ACTIVE IN SCOTLAND 2020

visitscotland.com

KNOW THE CODE BEFORE YOU GO
outdooraccess-scotland.scot

VISITSCOTLAND.COM
SEEK YOUR ADVENTURE
WILD SCOTLAND
WILD-SCOTLAND.ORG.UK

- 4* Hotel sleeping 40 people
- 9 luxury lodges on-site
- Around 1.5 hours from Edinburgh airport
- Excellent restaurant serving local produce
- Walking, cycling, fishing all on the doorstep
- Dog friendly

T: +44 (0)1575 550350
E: hotel@clova.com
clova.com

Aquila Ecology based in St Fillans, Perthshire offers customer focussed wildlife tours, talks, walks, training and advice. In all seasons, we will show you what beautiful Scotland has to offer!

T: +44 (0)7960 391297
aquilaecologyscotland.co.uk

Dolphin Spirit Inverness
See the world’s most northerly population of Bottlenose Dolphins in the Moray Firth. An experience made all the more enjoyable by the stability and space of the boat, Dolphin Spirit.

T: 07544 800620
E:info@dolphinspirit.co.uk
dolphinspirit.co.uk

St Kilda – The UK’s only UNESCO Dual World Heritage Site and National Nature Reserve. Home to north west Europe’s largest seabird colony including the UK’s largest colony of Atlantic puffin, northern Fulmar and one of the World’s largest Gannetaries.

T: 07789 914144
E:enquiries@gotostkilda.co.uk
gotostkilda.co.uk

The National Association for Wildlife, Adventure and Activity Tourism in Scotland
WILD-SCOTLAND.ORG.UK
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 on 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.

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 on 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.

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 on 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.

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

Hazel Irvine, TV Presenter
Contents

Special Features
- 4 Scotland on Two Wheels
- 6 Active with a Twist
- 8 Fun with the Family
- 10 Island Adventures
- 12 Addicted to Adventure
- 14 Activities for All
- 15 Year of Coasts & Waters 2020

Snowsports Centres
- 22 Glenshee Ski Centre
- 24 The Lecht 2090
- 68 Cairngorm Mountain
- 70 Glencoe Mountain
- 72 Nevis Range Mountain Experience

Information
- 101 Enjoy Scotland’s outdoors
- 102 Map of Scotland
- 106 Accommodation
- 111 Travel in and around Scotland
- 112 Advertisers’ index

Regions
- 16 Aberdeen and Aberdeenshire
- 28 Argyll & The Isles, Loch Lomond, Stirling and The Trossachs
- 38 Ayrshire & The Isles of Arran and Cumbrae
- 44 Dumfries & Galloway and The Scottish Borders
- 50 Edinburgh & The Lothians
- 56 Greater Glasgow & The Clyde Valley
- 62 The Highlands and Moray Speyside
- 82 The Outer Hebrides, Orkney & Shetland
- 90 Perthshire, Dundee & Angus and the Kingdom of Fife

A regional colour index to help guide you through this booklet
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 Breadalbane 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 Wolftrax, 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

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Date</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Etape Loch Ness</td>
<td>Highlands</td>
<td>26 April 2020</td>
<td><a href="http://www.etapelochness.com">www.etapelochness.com</a></td>
</tr>
<tr>
<td>Etape Caledonia</td>
<td>Perthshire</td>
<td>17 May 2020</td>
<td><a href="http://www.etapecaledonia.co.uk">www.etapecaledonia.co.uk</a></td>
</tr>
<tr>
<td>TweedLove Transcend Epic</td>
<td>Scottish Borders</td>
<td>June 2020</td>
<td><a href="http://www.tweedlove.com">www.tweedlove.com</a></td>
</tr>
<tr>
<td>UCI Mountain Bike World Cup</td>
<td>Highlands</td>
<td>6-7 June 2020</td>
<td><a href="http://www.fortwilliamworldcup.co.uk">www.fortwilliamworldcup.co.uk</a></td>
</tr>
<tr>
<td>Tour o’ the Borders</td>
<td>Scottish Borders</td>
<td>6 September 2020</td>
<td><a href="http://www.tourotheborders.com">www.tourotheborders.com</a></td>
</tr>
<tr>
<td>Poppyscotland Sportive</td>
<td>East Lothian/Scottish Borders</td>
<td>September 2020</td>
<td><a href="http://www.poppyscotland.org.uk">www.poppyscotland.org.uk</a></td>
</tr>
</tbody>
</table>
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 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.
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
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 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.

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
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 hangliding 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
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**
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!

Join the conversation

#YCW2020

www.visitscotland.com/ycw2020
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 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 manouevring’.

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.

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).

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.
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.

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 coasteering 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

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
**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

**PITFICHE**
MTB Routes: 6.4 km, 1.6 km, 15 km
Location: Between Monymusk and Alford
www.scotland.forestry.gov.uk/visit/pitfichie
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 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 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.

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

More info

<table>
<thead>
<tr>
<th>Feature</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Altitude</td>
<td>2,132 - 3,504 ft (650 - 1,068 m)</td>
</tr>
<tr>
<td>Pisted runs</td>
<td>40 km</td>
</tr>
<tr>
<td>Longest runs</td>
<td>2 km (1.25 miles)</td>
</tr>
<tr>
<td>Max vertical descent</td>
<td>1,500 ft (457 m)</td>
</tr>
<tr>
<td>No of lifts</td>
<td>22</td>
</tr>
<tr>
<td>Uplift capacity</td>
<td>15,460 per hour</td>
</tr>
<tr>
<td>Snowmaking</td>
<td></td>
</tr>
<tr>
<td>Mountain cafés/restaurants</td>
<td>☑</td>
</tr>
<tr>
<td>Off piste skiing</td>
<td>☑</td>
</tr>
<tr>
<td>Ski &amp; snowboard hire</td>
<td>☑</td>
</tr>
<tr>
<td>Ski clothing hire</td>
<td>☑</td>
</tr>
<tr>
<td>Shop</td>
<td>☑</td>
</tr>
<tr>
<td>Artificial snowsports slope</td>
<td>☑</td>
</tr>
<tr>
<td>Crèche</td>
<td>☑</td>
</tr>
<tr>
<td>Ski guide</td>
<td>☑</td>
</tr>
<tr>
<td>Sledging</td>
<td>☑</td>
</tr>
<tr>
<td>Rail Park</td>
<td>☑</td>
</tr>
<tr>
<td>Webcam</td>
<td>☑</td>
</tr>
</tbody>
</table>

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
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: ............ ✓
Crèche: ..............................................
Tubing: ............................................
Sledging: ........................................
Rail Park: ......................................... ✓
Webcam: ............................................

Lecht 2090, Ski & Multi-Activity Centre, Corgarff, Strathdon, Aberdeenshire AB36 8YP
Tel: 01975 651440
Email: info@lecht.co.uk
www.lecht.co.uk
www.ski-scotland.com
**Ride in Peace Adventures**

Mountain Bike Guiding, Coaching and Riding!

Based in North East Scotland, RIPA offers Guided Rides into the Cairngorms National Park, family friendly to epic mountain Munro days. Come discover the network of countryside estate tracks, cross country, enduro and downhill trails that Deeside and Donside has to offer. Need some help? Try a 1:1 or group Coaching sessions to help you gain the confidence and control at trails centres.

*Please visit our website for more information and quote “*ActiveScot*” when booking for 5% discount*

Chris@rideinpeaceadventures.co.uk  |  07399 564842
www.rideinpeaceadventures.co.uk

We cater for all ages and abilities and are fully qualified and accredited.

