Surprising adventure!
dàn’-thursan iongantach!

With hundreds of waymarked trails, experience the adrenaline rush of mountain biking in some of Scotland’s most spectacular locations.

Call us on 0300 067 6156
www.forestry.gov.uk/scotland
Welcome

With breathtaking scenery and a warm welcome wherever you go, Scotland is the ideal setting for your adventure holiday.

Whatever your age and ability level, there’s something for everyone – from exploring the countryside on horseback, bike or canoe, to tackling a black run on skis or trying your hand at kite surfing, you’re bound to find the perfect activity to try.

Cover: Kayakers on Camusdarach beach, near Arisaig © Chris Cloie

Landyachting on West Sands, St Andrews

Barend Riding Centre, Dumfries and Galloway

Loch Insh, Cairngorms National Park
A regional colour index to help guide you through this booklet

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VISITSCOTLAND.COM
SCOTLAND ON TWO WHEELS

Cycling is a great way to explore Scotland and see so much more.

Travelling at cycling pace allows you to enjoy an up-close experience of Scotland’s countryside, people, attractions and wildlife.

Impressively, there are more than 2,000 miles of quiet and traffic-free routes in Scotland, developed and maintained by Sustrans, the charity that looks after the National Cycle Network, and other partners.

There are also dedicated waymarked routes that create the basis of an enjoyable journey from place to place.

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

The Scottish islands are popular with cyclists and you could choose a day's outing to cycle a 10-mile loop of Cumbrae. For a longer trip, the signposted Hebridean Way (NCN Route 780) in the Outer Hebrides offers a scenic, 185-mile journey from the Isle of Vatersay north to the Butt of Lewis.

A Five Ferries cycle tour extends to 70 miles of cycling via the islands of Arran and Bute and along the peninsulas of Kintyre and Cowal. While the route is hilly in places, the views are a fabulous reward.

Also on Kintyre, the Caledonia Way, Route 78, travels 237 miles between Campbeltown and Inverness. Other routes to consider are the Edinburgh Loops and Links, The Rings of Breadalbane and several coastal routes known collectively as “Scotland’s sustainable shores”.

Many cyclists like the idea of cycling coast to coast. A 125-mile C2C Scotland route starts on the Solway Firth in Dumfries & Galloway and heads north east to the Firth of Forth, near Edinburgh. The 134-mile John Muir Way travels across Scotland from Dunbar in East Lothian to Helensburgh in Argyll, or vice versa.

Another long-distance route that travels from southern Scotland to the Highlands is the Lochs & Glens NCN Route 7.

Scotland is also one of the best places on the planet for mountain biking. There are multiple dedicated trail centres with routes, from green through to black grades, for all abilities. You could visit several of the 7stanes centres in southern Scotland, including the most famous, Glentress near Peebles.

Further north, there’s Cathkin Braes, which was built for the Commonwealth Games in Glasgow, Laggan Wolftrax near Dalwhinnie, Glenlivet near Tomintoul, Nevis Range by Fort William, Learnie Red Rock on the Black Isle and the wonderful Highland Wildcat Trails at Golspie in Sutherland, to name just a few.

Seeing Scotland by bike brings a greater appreciation of the country and has the added bonus of keeping you fit while you travel.

VISITSCOTLAND.COM
COME ALONG FOR THE RIDE

TweedLove
Scottish Borders
May - June 2019
www.tweedlove.com

Etape Loch Ness
Highlands
28 April 2019
www.etapelochness.com

Etape Caledonia
Perthshire
19 May 2019
www.etapecaledonia.co.uk

UCI Mountain Bike World Cup
Highlands
June 2019
www.fortwilliamworldcup.co.uk

Pedal for Scotland
Glasgow/Edinburgh
8 September 2019
www.pedalforscotland.org

Etape Royale
Aberdeen
TBC
www.etaperoyale.com

Tour o’ the Borders
Scottish Borders
1 September 2019
www.tourotheborders.com

For information on other sporting events across Scotland, visit www.visitscotland.com/see-do/events/sporting-events/
ACTIVE WITH A TWIST
Experience so much more on an adventure holiday.

Do you like being active yet also want to learn about history or spot wonderful wildlife? Do you also like gourmet grub or a dram of whisky? In Scotland, you can enjoy the best of all worlds with our suggestions for adventures with a twist.

A bike is the perfect way to travel, especially between heritage attractions. Ride between some of the 19 historic sites along Scotland’s Castle Trail in Aberdeenshire, or the Four Abbeys cycle tour in the Scottish Borders.

Walking or cycling the Fife Coastal Path will take you to several historic fishing villages, castles and even a windmill (near St Monan’s).

