in Scotland.
- Go island hopping play on the white sands of Kiloran Bay, Saligo Bay or Luskentyre Beach and spot dolphins. whales and otters or look to the sky for golden or sea eagles.
- After dark, see shooting stars in the Dark Sky Park in Dumfries & Galloway or go on a bat hunt on Threave Estate.

Calanais Standing Stones, Isle of Lewis



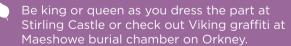


Walk in the footsteps of warriors, kings and gueens.

- Be king or queen as you dress the part at Maeshowe burial chamber on Orkney.
- older than the Pyramids? How old do you think they are?
- Head out with a ranger and hear the stories of battles and bravery in Glen Coe.



Jesters will amuse you as knights do battle in the jousting arena. Travel back in time in Scotland's castles and let your imagination run free!



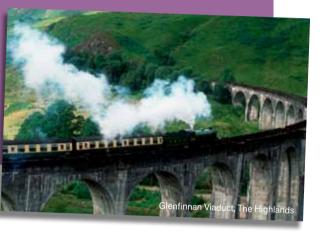


#### Magical movies, music and art

Art isn't just for classrooms. Painters, musicians and artists have been out using Scotland's natural resources for centuries.

- Shetland ponies Filva and Vitamin were feeling cold so now have their own knitted iumpers.
- Magical scenes at Glenfinnan Viaduct do you recognise which film it starred in?
- Look out for sculptures along the Water of Leith, Edinburgh or have a walk in Tyrebagger woods, near Aberdeen - it's not just wildlife you'll spot.

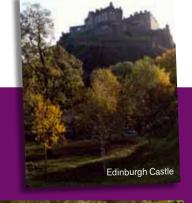




## Go green in the city

How many of our country's seven cities can you tick off your list in the Year of Natural Scotland?

- In Aberdeen there are 44 acres of beautiful gardens at Duthie Park. In Dundee there are over 50 parks, and in Glasgow there are over 90!
- Edinburgh Castle sits on a dormant volcano and Perthshire is home to the historic crowning site of Scone Palace.
- Inverness has an indoor waterfall in its Floral Hall, and Stirling is home to the Wallace Monument.







# The biggest playground in Scotland...

...is Scotland itself. Wherever you are, from the Highlands to the Scottish Borders, there's plenty for you to do in your free time.

- If you like to cycle then why not try a mountain bike trail?
- Go splashing around the Scottish Sea Kayak Trail (and keep an eye out for dolphins and minke whales as you go).
- Many of the most famous explorers began their travels on foot and you could too, around one of Scotland's amazing trails.

# Flower power, giants and the call of the wild!

It began with the Scottish thistle, which saved sleeping Scots warriors when an approaching Viking stepped on one with his bare feet. His cries of pain woke the Scots, who promptly defeated the Viking invaders.

- Gardens Galore Royal Botanic Garden Edinburgh including huge monkey puzzle trees, fig trees and more.
- Seabird city visit Bass Rock to see (and hear) over 150,000 birds the world's largest gannet colony.
- Walk along the Giant Redwood Avenue in Benmore Gardens now 150 years old (but still babies they can live up to 3,500 years old!).





### Grub's up

Whether your favourite meal of the day is breakfast, brunch, lunch, supper or dinner, Scotland has something to leave you feeling full.

- Try traditional dishes like haggis or Cullen skink. Have you ever tried an Arbroath smokie?
- Along the coastline and especially the West Coast seafood trail you can taste mussels, lobster and salmon.
- Get an adult to lend a hand and try making your own meal from natural Scottish ingredients.







### Scotland needs you!

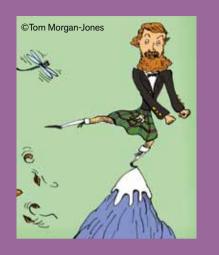
Keeping Scotland looking beautiful isn't difficult if we all play our part.

- Remember to recycle, reuse and reduce waste and keep Scotland beautiful.
- Walk or cycle and leave the car behind.
  Great exercise and more fun!
- Can you think of any other ways people can enjoy Scotland's natural beauty and protect it at the same time?



## Scotland's unsung hero

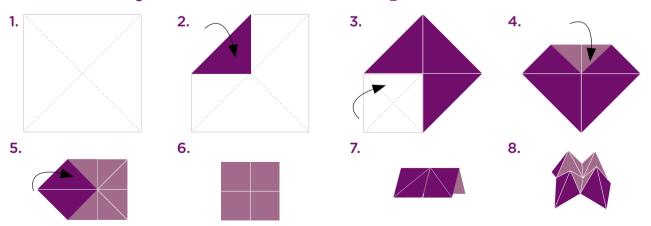
Which Scottish explorer has mountains, beaches and even an asteroid named after him? It's John Muir, one of the world's greatest adventurers. Born in Dunbar in 1838, he had already set sail for America by the time he was eleven years old. Over the course of his life he was an explorer, geologist, botanist, inventor, farmer and writer who was dedicated to preserving and protecting the natural world. Could you be the next John Muir? There's only one way to find out - by getting out and exploring the Scottish Outdoors. For more information go to www.snh.gov.uk/johnmuir



#### Need a little extra help?

Go to **visitscotland.com/accessible** or visit your local Visitor Information Centre. You can also go to **sdef.org.uk** or call **01259 272063** one of our disability charity partners, where you can find more help.

#### How to fold your outdoor adventure planner



Once you have completed the above folding instructions, it's time to play. Hold with both hands, putting fingers in all four pockets created. Pick an animal from the top and open and close the planner as you spell out each letter. Then pick a visible number on the planner and count it out, opening and closing as you go. Finally, pick a number again and lift the flap to reveal your Scottish adventure!

#### A home away from home

The Scottish Youth Hostel Association offers more than a place to rest your weary head at the end of a long day's adventure. It offers the chance to meet fellow explorers and to learn about the area from friendly hostel managers.

SYHA has a network that stretches across the nation, from the heart of Scotland's countryside to the centre of its great cities.

Many of the hostels offer private, family and en-suite rooms, with catering also available at most locations.

Best of all, for full-time students and anyone under 16, it's completely free to become a member of SYHA - and adult prices start at only £10. There's no better or more affordable way to explore Scotland.







Calling all parents and guardians - here's a chance to win a break for the family!



ONE OF FIFTY FAMILY BREAKS WITH THE SCOTTISH YOUTH HOSTEL ASSOCIATION\*

To enter, visit: visitscotland.com/naturalexplorers

Don't miss out on 2 for 1 and child goes free offers across Scotland. Go to visitscotland.com/offers

\*Open to UK, CI, IoM and Rol residents aged 18 or over. Draw closes for receipt of all entries 26.11.13, winner will be contacted within 28 days. Limited to one entry per person. No purchase necessary. Prize: 1 x SYHA family room. Starily room. Starily room sharing (2 adults and 2 children) for 2 nights. Subject to availability and blackout dates. Prize must be taken by 30/09/2014. To enter and for full terms and conditions go to visitscotland.com/naturalexplorers Promoter: VisitScotland. Edinburgh EH6 6JH