---

**ADVERTISE HERE**

To advertise in Active in Scotland for **2021**

**SCOTIA MOTORHOMES**

**DRIVE • DISCOVER • DREAM**

Torphins, Aberdeenshire
www.scotiamotorhomes.com
info@scotiamotorhomes.com
07834 552556
DALMUNZIE ESTATE

From Lochsie, our honeymoon cottage (sleeps 2), to luxurious DALMUNZIE HOUSE (sleeps 14), our 7 traditional, stone built self-catering cottages are set in a beautiful 6,500 acre estate at the gateway to the Cairngorm National Park.

Immerse yourself in the natural grandeur of the Scottish Highlands on our sporting estate. Truly a hillwalkers dream. Summit the surrounding Munros, and enjoy sweeping vistas of the raw and breathtaking landscape. Observe the abundance of wildlife: red deer, roe deer, grouse, ptarmigan, blackcock, peregrine and hares.

We also offer a Highland 9 hole golf course. Ideally situated only 6 miles away from Glenshee Ski Centre for snow sports enthusiasts.

Dalmunzie Estate, Spittal of Glenshee, Blairgowrie, Perthshire PH10 7QE
T: +441250885226
E: info@dalmunzieestate.com

www.dalmunzieestate.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.

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

WINTER
FACILITIES INCLUDE:
22 Lifts & 38 Runs to all levels of skiers and boarders.
Equipment Hire, Snow sports School, Shop & 3 Mountain Cafés.

Kirkton of Glenisla, near Blairgowrie PH11 8PH
Tel: 01575 582223 • email: enquiries@glenisla-hotel.com
www.glenisla-hotel.com

GLENISLA HOTEL
Situated near Blairgowrie, Glenisla Hotel is an excellent base for outdoor pursuits including snow sports at the nearby Glenshee Ski Centre.

We are passionate about our food, our Head Chef is local to the area and has a vast knowledge of good quality produce from regional suppliers. With the recent introduction to our new seasonally changing A La Carte menu, alongside our traditional classics, he continues to deliver good quality food, catering for all guest expectations.

Glenisla Hotel
Kirkton of Glenisla, near Blairgowrie PH11 8PH
Tel: 01575 582223 • email: enquiries@glenisla-hotel.com
www.glenisla-hotel.com

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.

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

Jackie Bird, former BBC Newsreader
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 - Sustrans 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

You say...
“...I joined a group with Kayak Majik Paddlesports, for a couple of day trips around Loch Melfort and Loch Fechoan. 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
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 Isle of Jura is a hidden gem with stunning wildlife and plentiful opportunities to enjoy outdoor activities.

Heather Suttie, Radio DJ and Broadcaster
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 8 Skills area
Location: Falkirk
www.callendarestate.co.uk

ABERFOYLE
MTB Routes: 8 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.
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

---

I was learning to sail on the Kyles of Bute with the puff of a whale alongside us, amazing.  
Torc Torrance
LAGNAKIEL HIGHLAND LODGES

UNRIVALLED LOCATION

• 1, 2 & 3 bedroom self catering lodges
• Activities nearby for all levels of adventurer
• Mountain Biking, Kayaking, Cycling, Boat Trips, Watersports, Horse Riding
• 3 miles from picturesque Oban, full of great restaurants and bars

T: 01631 562746
www.lagnakeil.co.uk

The Rob Roy is wonderfully situated in idyllic countryside at the gateway to Scotland’s first National Park and provides the ideal base for visiting the Trossachs.

Aberfoyle | 01877 382 245
www.robroyhotel.co.uk

SPEEDBOAT TOURS • KAYAK & SUP HIRE
SELF-CATERING • GLAMPING

+44 (0) 7749 040 660
chris@portnellanfarm.co.uk
For More Information Please Contact,
Ardmaddy, By Oban, Argyll, PA34 4QY
T: 01852 300778  E: jan@ardmaddy.com
www.ardmaddycottages.co.uk

- Well Equipped & Clean
- Warm Comfortable Cottages
- VisitScotland 4*
- Peaceful Location
- Wonderful Views
- Gardens
- Dog Friendly
- Games Room
- Open Fires
- Wi-Fi
- Sea Kayaking
- Walking
- Cycling
- Bird Watching
- Exploring
- Wild Life
- Boating
- Sailing
- Fishing
- Tennis
- Boat Trips
- Wide Open Spaces
... And much, much more

Easterhill, Gartmore, Stirlingshire FK8 3SA
E: aaascotland@gmail.com
www.actionadventureactivities.com

PADDLE BOARD HIRE
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.

IT’S EASIER THAN IT LOOKS!
For prices and details check our website paddleboardingscotland.com

www.actionadventureactivities.com

- KIDS, JUNIOR & ADULT OFF ROAD DRIVING
- QUAD BIKING
- PADDLE SPORTS (CANOE, KAYAK & STAND UP PADDLEBOARD)
- CANYONING & GORGE WALKING
- TARGET SPORTS (AXE THROWING, ARCHERY, CROSSBOW & AIR PISTOLS)
OPEN 7 DAYS AT LOCH LOMOND & RATED #1 ON TRIP ADVISOR
Loch Lomond Leisure can offer a wide range of guided tours and outdoor activities which are suitable for all ages. Advance booking is recommended.

- Speedboat Tour
- Speedboat Taxi
- Boat Hire & Fishing
- Guided Canoe Tour
- Stand Up Paddleboard
- Kayak & Bike Hire
- Waterski & Wakeboard
- Ringo & Banana Boat
- Water Trampoline

Please visit our website for more information and pricing.

fun for all the family

guided canoe tour

stand-up paddleboard

kayak & bike hire

waterski & wakeboard lessons

self-drive boat hire & fishing

try something new

various locations around Loch Lomond

speedboat taxi

self-drive boat hire & fishing

freephone: 0333 577 0715

www.lochlomond-scotland.com
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’.

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.

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.”
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.

---

**Mountain Bike & Cycle Trails**

**Guide to Mountain Bike Routes**

- Easy
- Intermediate
- Difficult
- 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.arranbikclub.com

**RANKIN PARK, GREENOCK**
MTB Routes: 
1 km skills area & pump track
0.5 km
Location: Rankin Park, Greenock
www.dmbins.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

---

Cyclists, South Beach, Troon

---

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

“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
BC Motorhomes

MOTORHOME RENTAL

WHAT’S INCLUDED?

✔️ ONBOARD WIFI

✔️ DOG FRIENDLY

✔️ UP TO DATE RENTAL FLEET

FULLY EQUIPPED MOTORHOMES
with all the essentials from cutlery to first aid kit!

Heathfield Road, Ayr, KA8 9HE
Tel: 01292 272277
Book Online at www.bcmotorhomes.co.uk

DEAN CASTLE COUNTRY PARK

TREEHOUSE CENTRE

A residential centre for overnight or week-long stays for conservation holidays, schools or groups. A perfect base for exploring the outdoors, we will tailor your visit to provide an unforgettable experience.

For more information and booking:
E: TreehouseCentre@east ayrshire leisure.com

east ayrshire leisure.com

heritage lottery funded

east ayrshire leisure
Treetop Trials
The new adrenaline adventure now available at Craufurdland Estate.
The course has six exciting zones, each with their own unique features.

- "Wildcats" - our "Safe-rollers" course can be used by children as young as 5 years old.
- "Spider", lowest K-hook zone at 4 metres.
- "Buzzard", at 6 metres, features our hair-raising Tarzan swing.
- "Adder" includes a surfboard zip, & 2 more fast zips to finish.
- Conquer the "Stoat" climb, a straight 12 metre tree climb.
- 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.
See South Scotland has a wealth of information on activities in this region - go to [www.visitscotland.com/campaign/see-south-scotland](http://www.visitscotland.com/campaign/see-south-scotland) to find out more.
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

"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 Glentrool, 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,
ROSE HAUGH
Comfortable self-catering in beautiful Galloway

In a rural setting near Castle Douglas, this cosy self-catering is the perfect base for an active outdoor life. Walking, cycling, watersports, adventure trails, fishing, with great wildlife in beautiful scenery. Just a 15 minute drive to Galloway Activity Centre.