On the whisky island of Islay, a four-mile traffic-free Three Distilleries Pathway can be completed on foot or bike. Or why not try the newly-opened Hebridean Whisky Trail, a spectacular route on road and by sea.

On the mainland, Scotland’s Malt Whisky Trail or the Scotland Gin Trail offer plenty of distillery attractions for a short or longer cycle tour. You could also paddle a canoe to distilleries on the River Spey.

Several companies offer Taste and Trails of Scotland with options to mountain bike, walk or even take a boat or train to various local food and drink attractions.

Scotland’s Seafood Trail, on the west coast, can be travelled by land or sea, while the East of Scotland Seafood Trail, from the Borders to Shetland, is great for a self-drive or for dipping in and out of it by bike.

Running is another active way to see Scotland’s sights. Guides are only too happy to lead a running or cycling tour of city attractions in Edinburgh. On the Isle of Skye, there are guided runs to visit an array of natural wonders.

A horse will take you further than two wheels or your own two feet. On horseback you have access to many historic relics dotted across the countryside. A recommended route is the Glenlivet ride, from Tomintoul in Moray Speyside.

Or how about a four-wheel drive safari or a motorised boat trip to spot wildlife? Paddleboards, yachts, canoes and kayaks offer peaceful transportation and that means you are more likely to spot wildlife, whether at the coast, or on rivers and lochs.

A camera stalking outing at various Scottish estates allows you to combine a hike with a chance to photograph impressive red deer.

And for something new, how about a Highland dive tour? Basking Shark Scotland combine scuba diving trips with a number of activities such as scenic drives, walks, historical sites, secret spots, movie locations and distillery visits.

You’ll be so taken with all the things to see that you will forget you’re being active at the same time.

“COMBINE A HIKE WITH THE CHANCE TO PHOTOGRAPH IMPRESSIVE RED DEER.”
You can enjoy a trip aboard the Jacobite, the steam train made famous in the Harry Potter films, from Fort William to Mallaig over the Glenfinnan Viaduct as part of the Taste and Trails of Scotland tour.
Whatever your family's age and active aspirations, there is a treasure trove of adventures to discover in Scotland.

If you are not sure what type of activity is for you, a full day, half day or taster session at one of many activity centres is a great place to start.

Many companies offer family focused days with a variety of pursuits, such as kayaking, canoeing or white water rafting, mixed with archery, high ropes courses and bushcraft.

One activity provider, Nae Limits, has a dedicated programme for children. Kids can leave the parents behind at the Wee Limits Adventure Academy with all kinds of fun such as tree climbing and rafting.

Guided outings by Canadian canoe, two-person kayaks, mountain bikes or ponies are perfect for mixed-ability groups. Many guides will tailor a tour to suit the family.

Why not enter the wholesome world of the horse while enjoying your time in Scotland? Horse riding is one of the best ways to enjoy the scenery and wildlife and it is an activity that can be enjoyed by all members of the family regardless of age or stage. Scotland is the home of pony trekking and the sure footed Highland ponies with their placid nature and steady pace offer some of the best riding in the world. Riding can be a risk sport so reduce that risk by riding at an BHS approved establishment (www.bhs.org.uk/enjoy-riding/find-a-place-to-ride).

Watersports centres, especially on sheltered inland lochs (Loch Ken, Loch Morlich and Loch Insh), also offer a choice of activities and sessions to suit everyone in the family. While the kids learn the art of dinghy sailing, the adults could take up windsurfing or you could all climb aboard a stand up paddleboard!

Families always enjoy the chance to see wildlife in a natural setting. Book a Land Rover safari or a dusk wildlife watch. Can you spot Scotland’s Big Five - red squirrel, red deer, harbour seal, otter and golden eagle?

Of course, there will be families with thrill-seeking children and Scotland is a great destination for activities such as white water rafting, tubing, river sledding or river boarding. Other ideas include wakeboarding – both boat and cable powered, wave-surfing, canyoning, aqualining, coasteering and inflatable zorbs.

A city break offers the attraction of rainy day things to do, such as visiting free museums or an indoor climbing centre or snowsports slope, and outdoors pursuits in fine conditions.

Choose from artificial ski slopes, go-karts, river boat trips, cycle tours and even a bungee jump from the Titan Crane at Clydebank, near Glasgow.

Families will find they are easily entertained in Scotland.
IT'S FAMILY TIME

WILD CAMPING
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.
There is little to beat the sense of adventure than a visit to a Scottish island. Taking a ferry, paddling a kayak, flying by small plane or driving over a bridge to one of Scotland’s many islands is always exciting – and there are so many to choose from.

The islands range from tiny to large and while many are located at the coast, there are plenty to visit in lochs, as well as in Scotland’s only island in a lake at the Lake of Menteith, Stirlingshire.