T: 01644 450677 or 01224 595561
E: ann@rosehaugh.plus.com
www.rose-haugh.co.uk

FAMILY ADVENTURE
Days Out & Short Breaks

Choose from over 25 activities from only £49 per family!
Quote VisitScotland Active when booking

WHITHAUGH PARK
NEWCASTLETON, SCOTTISH BORDERS
013873 75394, ROCKUK.ORG

Cycle the Scottish Borders

Think of the Scottish Borders and think of big spaces: heather-clad hills, hundreds of square miles of forests and woodland, lochs and rivers. Wherever trees and hills abound, cyclists and mountain bikers won't be far away; some of the best cycling routes in Scotland can be found here.

www.cyclescottishBorders.com
www.facebook.com/cyclescottishBorders/
@cycleBorders

Our Scottish Borders
Your destination

ROGUE BEAR
Cycling

GAC GALLOWAY ACTIVITY CENTRE

PADDLE BOARDING
WINDSURFING
KAYAKING
SAILING
CLIMBING
ZIP WIRE
LASER TAG
GIANT SLIDE

PHONE TO BOOK
CAFE ON SITE

01556 502011
www.lochken.co.uk

GAC@lochken.co.uk

Drumlanrig Castle
Thornhill DG3 4AQ

Rik’s Bike Shed

- Great trails for families and hardcore single track riders
- Brilliant bikes for hire
- Skills training and guided rides (ideal for family groups)
- Birthday parties
- Well stocked shop and professional workshop

Tel: 01848 330 080 · Email: mtbrik@aol.com

“>A great place to ride for families with kids, hardcore trail riders and everyone else too! Pow’ The Yer Pedals”

Follow us on Facebook.
And ride safe!
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.

---

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

*Michelle Mone OBE, Entrepreneur*
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.
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

- Easy
- Difficult
- Intermediate
- 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/beecraigs

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

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

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, Castlelaw 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. Bee Craigs, 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, 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.
Midlothian Snowsports Centre
Hillend, Biggar Road, Edinburgh, EH10 7DU
0131 445 4433

- Skiing
- Snowboarding
- Tubing
- Café
- Chairlift rides

WWW.SKI.MIDLOTHIAN.GOV.UK

MadMaxAdventures.com

“awesome”
“fantastic”
“outstanding”

Lowland Motorhome Hire Ltd
Luxury Motorhome Hire

- Local family run business
- EU travel allowed
- Sat Nav (GPS) included
- All utilities, bedding, and towels included
- Gas included
- Open all year

Extras
- Additional drivers
- Bike hire available
- Generator hire available
- Baby and booster seats available
- Edinburgh airport/city centre transfers available

HILLY COW WIGWAMS

Make your wigwam trip truly memorable by staying at Hilly Cow Wigwams. Come stay on Leyden a working farm in West Lothian, near Edinburgh. Enjoy the comfort of camping in our heated wigwams, with the beautiful views of the Forth Valley and the Pentland hills. Hilly Cow Wigwams can offer all the sights of the farm, walks and cycle routes.

T: 01506 882 410 | M: 07824 770 568
E: lesley@hillycowwigwams.co.uk
Leyden Farm, Kirknewton EH27 8DQ
WWW.HILLYCOWWIGWAMS.CO.UK
ZIPTRAIL ZIPLINES
FOXFALL ROPES COURSE
RINGO RIDES OVER WATER
WAKEBOARDING
OFF-ROAD SEGWAYS &
BOARDSIDE CAFE
01620 860 657 FOXLAKE.CO.UK
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.

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.

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.

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 the south at Rutherglen, Cuningar Loop, has a bike track that is great for novices, as well as an outdoor bouldering park.
I spent a brilliant weekend in Lanark - the countryside in the Clyde Valley is stunning.

Kaye Adams, Broadcaster
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

---

**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
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

**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

---

**Forest Trail**

- CATHKIN BRAES
  - MTB Routes: 9 km
  - Skills area and Pump track
  - Location: Glasgow
  - www.dmbins.com/wheretoride

- WHITELEE
  - MTB Routes: 15 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

- 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
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 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.

---

**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
OUTDOOR PURSUITS SCOTLAND

- 15 mins away from Glasgow City Centre
- Scotland’s first and only artificial white water course
- Groups or individuals, stag/hen parties and corporate events
- All abilities and ages
- Also trips further afield including gorge walking down the famous Devil’s Pulpit just north of Glasgow

07810644877
www.outdoorpursuitsscotland.co.uk
outdoorpursuitsscotland@gmail.com
Surprising Adventure!
dan-thursan iongantach

Experience the mountain bike adrenaline rush in some of Scotland’s most spectacular locations.

Follow us: 🌐 Facebook 🌐 Twitter 🌐 Instagram

Call us on: 0300 067 6000
forestryandland.gov.scot
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 Kincraig, 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
It was the magnificent views of mountains and forestry that made a Canadian canoe trip so special.

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

Mike Kingswood

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 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.
**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 Ardverikie 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 Ballachulish, 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.”
Canyoneers jump, swim and abseil down fabulous water-filled gorges including Inchree 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 Shieldaig. 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 Ecowild Ventures 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 coasteering 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.

LAGGAN WOLFRAX
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-wolfrax

LEARNIE RED ROCK TRAILS
MTB Routes: 0.5 km 1.2 km 2.4 km 2.7 km 3.6 km 1.2 km
Location: Black Isle
www.forestryandland.gov.scot/visit/learnie-red-rocks

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.

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: ✔️  
Shop: ✔️  
Artificial snowsports slope: X  
Crèche: X  
Ski guide: X  
Sledging: X  
Rail Park: X  
Webcam: ✔️  
Onsite Accommodation: X

Cairngorm Mountain Aviemore, Inverness-shire PH22 1RB  
Tel: 01479 861261  
info@cairngormmountain.co.uk  
www.cairngormmountain.co.uk  
www.ski-scotland.com
Please note Funicular not currently operational.
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: ✔ | Off piste skiing: ✔ |
| Mountain cafés/restaurants: ✔ | Ski & snowboard hire: ✔ |
| Off piste skiing: ✔ | Ski clothing hire: ✔ |
| Ski & snowboard hire: ✔ | Shop: ✔ |
| Ski & snowboard hire: ✔ | Artificial snowsports slope: ✔ |
| Ski & snowboard hire: ✔ | Crèche: ✔
| Ski & snowboard hire: ✔ | Ski guide: ✔ |
| Ski & snowboard hire: ✔ | Sledging: ✔
| Ski & snowboard hire: ✔ | Rail Park: ✔
| Ski & snowboard hire: ✔ | Webcam: ✔ |
| Ski & snowboard hire: ✔ | Onsite Accommodation: ✔ |

Glencoe Mountain,
Glencoe, Argyll PH49 4HZ
Tel: 01855 851226
admin@glencoemountain.co.uk
www.glencoemountain.com
www.ski-scotland.com

VISITSCOTLAND.COM
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 sledgering 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 Finnsiag 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: ..........
(Take-off 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
MV Western Isles

1 Hour Wild Life Cruise, April to October, Daily. Designed to schedule with Jacobite Steam Train and ScotRail. Leaves Mallaig @ 12:45, 14:30 & 17:00. £13 per Adult, £6.00 Children 5-13. Under 5 go free.

Knysna Ferry Service

From Mallaig to Inverie & Tarbet on the Knoydart Peninsula all Year Round

Big Dipper Rib Adventure's

From £15 per Adult

Cube E-Bike Hire

Explore the local area on the latest Cube E-Bike technology. Easy up hill, 45km battery range, up to 24 kph. Hire for 1 hour, half day, full day or week. Please contact the office or see website for pricing & advice on local routes.

Western Isles Cruises Ltd
Call 01687 462 233
westernislescruises.co.uk
info@westernislescruises.co.uk

Please check website for full details

Dogs Welcome

E-Bike Hire

Mallaig

Map of Mallaig area

Google Maps

Mallaig Harbour Authority

Mallaig Police Station

Mallaig Harbour

Mallaig Harbour Trust

Mallaig Harbour Centre

Mallaig Harbour

E-Bike Hire

Mallaig

Facebook

TripAdvisor

Wise

Mallaig
Near to Ben Nevis & Fort William, explore or relax and soak up the scenery in lovely surroundings with a private beach and free fishing. Luxury chalets & holiday caravans for hire. Touring caravans, motorhomes and tents all very welcome! Pets are also welcome.

Tel: 01397 772 376 or visit www.linnhe-lochside-holidays.co.uk

START YOUR LEARNING ADVENTURE STUDYING IN FORT WILLIAM, THE OUTDOOR CAPITAL OF THE UK

- Outdoor Adventure
- Advanced Outdoor Leadership
- BA (Hons) Marine and Coastal Tourism
- BA (Hons) Adventure Tourism Management
- BA (Hons) Adventure Performance and Coaching BA (Hons) Adventure Education

WHC.UHI.AC.UK/ADVENTURE

the loch ness 100

it’s what’s under the surface...

We are located in Drumadrichit
50 metres from the Great Glen Way
1.5 miles from Urquhart Castle
15 miles from Inverness

- 11 elegant bedrooms (twin, double & family)
- innovative locally sourced food served all day
- Brewery bar stocked with local ales and malt whiskies

www.staylochness.co.uk
01456450991

bunkhouse opening in Winter 2019
- bike store & drying room
- ensuite facilities & kitchen area
- perfect for groups, families and independent travellers

info@staylochness.co.uk

bunkhouse beds from £20. Book online, for 10% off all bookings use voucher code WALKS10
Burnbank Lodges is ideally located, close to Fort William and Nevis Range, perfect to explore the Highlands, take part in the outdoor pursuits Lochaber has to offer or simply to relax in a peaceful environment.

All of our 12 Lodges have one bedroom, a double or twin with either a river or woodland view. Three of the woodland lodges are pet friendly. Short breaks and longer stays are available all year round. We just ask you stay a minimum of three nights.

Burnbank Lodges, Roy Bridge Road, Spean Bridge, PH34 4EU  helloburnbank@gmail.com +44 (0)1397 712 520

Our unique location just outside Fort William at the very foot of Ben Nevis is THE place for great food, real ale, live music and bunkhouse accommodation.

Claggan, Achintee, Fort William Scotland PH33 6TE email: info@ben-nevis-inn.co.uk phone: 01397 701227

www.burnbanklodges.co.uk
Glen Nevis
www.glen-nevis.co.uk
Caravan & Camping Park Restaurant & Bar Self-Catering Accommodation

The great outdoors all in one place.
Perfectly situated between the foot of Ben Nevis and the final leg of the West Highland Way, the beautiful and historic Glen Nevis has something for everyone.

Glen Nevis Holidays
STAY IN THE HEART OF THE HIGHLANDS

t: 01397 702191
e: holidays@glen-nevis.co.uk
a: Glen Nevis, Fort William, PH33 6SX

Cruise Loch Ness

Award winning cruises for whatever floats your boat. You might be in the mood for relaxation. You might be looking for some thrills. All you have to do is choose. Serene or speed?

SERENE
Slow down, enjoy Loch Ness and all her natural wonder. It really is beautiful out there.

SPEED
Hold on. Or don’t. It is up to you but we’re going to go fast. You are going to like it.

Departing from Fort Augustus throughout the day, call or check our website for up-to-date timetables.

info@cruiselochness.com | +44 (0)1320 366277
www.cruiselochness.com
Situated by a small loch, Avielochan Cottages provide comfortable self-catering holiday accommodation with spectacular views of the Cairngorms. A great base to explore the Cairngorms National Park and take part in the many activities on offer around Aviemore.

Relax and enjoy the rural location whilst being within easy reach of shops, restaurants, sports and leisure facilities at the nearby towns and villages.

Email: info@avelochancottages.co.uk
Call directly 01479 810846 or 07720 272260
www.avielochancottages.co.uk
Highland Club Direct
Exclusive Holiday Accommodation

Adventures for all throughout Scotland!

T: +44 (0)131 6777188
www.highlandclubdirect.com
Reservations: Mon-Sun 8am-9pm

• Grounds on Loch Ness • Archery onsite • Golf in the village
• Swimming pool • Sauna and steam room • Club lounge with snooker
• Table tennis inside and out • Children’s adventure play area
• Tennis • BBQ area overlooking Loch Ness for the family
• Onsite restaurant • Premium self-catering accommodation

When time is precious, be select and book direct

Voucher Code ‘ACTIVESCOTLAND’

CALEDONIAN DISCOVERY
Activity Cruises

Explore the Great Glen on foot, by bike or canoe while our comfortable barge, your accommodation, moves to a new location.

Included
• All meals
• Local guides
• Bicycles & canoes
• En-suite accommodation

WWW.CALEDONIAN-DISCOVERY.CO.UK
Tel. 01397 772 167

active outdoor pursuits
GET WET, GET WILD, GET ACTIVE!

AVIEMORE

GREAT GLEN

AYRSHIRE

Adventures for all throughout Scotland!

Book Now! 01540 210 000
www.activeoutdoorpursuits.com
The An Cala Café and Bunkhouse is a modern yet cozy hostel and eatery in Lochinver. Ideally suited for cyclists and outdoor enthusiasts keen to explore the north west Highlands. Open 365 days a year (café closed Sundays). Café offers freshly prepared breakfast, lunch & evening meals for residents & non residents.

www.ancalacafeandbunkhouse.co.uk

Lossiemouth Campervan Hire

- Located near Inverness - perfect for the North Coast 500 and the Highlands and Islands.
- Prices start from only £70 per night. Easy booking process. No hidden extras.
- Unlimited Mileage
- With daily flights to Inverness, accessing the Highlands has never been so easy.
- Airport meet and greet service. Fully equipped, easy to drive and ready to go!

Go wild, get off the beaten track & explore Scotland by campervan...Book Today!

T: 07915 606517 lossiemouthcampervanhire.com

Wildlife Cruises From John O’ Groats

2.30pm Daily
20 June - 31 Aug

John O’Groats Ferries
Set sail for the Orkney Islands

www.jogferry.co.uk

Red Moon Cruises:
A deliciously relaxing experience!

Re-charge your batteries for more Highland adventures with a fabulous bespoke Scottish cruise. Choose from Skye and her islands in the summer or Mull and the Southern Hebrides in spring & autumn.