Active adventures abound on the islands. Arran, Mull and Skye offer multiple activities in the one destination. Once on the island you can choose from pursuits such as sea kayaking, gorge canyoning or scrambling, mountain biking and road cycling.

It is possible to link island chains together on a bike tour. The Outer Hebrides boasts the National Cycle Network route 780 – waymarked as the Hebridean Way – which can be ridden from Vatersay to Lewis over multiple days.

A day’s bike ride can take you all the way around the island of Bute (10 miles), Arran (57 miles) and to visit distilleries on the whisky isles of Islay and Jura.

Low-lying Tiree has tranquil flat roads for cycling. The island also has a wealth of surfing and kite surfing hotspots thanks to the perfect combination of wind and waves. Did you know it’s the location of the world’s longest running windsurfing event, the Tiree Wave Classic, which started in 1986?

Likewise, the islands of Lewis and Harris are popular with surfers. The small Isle of Cumbrae even has a national watersports centre where you can learn to windsurf, sail, kayak and paddleboard.

Sea kayaks and paddleboards are a great mode of transport for reaching some islands, such as Kerrera, near Oban, the small isle of Seil, next to Easdale, and the Summer Isles in the north west Highlands.

Loch Lomond has some 27 islands with names and numerous more islets. They can be visited by boat, kayak, paddleboard or on a jet ski.

On every island adventure you will have plentiful opportunities for spotting wildlife. You could join a wildlife boat trip from Mull or swim with basking sharks or seals near Coll.

The islands have many historical connections, with castles, churches and abbeys dotting the countryside.

In Scotland’s far north, two large island chains, Orkney and Shetland, offer many more opportunities to journey back in time. Visit Orkney’s Neolithic attractions, explore the Churchill Barriers by kayak or dive at Scapa Flow to see shipwrecks.

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

Shetland is home to 6,000 special archaeological sites including the Old Scatness dig and Jarlshof. You’ll spot a wealth of wildlife, too, especially seabirds. Join a coasteering or kayaking outing or visit the extraordinary Mousa island on an organised boat trip.

Where will you decide to start your islands of adventure?
11

OFF TO THE ISLANDS

ULTRA TOUR OF ARRAN

13 & 14 April
A 2 day off-road running adventure from Rat Race.
www.ratrace.com/uta/

Sea kayaking, Isle of Barra
There is an impressive menu of exhilarating adventures to choose from in Scotland, whether you enjoy being on land, water or flying through the air.

If you have the skills, you can take on one of the many red or black-graded mountain bike routes in a large network of trail centres, including a World Cup course at Nevis Range near Fort William. Other highly rated black trails are found at Laggan Wolftrax, near Aviemore, and “Orange Extreme” routes at Innerleithen, near Peebles.

When the snow comes, red and black runs and unpisted backcountry areas offer a playground for experienced skiers and snowboarders at the country’s five ski resorts. Why not give one of Europe’s steepest black runs, the Flypaper at Glencoe Mountain, a go?

Thrill seekers do not need any experience for a host of other activities, including rolling down a hillside in a large inflatable zorb, whizzing through a forest on a zipwire or flying tandem in a microlight or paraglider. In Fife and Perthshire you can even try skydiving!

There is plenty more fun to be had on Scotland’s many fast-flowing rivers. Will you choose to ride 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.

Vast, naturally carved-out gorges, especially in Perthshire and the Highlands, provide more thrills and spills for canyoning trips, while another activity called aqualining sees participants walking a tightrope above a water-filled gorge.

On water, both at the coast and on inland lochs, there are adrenaline-boosting activities to try. You might enjoy surfing, kite surfing, water skiing, wake boarding, wake skating and jet skiing. Several wake boarding parks have been built so you can learn to cable wakeboard.

If you dare, you could bungee jump from the 150 ft Titan Crane, near Glasgow, and plummet towards the River Clyde. Alternatively, pluck up the courage for a bridge bungee jump or bridge swing at the historic Pass of Killiecrankie over the River Garry in Perthshire.

Scotland is also a hotspot for climbers who come for a wide variety of traditional, sport and mixed climbing routes. Some of the biggest challenges include a multi-pitch climb of the iconic Old Man of Hoy sea stack in Orkney or a traverse of the Black Cuillin on the Isle of Skye.

With so much to do for the thrill of it, you will be keen to extend your trip in Scotland.
The Aerial Assault course at EICA Ratho near Edinburgh is suspended 30 m above the arena floor and takes 30 minutes to complete.
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.

FORESTRY COMMISSION SCOTLAND
www.scotland.forestry.gov.uk/
managing/work-on-scotlands-national-
forest-estate/tourism-and-recreation/
accessibility?highlight=WyJhY2Nlc3NpYmlsaXR5Il0=

CURLING
www.royalcaledoniancurlingclub.org

RAMBLING
www.forthandtaydisabledramblers.org.uk
www.westlothiandisabledramblers.org
www.highland-disabled-ramblers.org

WALKING
www.walkswithwheelchairs.com
www.phototrails.org/default.cfm?page=home
www.outdooraccess-scotland.scot/Practical-guide/
public/disabled-access

WATER-SKIING
www.waterskiandwakeboardscotland.co.uk

HORSE RIDING
www.rda.org.uk/rda-groups/?showList=1

CairnGorm Mountain
SNOWSPORTS
www.disabilitysnowsport.org.uk

SAILING
www.rya.org.uk/scotland/Pages/hub.aspx
www.seagulltrust.org.uk

FISHING
www.fishpal.com/Advice/Disabled.asp?dom=Pal
www.fishpal.com/FishingServices/Wheelyboats/?dom=Pal
Surfing in a city, swimming at midnight in an open-air pool or riding a Python Pump track are just a few of the fun outdoor activities on offer in this delightfully scenic region.

Perhaps you will stay in the main urban hub of Aberdeen for a while. Famed for its granite buildings and historic centre, the city also boasts a beautiful two-mile wide beach. You could learn to surf here or take a diving or sailing lesson.

Look out for regular visits from bottlenose dolphins, or join an RSPB Dolphin Watch Aberdeen outing in the summer months at the mouth of the harbour.

More water-based city activities include Innoflate, located close to the esplanade, which is claimed as Scotland’s first inflatable theme park.

Nearby, another family gem is Transition Extreme, where there is a choice of climbing, BMX biking, skateboarding or in-line skating.

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.

Heading further west, the Play Barn at Westhill is another great destination. It has an adventure playground with a Twisty River, which is ideal for a spot of paddling in welly boots.

More paddling, best done in bare feet this time, is to be had at numerous beaches along the eastern fringes of Aberdeenshire. Don a wetsuit to give coasteering a try. Guided trips see participants paddling, swimming and cliff jumping in locations such as Cove’s rocky shore, to the south east of Aberdeen, and further south at Portlethen.

There are some fantastic surfing hotspots along the Banff and Buchan coastline and close to the fishing village of Sandend. Experienced kite surfers also make the most of the sea and wind – and lots of sunshine – in the north east, especially at Bridge of Don, Balmedie and Fraserburgh.

Another way to enjoy the coast is by sea kayak. The activity is beginner-friendly if you go with a guide. There are plenty of natural gems to discover and explore including pink granite rocks, especially between Peterhead and Cruden Bay, sandy coves, sea caves and stunning seabird cliffs at Fowlsheugh. A must-do activity is to paddle into the vast collapsed sea cave, the
Did you know that Aberdeenshire, and particularly Royal Deeside, is one of the foremost centres of orienteering in Scotland, and plays host to a multitude of national and international events.
Bullers of Buchan, south of Peterhead.

Continuing south, the seaside town of Stonehaven has a beautiful open air pool. The filtrated sea water is heated and in summer you can swim by day – and at special midnight sessions.

Stonehaven is newly home to a stand-up paddle boarding (SUP) school. Beginners can also learn this increasingly popular activity on sheltered Knockburn Loch, further west in the heart of Royal Deeside. The purpose-built loch also offers open water swimming, kayaking, canoeing and sailing sessions.

More watery fun is found in lush glens in the Braemar area where families can try gorge walking. The region’s rolling countryside also provides a natural playground for land-based activities.

For families who enjoy a variety of sports in one location, there’s Lochter Activity Park near Oldmeldrum, with karting, zorbing, target golf, Segway and digger driving and Deeside Activity Park with karts, quad treks, 4x4 driving and “digger manoeuvring”.

For groups with a mix of ages, the treetop adventure playground at Go Ape! Crathes Castle in Banchory is ideal for a half-day of entertainment. Meanwhile at the Nordic & Outdoor Centre in Huntly – the only one of its kind in the country – you can try track skiing, roller skiing and tubing in the summer and take on-snow skiing lessons in the winter.

Nordic skiing is also on offer at nearby Clashindarroch Forest, if there’s enough snow.

The peaceful roads of Aberdeenshire are attractive for cyclists. Follow the waymarked National Cycle Network (NCN) routes or a section of the long-distance North Sea Cycle Route with its fabulous sea views. Another idea is to ride between some of the 19 castles on the signposted Scotland’s Castle Trail.