Call Scott & Mary on 07768 101667
enquiries@redmooncruises.co.uk
redmooncruises.co.uk

Snowgoose Mountain Centre

adventure with attitude

walk - climb - kayak - open canoe - sail - bike

hostel and bunkhouse & self-catered apartments
guided expeditions on foot, by open canoe or sea kayak
full outdoor equipment hire for paddling, dinghy sailing
plus summer & winter mountain gear

Station Rd, Corpach,
Fort William,
Inverness-shire
PH33 7JH
Tel: 01397 772467
www.highland-mountain-guides.co.uk

www.glenlivetestate.co.uk

22km of fun packed, flowing trails. Stunning scenery and views. Great food and bike hire at the Café.

www.glenlivetestate.co.uk
glenlivetmountainbiketrails
01479 870070
bike@glenlivetestate.co.uk
The Two Byres / An Dà Bhàthach

A modern, eco-friendly, 5-star self-catering house sleeping 6, equipped to the highest standards. On the Waternish peninsula, offering panoramic views from the Cuillin mountain peaks to the Outer Hebrides. SC prices from £975 pw

Upper Halistra, Hallin, Waternish IV55 8GN
info@thetwobyres.co.uk
www.thetwobyres.co.uk

Sea Kayaking Guided trips

- NO EXPERIENCE REQUIRED
- FULLY QUALIFIED LOCAL GUIDES
- ALL EQUIPMENT PROVIDED
- HALF / FULL & MULTI DAY TRIPS

www.rockhopperscotland.co.uk

Experience sea kayaking …

Half Day / Full Day and week trips, courses and hire in The Ullapool, Summer Isles and Lochinver area

07900 641860
info@summerislesseakayaking.com
www.summerislesseakayaking.com

CALEDONIAN MOTORHOMES

LUXURY MOTORHOME HIRE
The perfect way to see Scotland!

- Based in Inverness
- Prices from £104 per night
- Fully insured
- Unlimited mileage
- Easy to drive
- 4 bike rack
- Sleeps up to 6 people
- Shower/ WC
- Television/DVD Player
- Leather seats
- Satellite Navigation
- Bedding/towels included

www.caledonianmotorhomes.com
Call 07801 293 312

www.neviscampers.com
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.
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...
The Outer Hebrides, Orkney & Shetland

Did you know
Shetland is home to Britain’s smallest pony breed, the eponymously-named Shetland Pony.

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...
Mountain Bike & Cycle Trails

Guide to Mountain Bike Routes

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

*******

ABERDEEN-SHETLAND ISLES
(Route 1)
Cycle Route: 🚴‍♂️ Hard - 564.2 miles
Starting Point: Aberdeen

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

THE HEBRIEDEAN WAY
(Route 780) (6 stages)
Cycle Route: 🚴‍♂️ Hard - 185 miles
Starting Point: Isle of Vatersay
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.

Another thrill for nature lovers is the incredible sight – and sounds – of thousands of storm petrels nesting in the world’s only complete broch on Mousa Island, just off the east coast of South Mainland.

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

Why not let the four legs of an Icelandic horse do the work of exploring for you or book the kids a Shetland pony trek? On Burra, the collective name for two of the Shetland isles, there are both options amid spectacular scenery of low, green hills and a rock-and-sand coastline.

Memories of your adventures in the outer isles of Scotland will last a lifetime.

---

**You say...**

“Calm, clear waters up to 40m deep and wrecks galore, Orkney was a fantastic diving experience. Combined with the island’s beautiful scenery above water, Neolithic history, and amazing local produce – Orkney is the perfect getaway... see you next year!”

Kate Turnock

---

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

Catriona Macleod
Outer Hebrides

- Three Distinctive Hostels
- Stunning Seashore Settings
- Traditional Hebridean Buildings
- Close to The Hebridean Way

www.gatliff.org.uk

Gatliff Hebridean Hostels Trust (111557) is a Registered Charity

BOOK ONLINE
www.seatrek.co.uk

Try one of our trips for a great family experience, with the opportunity of seeing seals, basking sharks, dolphins and many species of birds.

Leaving from Miavaig Harbour, Uig, Isle of Lewis HS2 9HW

T: 01851 672469
bookings@seatrek.co.uk

Sea Eagles & Lagoon Trip ... 2hrs
Island Excursion ............... 3hrs
Customised Trips .............. 4hrs
Fishing Trip ................. 2hrs
Gallan Head Trip ............. 2hrs
Sea Stacks Trip ............ 2hrs

Island Cruising

Island Cruising aboard the MV Cuma
Island cruises take you to remote islands around the Hebrides, also known as the Western Isles of Scotland. We specialise in kayak trips to St Kilda and some of the following islands on route: Scarp, Taransay, Monach Isles and the Flannan Isles.

Contact Murdo Macdonald (Skipper mv Cuma) on Tel: 01851 672381 Email: info@island-cruising.com
www.island-cruising.com

Barra Surf & Coastal Adventures

Great activities for everyone
- Sea kayaking
- Surfing
- Sit on top kayak rental
- Snorkelling with seals
- Coasteering

Mobile: 07960 217168
Tel: 01871 810443

www.barrasurfadventures.co.uk
Discover Orkney & Shetland

An adventurer's paradise, a trip to Scotland's Northern Isles is a chance to embrace the great outdoors and get active.

A host of walking and hiking trails offer the finest panoramic sea views, while island roads are perfect for those keen to combine a cycling tour of the islands with some sightseeing.

With regular departures from Scrabster and Aberdeen on mainland Scotland to Orkney and Shetland, your island adventure is just a sailing away.

Start your journey in style with NorthLink Ferries

www.northlinkferries.co.uk

Operated by serco

---

Orkney Islands Council
Sport & Leisure Facilities

**Swimming Pools**

Located in Stromness as well as the islands of Hoy, Sanday, Stronsay and Westray. There is also a well-equipped fitness suite in Stromness with sauna, steam room and spa.

**Sports Centres**

The KGS Sports Centre has a fitness suite, games hall, gymnasium, dance studio as well as a synthetic grass pitch. It is open to the public during evenings and weekends offering a range of activities.

**Healthy Living Centres**

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.

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

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?

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

Dominique McKay

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!”
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.
**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, ‘zorbers’ 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 Aloit!, 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.”

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

*Claire Grogan, Actress*
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 Elie 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.
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 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.

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.

---

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

---

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

Fees for riding
• Group Lesson
  £30 per hour
• £20 per 1/2 hour
• £40 per hour Private Lesson

Holiday Courses
• £75 per day including lunch in the Coffee Shop.
• Option to pay for regular weekly lessons monthly at a reduced rate!

North Road, Saline KY12 9LN • Riding Tel: 01383 852874 • Coffee Shop Tel: 01383 852621

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 Lochs 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 you’ve got the perfect place for your outdoor adventure.

For inspiration and ideas on adventures in Fife visit www.welcometofife.com
QUAD TREKKING
IN DUNKELD, PERTHSHIRE

Open all year round, whatever the weather

Book online now
www.highlandoffroad.co.uk
or phone 01350 728 700

tel: 0345 956 9730
email: info@scottishquads.co.uk
Lochore Meadows OEC

Coasteer & Canyoning
Mountain Biking
Mountain Sports
Paddle Sports
Sailing

01592 583388
info.outdoored@fife.gov.uk
fifedirect.org.uk/outdooreducation
facebook.com/outdooreducationfife

Cairnie Fruit Farm & Mega Maze is a popular award-winning local landmark set in the beautiful Fife countryside.

Cairnie Fruit Farm, Cupar, Fife KY15 4QD
T: 01334 655610
www.cairniefruitfarm.co.uk

Escape Route
Bikes • Workshop • Café

Escape Route, 3 Atholl Road, Pitlochry PH16 5BX

T: 01796 473859
info@escape-route.co.uk
www.escape-route.biz

Cairnie Fruit Farm & Mega Maze is a popular award-winning local landmark set in the beautiful Fife countryside.

Cairnie Fruit Farm, Cupar, Fife KY15 4QD
T: 01334 655610
www.cairniefruitfarm.co.uk
Luxury Accommodation | Restaurant | Marina | Watersports
& HOT BOX – Scotland’s Largest Lochside Sauna
Go Hostelling!