You might prefer to go off-road and you will not be disappointed. In fact, you’ll be spoilt for choice with routes such as the 66 km Deeside Way from Aberdeen to Ballater or a host of dedicated mountain bike centres.

Royal Deeside is home to Tarland Trails, with routes to suit a wide range of abilities. Try the flowing blue trail or the large pump track. More experienced riders will love the technical rocky red and the...
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/pitfiche

LINN OF DEE CYCLE RIDE
Cycle Route: Medium - 19 miles
Starting Point: Braemar
www.sustrans.org.uk/ncn/map/route/linn-of-dee

THE FORMARTINE & BUCHAN WAY
Cycle Route: Easy - 40 miles
Starting Point: Dyce Rail Station
www.sustrans.org.uk/ncn/map/route/the-formartine-and-buchan-way

ABERDEEN TO INVERNESS (Route 1)
Cycle Route: Medium - 150 miles
Starting Point: Aberdeen Station
www.sustrans.org.uk/ncn/map/route/aberdeen-to-inverness

INSCH CIRCULAR RIDE
Cycle Route: Easy - 11 miles
Starting Point: Insch Train Station
www.sustrans.org.uk/ncn/map/route/insch-circular-ride

THE DEESIDE WAY (Route 195)
Cycle Route: Medium - 41 miles
Starting Point: Duthie Park, Aberdeen
www.deesideway.org

TARVES TO TANGLANDFORD LOOP
Cycle Route: Easy - 17.5 miles
Starting Point: Tarves Village Square
www.sustrans.org.uk/ncn/map/route/tarves-to-tanglandford-loop

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big jumps of the orange trail. Another Deeside gem is Aboyne Bike Park in Bellwood Community Woodland with an easy-graded Python Pump and the more technical Sidewinder and Rattle Snake trails.

Pitfichie Mountain Bike Trails near Alford has some superb cross-country routes, while Kirkhill Forest is acclaimed for its red-graded (intermediate) loop.

They say there are more dressage horses in Aberdeenshire than racehorses in Newmarket, with good riding schools and beautiful forests, beaches and farmland this is an equestrian Mecca. Glen Tanar, a Natural Nature Reserve in the Cairngorms National Park, for example, has some superb riding opportunities.

Chairlift access to mountain bike trails are on offer at the region’s two ski centres, Glenshee Ski Centre and The Lecht. The latter has two graded trails – one red and one blue.

Alternatively, you can join Segway or quad bike tours to see more of the countryside or be guided on a four-wheeled safari tour through Balmoral Castle estate.

Many runners like to explore new places on foot. You could pick a trail from a map or book a private tour with Running the Highlands, based near Banchory.

Then again, if you enjoy the thrills of having your feet way above the ground, there are a variety of exciting options for all abilities including gliding, microlighting, hot air ballooning and helicopter tours.

As you fly high, you’ll see the country and coast laid out in all its beauty beneath you – and maybe that will inspire you to try yet another rural or urban activity.
Glenshee, which means the “Glen of Fairies” in Gaelic, is a magical place to visit in all seasons and whatever your outdoors aspirations.

In the winter, when the snow falls, Glenshee offers the UK’s most extensive skiing and snowboarding opportunities with 22 lifts serving 36 pisted runs. In total, the centre extends to 40 km of skiing in three valleys and on four mountains.

There are lots of skiing options to choose from, such as hiring equipment and joining a beginner-level class, booking a private lesson, getting into race training or simply exploring with friends and family.

For those who are more experienced there are blue runs and red runs to explore with a couple of challenging black runs.

The 2 km long Glas Maol run is a superb descent with great views. The wider Glenshee area is also popular for backcountry skiing. If there is sufficient snow there is also a transceiver park close to the road to practise backcountry skills in case of an emergency.

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 you can 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 extends to 3.2 km and offers a natural-feel ride of about 10 minutes.

In all seasons, this mountain area is home to a variety of wildlife. Keep your eyes peeled for Glenshee’s famous wildlife, including red deer, mountain hares, buzzards, ptarmigan and snow bunting.

Glenshee is within easy reach of many towns and cities in Scotland, which means you can return again for more magical adventures.

INFO

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

No of lifts: 22
Uplift capacity: 16,110 per hour
Snowmaking: ✓
Mountain cafés/restaurants: ✓
Off piste skiing: ✓
Ski & snowboard hire: ✓
Ski clothing hire: ✓
Shop: ✓
Artificial ski slope: X
Crèche: X
Ski guide: X
Sledging: X
Rail Park: X
Webcam: ✓

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

VISITSCOTLAND.COM
Snowboarders, Glenshee Ski Centre

GLEN SHEE SKI CENTRE

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THE LECHT SKI CENTRE

You’ll be on a high during your visit to this year-round mountain activity centre.

The Lecht 2090 is spectacularly situated in the heart of Scotland’s largest National Park, the Cairngorms, and at the top of one of the highest roads in the UK, the A939 between Tomintoul and Strathdon. In fact, the road is so famous it is included on the Snow Roads Scenic Route.

As the name of the mountain centre suggests, the base station is at an elevation of 2,090 ft (645 m). A chairlift rises another 700 ft (213 m), where, in winter, skiers and snowboarders can enjoy 20 km of groomed slopes. In total, there are 19 runs served by 12 lifts.

There are five green-graded runs for beginners with dedicated uplifts, including two magic carpets and one Poma lift.

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 freestyle half-pipe and a fun park.

This modern snowsports centre offers a European-style café, ski equipment for hire, as well as a ski school and a Penguin Kindergarten Park. A “rotondo” carousel allows children, from the age of two, to learn to ski or snowboard in a safe environment.

The three-man chairlift offers uplift for walkers and mountain bikers in the summer. From the top of the chairlift, it’s possible to explore the wide Cairngorms landscape on foot, especially in fine weather.

Meanwhile, mountain bikers use the chairlift to gain access to two trails, an easier Blue Hare run and the more technical Red Fox.

A skills park on the lower slopes is a great place to hone your mountain biking technique at the start or end of your day.

If being active in the mountains is your thing, The Lecht is a great place to spend a day, or many 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 ski 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
Moorfield House Hotel

- 6 en suite rooms, bar and restaurant serving fresh home cooked meals.
- Dog friendly room and dogs are also welcome in the bar.
- The bar serves real ale and is CAMRA registered.
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ARGYLL & THE ISLES, LOCH LOMOND, STIRLING AND THE TROSSACHS

From coast to coast and across Argyll’s Lowland and Highland landscapes there is an incredible diversity of active pursuits to try.

Your toughest decision in this amazingly varied region will be where to go first – and what activity to try. And the next hardest decision? What to do next!

You could start at the very heart at the UK’s largest area of freshwater, Loch Lomond, where you have another decision to make: high speed or relaxed watersports.

For an adrenaline rush try water skiing, wakeboarding, wake surfing, jet ski safaris or speedboat tours and visit some of the small islands in the loch. You can also bounce on the water on a floating trampoline!

For gentler, but no less rewarding outings, hire a paddleboard, kayak, canoe or yacht and enjoy the opportunity to spot wildlife and absorb the stunning scenery.

Several lochs near Loch Lomond offer more options for water-based pursuits. Lochs Lubnaig, Ard and Venachar are popular wild swimming spots. They’re also great for canoeing and paddleboarding outings. Loch Ard is home to Go Country who offer cliff jumping and an exciting inflatables water park.

Nearby, on Loch Katrine, a trip on board the SS Sir Walter Scott transports visitors back in time and is the ideal way to appreciate lovely views to the Trossachs peaks. For the more energetic, take bikes (or hire at Trossachs Pier) on board, disembark at Stronachlachar and ride the return on a 12-mile traffic-free road.

If the lochs have whet your appetite for watery fun, the coast will only add to your love for this region. Take a scenic drive or train journey to Argyll’s shores where you’ll discover a string of islands, fjord-like sea lochs and two long peninsulas, Kintyre and Cowal.

The islands of Islay, Coll and Tiree offer many hotspots for surfers, kitesurfers and windsurfers. For waters that are perfect for family bodyboarding, head for Kiloran Bay on Colonsay.

Thrills and wildlife experiences combine on Coll with Basking Shark Scotland. How about swimming with these 30-foot plankton-eating sharks, or snorkelling in a lagoon with seals?

The company has launched an exhilarating series of tours to Staffa, off the Isle of Mull, where it’s possible to swim, snorkel or kayak into Fingal’s Cave – a stunning 60 m long chasm supported by remarkable basalt columns.

More of Mull’s natural wonders can be seen on foot, by boat and by Land Rover where you might see marine wildlife and white-tailed sea eagles.

Argyll’s mainland coast also offers a huge array of places to safely paddleboard, sail, surf, wild swim and kayak, whatever your experience level. Two
Wild About Argyll is on hand to help visitors find the best spots for mountain biking, cycling, wild swimming, diving, snorkeling, sailing and more. www.wildaboutargyll.co.uk
great examples are a sunset paddleboarding experience from Oban or surfing at Machrihanish in Kintyre.

A special treat if you have several weeks to spare and sufficient experience is to paddle the Scottish Sea Kayak Trail from the Isle of Gigha to the Summer Isles north of Ullapool. You could choose a shorter section, such as a “Lord of the Isles” trip from Oban to Mallaig with Arisaig Sea Kayaking.