If you love to travel but don’t want to feel like a tourist.
If you want to escape the everyday and find adventure.
If you want to live like a local and discover Scotland’s great outdoors.
If you want a warm welcome, a comfortable bed and a place to chill with a local beer and an amazing view...

...we think you should choose hostelling!

Find out more at:
hostellingscotland.org.uk

Join the conversation:
Facebook
Twitter
Instagram

Scottish Youth Hostels Association (also known as SYHA or Hostelling Scotland) is a registered Scottish charity No. SC013138 and a company limited by guarantee, registered in Scotland, No. SC310841. Registered Office 7 Globe Crescent, Stirling, FK8 2JA.
Thanks... 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.
Find all you want to do in Scotland

Use the map below to help plan your adventures in Scotland. You’ll find all the major towns and cities, along with all the airports, railways, ferry routes and main road networks.

© Collins Bartholomew Ltd 2017

[Map legend includes symbols for motorway, primary route, main route, railway, ferry route (car), ferry route (passenger), international airport, regional airport, sleeper terminal, and VisitScotland iCentre.]

The contents of this publication are believed correct at the time of printing. Nevertheless neither the publisher nor the copyright holder can accept responsibility for errors or omissions, changes in road, rail or ferry networks or route numbers, or for any expense or loss thereby caused. The representation of a road, track or footpath is no evidence of a right of way.
The contents of this publication are believed correct at the time of printing. Nevertheless neither the publisher nor the copyright holder can accept responsibility for errors or omissions, changes in the detail given or for any expense or loss thereby caused.

The representation of a road, track or footpath is no evidence of a right of way.
Quite simply, it takes us the length and breadth of Scotland to visit thousands of different properties every year and grade them on the things we know matter to you. Things like the overall quality on offer and warmth of welcome to help you make a more informed choice. VisitScotland Quality Assurance – **Quality you can trust.**

- ★ An acceptable standard
- ★★★ A good, all round standard
- ★★★★ Very good standard, with attention to detail in every area
- ★★★★★ Excellent – superb food where provided and friendly, professional service
- ★★★★★★ An exceptional standard where quality, hospitality and service are hard to fault

Saliced accommodation establishments awarded gold stars have consistently achieved the highest levels of excellence within their star grading.

**Taste Our Best**
One way to ensure that you’ll enjoy great quality Scottish food and drink, prepared with care and delivered with passion, is to look for places that are part of Taste Our Best, our food and drink quality scheme.

**Green Tourism—because we care**
Businesses that work in a sustainable, environmentally friendly way are graded: Bronze ⭐️, Silver ⭐️⭐️ or Gold ⭐️⭐️⭐️⭐️
www.green-tourism.com

For any feedback or comments you may have on quality assured properties please email us on qa@visitscotland.com.
Wherever you are we’re on hand to help you experience the best of Scotland.

Our friendly information experts can offer advice on what’s on and where to go and book tickets for events, activities and transport. Our Shop Local initiative promotes local artisans so we’re sure to help you find the perfect gift from Scotland.

Our happy herd of Coo Vans will be on the move throughout Scotland, with our Coo-visors delivering excellent local advice. Look out for them at events and attractions and discover our top tips to make the most of your Scottish experience.

Our accredited Information Partners are based throughout Scotland and can offer tailored advice to help you make the most of your visit. Chat with them for insider tips about the must-see attractions in the local area.

Find us at visitscotland.com/iknow
**BALLATER**

### TOURING PARK

**Ballater Caravan Park**

Lying within the Cairngorm National Park and on the edge of the village of Ballater, Ballater Caravan Park caters for caravans, motor homes and camping and includes disabled facilities and free Wi-Fi. It provides an excellent base for touring, cycling and hill walking or just relaxing in the magnificent scenery of Royal Deeside.

- **T:** 01339 755727
- **E:** info@ballatercaravanpark.com
- **Anderson Road, Ballater AB35 5QW**
- **www.ballatercaravanpark.com**

**SC prices TBC**

### GUEST HOUSE

**Netherley Guest House**

A warm welcome awaits you at this recently refurbished 4-star boutique guest house, directly opposite the village green in Ballater with a selection of double, twin and family rooms. Relaxing and friendly, all rooms are en suite with free Wi-Fi, TV, tea/coffee facilities and separate residents’ lounge. Full Scottish breakfast included.

- **T:** 01339 755792
- **E:** info@netherleyguesthouseballater.com
- **2 Netherley Place, Ballater AB35 5QE**
- **www.netherleyguesthouseballater.co.uk**

**B&B prices from £40 pppn (2 sharing)**

### INN

**The Ship Inn**

Historic inn (1771) situated at the edge of Stonehaven’s picturesque harbour. Excellent home-cooked food (fresh seafood is a speciality) served in panoramic restaurant, cosy bar or open-air terrace overlooking the harbour. With real ales and over 100 malt whiskies. Luxury bedrooms with harbour views.

- **T:** 01569 762617
- **E:** enquiries@shipinnstonehaven.com
- **5 Shorehead, Stonehaven AB39 2JY**
- **www.shipinnstonehaven.com**

**Prices from £55 pppn**

### ISLE OF GIGHA

### HOTEL

**Gigha Hotel Restaurant Fine Dining and Bistro**

A warm welcome awaits! With superb views overlooking Ardmnin Bay, Gigha Hotel has its own charm. Our friendly staff strive to ensure your stay is memorable. Whether walking, cycling or sailing, the hotel is the ideal base for you to explore this beautiful island or enjoy a delicious meal. Afternoon tea, local lobster & Gigha oysters, or try a Tomahawk steak.

- **T:** 01583 505254
- **E:** hotel@gighahotel.com
- **Isle of Gigha, Argyll PA41 7AA**
- **www.gighahotel.com**

**B&B prices from £65 pppn**

### KILLIN

### (GOLD) INN

**Bridge of Lochay Hotel**

A traditional Scottish inn owned and run by Amanda Clark and Bob Stevenson. Here you will find a genuine friendly Scottish welcome, comfortable rooms, good food and a good selection of Scottish ales & fine wines. A perfect base for exploring the joys of our surrounding Breadalbane countryside. Price includes Full Scottish Breakfast.

- **T:** 01567 820272
- **E:** reservations@bridgeoflochay.co.uk
- **Aberfeldy Road, Killin FK21 8TS**
- **www.bridgeoflochay.co.uk**

**Prices from £55 pppn**

### LOCHGILPHEAD

### SELF-CATERING

**Castle Sween Bay Cottages & Holiday Homes**

Self-catering cottages on Ellary Estate, enjoying a peaceful and secluded location on the shores of Loch Caolisport. Holiday homes at Castle Sween enjoy views over Loch Sween, and are a short walk to the quiet bar/restaurant, beach, castle, shop & gym. Boat mooring available at both locations. Dogs & children welcome. Brochures available - please enquire.

- **T:** 01880 770232
- **E:** info@ellary.com
- **Ellary Estate, Achahoish, Lochgilphead PA31 8PA**
- **www.ellary.com**

**SC prices £350-£795**
Tralee Bay Holidays

This 5-star holiday park is located on the beautiful West Coast of Scotland just 9 miles from Oban. Set in 26 acres of woodlands overlooking Ardmucknish Bay, it is the perfect location for a relaxing, family holiday by the beach. Tralee Bay offers a range of self-catering accommodation from spacious, modern caravans to luxury 4-star lodges.

T: 01631 720255
E: tralee@mac.com
Benderloch, Oban PA37 1QR
www.traleebay.co.uk

Trossachs Holiday Park

The award winning Trossachs Holiday Park is the perfect location to enjoy the great outdoors. Boasting a range of self-catering accommodation from basic to luxury 5 star holiday homes and lodges, all with stunning views as well as camping and touring pitches.

T: 01877 382614
E: info@trossachsholidays.co.uk
Gartmore, Stirling FK8 3SA
www.trossachsholidays.co.uk

Stonelaws Holiday Cottages

Stonelaws is a lovely 550 acre working farm in the beautiful East Lothian countryside on The John Muir Way, yet only 4 miles from the lovely coastal beaches of North Berwick. There are 4 holiday cottages upgraded to a high standard whilst retaining many features of their original character. Use as a base to explore East Lothian or visit Edinburgh.

T: 0770 236 1579
E: info@stonelawsholidaycottages.co.uk
Stonelaws Farm, East Linton, EH40 3DX
www.stonelawsholidaycottages.co.uk

Scottish Equestrian Hotel

We are Scotland’s only 5* Equestrian Centre with its own 4* Bed and Breakfast accommodation... celebrating 30 years in Lanark and we’re still loving it! You’ll love our riding horses and accommodation too. Here you can experience the very best riding holidays for adults and children.

T: 01555 661853
E: scottishequestrianhotel@gmail.com
Lanark Race Course, Lanark ML11 9TA
www.scottishequestrianhotel.com

Cairngorm Highland Bungalows

Luxuriously furnished and equipped bungalows ranging from 2–4 bedrooms sleeping 2–8. All have Sky TV, free Wi-Fi, cooker, washer/drier, fridge and microwave. Some have open fires. All have mountain views. Leisure club, skiing, golf, pets welcome. Walking distance of Aviemore. Short breaks available.

T: 01479 810653
E: linda.murray2812@gmail.com
29 Grampian View, Aviemore PH22 1TF
www.cairngorm-bungalows.co.uk

Glen Affric Holiday Park

Surrounded by some of the most fantastic mountain scenery and at the gateway to “the most beautiful Glen in Scotland” our newly refurbished detached timber cabins nestle on the banks of the River Glass. Shops & pub and restaurant all within walking distance in the local village of Cannich.

T: 01456 415369
E: info@glenaffricholidaypark.com
Cannich, Beauly IV4 7LT
www.glenaffricholidaypark.com
**FORT AUGUSTUS**

**Morag’s Lodge**

Friendly and welcoming hostel with a range of en-suite dorms and private rooms to suit all needs and budgets. On the Great Glen Way and a short walk from the banks of Loch Ness. Self-catering facilities, Free WiFi, Comfy Lounge & Homemade Meals, Organic Beers, Awesome Staff and so much more!

T: 01320 366289  
E: info@moragslodge.com  
Bunoich Brae, Fort Augustus PH324DG  
www.moragslodge.com

---

**FORT AUGUSTUS**

**The Highland Club**

Luxury self-catering apartments on the southern shores of Loch Ness occupying the historical settings of the Grade A gothic buildings of St Benedict’s Abbey. The Highland Club is a unique place to stay with its exclusive amenities including indoor pool, steam and sauna, tennis court, cricket pitch, the club lounge and snooker room.

T: 020 3478 3897  
E: reservations@thehighlandclub.co.uk  
St Benedict’s Abbey, Fort Augustus PH32 4BJ  
www.thehighlandclub.co.uk

---

**FORT WILLIAM**

**Bank Street Lodge**

We offer superb value accommodation with clean, comfortable rooms & friendly staff. We are situated in Fort William’s town centre, only a 5 minute walk to the bus and train stations. We have our own guest car-parking facilities, TV room/lounge, fully equipped kitchen, drying room and a laundry service.

T: 01397 700070  
E: bankstreetlodge@btconnect.com  
Bank Street, Fort William PH33 6AY  
www.bankstreetlodge.co.uk

---

**BY FORT WILLIAM**

**Nevis Lodges**

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

---

**INVERNESS-SHIRE**

**Lochside Hostel**

With unrivalled views of Loch Ness, the Lochside Hostel is utterly unique in its location, views and facilities, including a new, large and efficient drying room. Perfect for hikers, cyclists, paddlers and explorers. You can relax in front of our beautiful fire enjoying free tea, coffee or hot chocolate, and use our free Wi-Fi. Quote ‘NESSIE2020’ when booking for 10% off.

T: 01320 351274  
E: lochside@macbackpackerstours.com  
Alltisgh, Inverness-shire IV63 7YD  
www.lochsidehostel.com

---

**KINGUSSIE**

**McInnes House Hotel**

The McInnes House Hotel in the Cairngorms National Park, features new modern decor and furnishings for the most comfortable guest experience. With new decor throughout, dining beside an open fire, you can enjoy our lunch and evening menu. Behind the bar, you can experience whisky on the rocks or mixed with a cocktail, from our finest whisky selections.

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

POOLEWE

- **HOTEL**
- Prices from £65 prpn

**Poolewe Hotel**
A traditional Highland hotel on the shores of Loch Ewe in sight of Inverewe Gardens. 13 en suite bedrooms with most enjoying spectacular views of the sea or mountains. Good locally sourced food served in our restaurant, conservatory dining area with a bar. Dogs welcomed, ample parking, bike store, and free Wi-Fi available throughout the hotel.

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

ALYTH

- **SELF-CATERING**
- SC prices from £163 pn

**Kirklandbank Farmhouse**
The farmhouse provides bright, spacious accommodation for 10 people, with 5 bedrooms, play barn and drying/storage room. Ideal for outdoor enthusiasts with walking, wildlife and Alyth MTB Park on our doorstep and Glenshee ski centre a short drive away. On-site distillery with free tours for guests. TripAdvisor 5 stars.

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

BLAIR ATHOLL

- **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 cozy 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

DUNKELD

- **SC, HP**
- SC prices on request

**Erigmore Estate**
Our accommodation has something for everyone, from select one bedroom luxury lodges for couples, to our apartments and cottage for extended gatherings of family and friends. For those looking for more adventurous activities there are no shortage of things to do. Perthshire is particularly suited to mountain biking.

T: 01350 727236  
E: holidays@erigmore.co.uk  
Erigmore, Birnam by Dunkeld, Perthshire PH8 0BJ  
www.erigmore.co.uk

GLEN SHEE

- **SELF-CATERING**
- 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  
11-13 Kirkmichael Rd, Pitlochry PH16 5EW  
www.moulinhotel.co.uk
Giving you the freedom of the open road

We are Scotland’s experts in motorhome and camping car rental, with over 30 years experience. We will do everything we can to ensure your motorhome holiday is truly memorable.

➤ All Motorhomes are fully equipped.
➤ Unlimited Mileage.
➤ All prices include insurance for 2 named drivers.
➤ No hidden charges, optional extras are available.

Prices from only £700 per week

www.goexplorescotland.com
253 Blairtummock Rd, Glasgow G33 4ED
Getting to Scotland
Direct flights into Scotland operate all year round and fly from many major European cities, Canada, the United States of America, the Middle East and Asia. Flying to Scotland from the UK and Ireland couldn’t be simpler, with flight times to Edinburgh and Glasgow around one hour from London and Dublin. Aberdeen, Inverness and Dundee can also be reached in under two hours.

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 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.