A 10-person canoe, with a guide from Argyll Voyageur Canoes, is an exhilarating option for travelling further and faster on Loch Goil. There is a good chance of spotting seabirds, birds of prey and seals.

Are you keen for more watersports? Many companies that organise outdoor activities offer other imaginative options. Wooded gorges with waterfalls provide the ideal environment for canyoning and a thrilling descent of Alva Canyon involves a series of abseils, jumps and a zipline into a cave.

On Luss Estate, on the west shore of Loch Lomond, gorge scrambling is offered by In Your Element. This family friendly adventure includes swimming, jumping into pools and sliding down waterfalls. Or try river sledging through rapids and mini waterfalls at Luss.

At the Falkirk Wheel – an iconic boat lift on the Forth & Clyde Canal – it’s possible to “walk on water” in inflatable balls. Nearby, a lagoon at the Helix Park is a safe place to take canoeing and open water swimming lessons. Kids will love the splash play area and Adventure Zone too.

As well as being famous for its waterways, Argyll and Loch Lomond & The Trossachs National Park boast vast forests that are home to a long menu of active pursuits. In Queen Elizabeth Forest, near Aberfoyle, Go Ape! offers the thrills of a tree-high aerial course and younger kids can try TreeZone at Loch Lomond Shores.

Mountain bikers will enjoy the wide network of forest trails. Take your pick from Loch Ard Forest Sculpture Cycle Trail for a family day out or Carron...
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www.greatrun.org/great-swim/great-scottish-swim
## MOUNTAIN BIKE & CYCLE TRAILS

Guide to Mountain Bike Routes

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

### CARRON VALLEY
MTB Routes: ▲ 10 km ● 15 km
Location: Carron Valley, Stirlingshire
www.scotland.forestry.gov.uk/visit/carron-valley

### LOCH ARD
MTB Routes: ○ 3 - 16 km
Location: Loch Ard Forest, outskirts of Aberfoyle
www.scotland.forestry.gov.uk/forest-parks/queen-elizabeth-forest-park/loch-ard

### FIRE TOWER TRAILS, LOCHGILPHEAD
MTB Routes: ▲ 14 km
Location: Achnabreac Forest, Lochgilphead
www.scotland.forestry.gov.uk/visit/achnabreac

### LOCH LOMOND AND THE TROSSACHS NATIONAL PARK
MTB Routes: Mixture of MTB & Road routes for all abilities
Location: Across the Loch Lomond & Trossachs National Park
www.lochlomond-trossachs.org/things-to-do/cycling/

### BESPOKE TRAILS, FALKIRK
MTB Routes: ● 4.5 km ○ 6.1 km ▲ 10.3 km ■ Skills area
Location: Falkirk
www.callendarestate.co.uk

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

### CALLANDER TO KILLIN (Route 7)
Cycle route: © Challenge - 24 miles
Starting Point: Callander
www.sustrans.org.uk/ncn/map/route/callander-to-killin

### BUTE OF A ROUTE
Cycle Route: ● Medium - 32 miles
Starting Point: Tighnabruaich
www.sustrans.org.uk/ncn/map/route/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/ncn/map/route/oban-to-fort-william

#### OBAN TO CAMBELTOWN
Cycle Route: © Challenge - 121 miles
Starting Point: Oban
www.sustrans.org.uk/ncn/map/route/oban-to-cambeltown

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Visitscotland.com
Valley Mountain Bike Trails in Stirlingshire for the more experienced.

Getting off the beaten track on a mountain bike is easy, too, and a four-day West Island Trail in Argyll has been designed by Bikepacking Scotland in partnership with Hostelling Scotland.

Fat biking is another great way to explore on two wheels. Fat bikes, which are available for hire, have over-large tyres to make it easier to ride on rough, muddy or snowy terrain. If you like the idea of mountain biking but you are not sure if you are fit enough, hire an e-bike. The power assistance helps you pedal further and uphill.

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

Another great activity for all ages and abilities is pony trekking. Explore miles of forest track and beautiful beaches on horseback in the hoofprints of the Dukes of Argyll.

We did say there was a lot to choose from in this amazing adventure haven, didn’t we?
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Ayrshire & The Isles of Arran and Cumbrae

A long-time traditional holiday destination for Glasgow folk, the region is attracting a new fanbase of adventure seekers.

For centuries, people have been travelling “doon the watter” to holiday in Ayrshire and its islands. Yet, while transport options, including motorways, trains, ferries and planes, are faster today than the steamboats that once journeyed the Firth of Clyde, the region remains wonderfully unspoiled.