DFDS Seaways
www.dfdsseaways.co.uk

P&O Ferries
Larne - Cairnryan:
2 hours
Up to seven sailings daily
T: 01304 44 88 88
www.poferries.com

Stena Line
Belfast - Cairnryan:
2 hours 15 minutes
T: 08447 707 070
www.stenaline.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 Clarke
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.motorhomentalcentre.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

FURTHER INFORMATION
Traveline Scotland
T: 0871 200 2233
www.travelinescotland.com

Traffic Scotland
T: 0800 028 1414
www.trafficscotland.org
Advertisers’ index

**Aberdeen & Aberdeenshire**
- Ballater Caravan Park .................. 106
- Dalmunzie Estate ......................... 27
- Forestry and Land Scotland .......... 61
- Glenisla Hotel ............................... 27
- Glenshee Ski Centre ....................... 27
- Go Explore Scotland ..................... 110
- Hostelling Scotland ..................... 100
- Lochter Activity Centre .................. 26
- Netherley Guest House ................... 106
- Ride in Peace Adventures .............. 26
- Scotia Motorhomes ....................... 26
- Ship Inn Stonehaven ..................... 106
- Smidge .......................................... 110
- Wild Scotland ............................... IFC*

**Argyll & The Isles, Loch Lomond, Stirling and The Trossachs**
- Action Adventure Activities .......... 35
- Ardmacaddy Castle Holiday
- Cottages ..................................... 35
- Bridge of Lochay Hotel .................. 106
- Castle Sween Bay Cottages & Holiday Homes ............................. 106
- Cruise Loch Lomond ....................... 36
- Falkirk Community Trust ................ OBC*
- Forestry and Land Scotland ........... 61
- Gigha Hotel ................................. 106
- Go Explore Scotland ...................... 110
- Hostelling Scotland ...................... 100
- Jo-Jo’s Hostels .............................. 110
- Kayak Magic ................................ 36
- Lagnakill Highland Lodges ............. 34
- Loch Lomond Leisure
- Scotland ....................................... 37
- Portnellan Farm ............................. 34
- Rob Roy Hotel .............................. 34
- Paddle Boarding Scotland ............... 35
- Smidge ......................................... 110
- Tralee Bay Holidays ....................... 107
- Trossachs Holiday Park ................. 107
- University of Stirling Venues ........ 36
- The Wee Camper Co ....................... 35
- Wild Scotland ............................... IFC*

**Ayrshire & The Isles of Arran and Cumbrae**
- BC Motorhomes .............................. 42
- Craufurdland Estate ....................... 43
- Dean Castle Country Park ............... 42
- Forestry and Land Scotland .......... 61
- Go Explore Scotland ...................... 110
- Hostelling Scotland ..................... 100
- Smidge ......................................... 110
- Wild Scotland ............................... IFC*

**Dumfries & Galloway and the Scottish Borders**
- Forestry and Land Scotland ........... 61
- Galloway Activity Centre ............... 48
- Go Explore Scotland ...................... 110
- Hostelling Scotland ...................... 100
- Kik’s Bike Shed ............................ 48
- Rock UK Adventure Centres ........... 48
- Rose Haugh ................................... 48
- Scottish Borders Council ............... 48
- Smidge ......................................... 110
- Wild Scotland ............................... IFC*

**Edinburgh & The Lothians**
- Forestry and Land Scotland ........... 61
- Fowlake Adventures OC ................... 55
- Go Explore Scotland ...................... 110
- Hilly Cow Wigwams ....................... 54
- Hostelling Scotland ...................... 100
- Lowland Motorhome Hire ............... 54
- Mad Max Adventures ..................... 54
- Midlothian Snowsports Centre ........ 54
- Smidge ......................................... 110
- Stonelaws Holiday Cottages ........... 107
- Wild Scotland ............................... IFC*

**Greater Glasgow & The Clyde Valley**
- Decathlon ..................................... 60
- Forestry and Land Scotland .......... 61
- Go Explore Scotland ...................... 110
- Hostelling Scotland ...................... 100
- Outdoor Pursuits Scotland ............. 60
- Scottish Equestrian Hotel .............. 107
- Smidge ......................................... 110
- Wild Scotland ............................... IFC*

**The Highlands and Moray Speyside**
- Active Outdoor Pursuits ............... 79
- An Cala Cafe & Bunkhouse .......... 80
- Avielochan Cottages ..................... 78
- Bank Street Lodge ....................... 108
- Ben Nevis Inn and Bunkhouse ........ 76
- Bumbank Lodges ......................... 76
- Cairn Hotel .................................. 76
- Cairngorm Highland
- Bungalows .................................... 107
- Caledonian Discovery .................... 79
- Caledonian Motorhome Hire .......... 81
- Cruise Loch Ness .......................... 77
- Forestry and Land Scotland .......... 61
- Glen Affric Holiday Park ............... 107
- Glen Nevis Holidays ..................... 77
- Glenlivet Estate ............................ 80
- Go Explore Scotland ..................... 110
- The Highland Club ......................... 108
- Highland Club Direct ..................... 79
- Hostelling Scotland ...................... 100
- John O’Groats Ferries
- (wildlife cruises) ......................... 80
- Jo-Jo’s Hostels .............................. 110
- Linne Lochside Holidays ............... 75
- Loch Ness Inn ............................... 75
- Lochside Hostel ......................... 108
- Lossiemouth Camper
- Van Hire ....................................... 80
- McInnes House Hotel ..................... 108
- Morags Lodge ............................... 108
- Nevis Campers ............................. 81
- Nevis Lodges ............................... 108
- Nevis Range ................................. 76
- Pine Bank Chalets ......................... 78
- Poolewe Hotel .............................. 109
- Quad Bike Tours ......................... 76
- Red Moon Cruises ......................... 80
- Rock Hopper Sea Kayaking ............. 81
- Rowan Tree Country Hotel .......... 78
- Smidge ......................................... 110
- Snowgoose Mountain Centre .......... 80
- Summer Isles Sea Kayaking .......... 81
- The Two Byes ............................... 81
- West Highland College UHI .......... 75
- Western Isles Cruises ................. 74
- Wild Scotland ............................... IFC*

**Outer Hebrides, Orkney & Shetland**
- Barra Surf & Coastal Adventures .......... 88
- Forestry and Land Scotland .......... 61
- Gatiff Hebridean Hostels Trust ....... 88
- Go Explore Scotland ..................... 110
- Hostelling Scotland ...................... 100
- Island Cruising ............................. 88
- Northlink Ferries ......................... 89
- Orkney Islands Council ................. 89
- Seatrek Isle of Lewis ..................... 88
- Smidge ......................................... 110
- Surf Lewis ................................. 88
- Wild Scotland ............................... IFC*

**Perthshire, Dundee & Angus and the Kingdom of Fife**
- Atholl Arms Hotel ........................ 109
- Atholl Estates ............................... 98
- Cairnie Fruit Farm & Mega Maze .... 98
- Erigmore Estate ............................ 109
- Escape Route ............................... 98
- Fife Council ................................. 96
- Forestry and Land Scotland .......... 61
- Glenbeag Mountain Lodges .......... 109
- Go Explore Scotland ..................... 110
- Highland Fling Bungee ................... 97
- Highland Offroad ......................... 97
- Hostelling Scotland ...................... 100
- Jo-Jo’s Hostels .............................. 110
- Kirklandbank Farmhouse ............... 109
- Loch Rannoch Highland Club ....... 99
- Lochore Meadows Outdoor Education Centre ................................ 98
- Moulin Hotel ............................... 109
- Progression Bikes Scotland .......... 99
- Scottish Quads ............................. 97
- Shieldbank Coffee Shop ................. 96
- Smidge ......................................... 110
- Taymouth Marina ......................... 99
- Wild Scotland ............................... IFC*

* Denotes inside and outside covers
AQUA PARK RINGO RIDES
WAKEBOARDING STAND UP PADDLEBOARDING

01382 214484 | INFO@FOXLAKEUNDSEE.CO.UK | FOXLAKEUNDSEE.CO.UK
WEST VICTORIA DOCK RD, DUNDEE DD1 3JP, UK

SEARCH: FOXLAKEUNDSEE
VISIT THE HELIX
HOME OF THE KELPIES

Visit the world’s largest equine sculptures in the heart of Scotland
Explore a network of over 26km of cycle and walking paths

www.thehelix.co.uk @Helixfalkirk @TheHelix @HelixFalkirk