The “watter” is a big draw for adventure fans and along the Firth and the coasts of the islands of Arran and Cumbrae there are opportunities to canoe, kayak, surf, kite surf, windsurf, paddleboard, sail and water ski.

Ask Adventure Carrick about the best places in Ayrshire for kayaking, paddleboarding and coasteering, as well as hotspots for gorge walking and canyoning.

Take a short ferry trip to Cumbrae from the town of Largs to join a beginner session at sportscotland’s National Centre. Courses in paddleboarding, dinghy sailing, windsurfing, kayaking and yacht cruising and a new course, Practical Navigation for Kayakers, are available.

On the return to Largs, check out the new skatepark on the seafront with features suitable for all levels.

The Isle of Arran is well served by regular ferries from Ardrossan and its ‘back door’ at Claonaig. Known as “Scotland in miniature” due to its blend of Highland and Lowland landscapes, it’s a natural playground for active adventures.

You can go gorge walking and canyoning at Glenashdale and Glen Sannox or sea kayaking in Brodick Bay. Other fun things to do include bushcraft, archery and climbing.

Boats also leave Lamlash Pier on Arran to explore the coast. It’s a great trip for families with older children, who will enjoy learning about history and geology. Look out for seabirds, seals, dolphins and basking sharks.

The rolling countryside and long, winding rivers of the Ayrshire mainland create a tranquil environment for more activities. The River Ayr is perfect for kayaks and canoes, while the River Doon’s exciting rapids and man-made weirs are ideal for guided rafting trips.

More watery entertainment is found at New Cumnock in East Ayrshire in a beautifully refurbished open-air heated swimming pool. Nearby, the historic stately home of Dumfries House in Cumnock has a thoroughly modern adventure playground for kids.

For a full day of fun for families, this region has a lot to offer. Newmilns Snow and Sports Centre, also in East Ayrshire, has year-round
At 874 m or 2,867 ft, Goat Fell is the highest point on Arran. You are able to see this mountain from many places on the island, or why not challenge yourself and hike all the way to the top?
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.arranbikeclub.com

RANKIN PARK, GREENOCK
MTB Routes: 1 km skills area & pump track
- 1 km • 0.5 km
Location: Rankin Park, Greenock
www.dmbins.com/riders/where-to-ride

KELBURN ESTATE, LARGS
MTB Routes: 1/0.9 km
Location: Kelburn Estate, Fairlie, Largs
www.kelburnestate.com

AYRSHIRE COAST (Route 7)
Cycle Route: Easy - 19 miles
Starting Point: Irvine
www.sustrans.org.uk/ncn/map/route/ayrshire-coast-cycleway

KILMARNOCK TO ARDROSSAN (Route 73)
Cycle Route: Easy - 18 miles
Starting Point: Kilmarnock
www.sustrans.org.uk/ncn/map/route/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

GREAT CUMBRAE ISLAND LOOP
Cycle Route: Easy - 9 miles
Starting Point: Ferry terminal, Great Cumbrae
www.sustrans.org.uk/ncn/map/route/great-cumbrae-island-loop

THE AYRSHIRE ALPS
Cycle Route: Hard - Selection of challenging hill roads
www.ayrshirealps.org

For more information on activities in Ayrshire & The Isles of Arran and Cumbrae go to:
www.visitscotland.com/active

Canyoning, North Glen Sannox, Isle of Arran
skiing, snowboarding and tubing on an artificial slope.

In North Ayrshire, Kelburn Castle has both indoor and outdoor play areas and a secret forest with walking trails. Nearby Eglinton Country Park offers a range of activities from orienteering to pony treks and cani-cross, a sport for runners and their dogs.

In South Ayrshire, Culzean Castle and Country Park boasts an Adventure Cove and Wild Woodland play areas.

Cycling is popular in the wider region thanks to quiet roads and trails. A popular cycle for families is a 10-mile circuit of Cumbrae. Hire bikes or take your own for free on the CalMac ferry.

Families will also enjoy the Sir Chris Hoy cycleway that follows an old railway path from Hurlford to Galston in East Ayrshire.

A step up in distance and challenges but with great rewards, including fabulous views, is a 56-mile circuit of Arran. For more hills and great vistas, try Scotland’s first “road cycling park”, the Ayrshire Alps, at South Carrick.

A bike is an excellent transport option for visiting some of Ayrshire’s historical highlights. You could ride between the attractions associated with Scotland’s famous poet, Robert Burns, who was born in Alloway.

If mountain biking is your preferred choice, Arran has a range of options. You could warm up on the trails at Brodick Castle and then take on a 30 mile Arran End to Enduro route from Lochranza to Kildonan.

On the mainland, there are more trails at Craufurdland Estate, near Kilmarnock, and Newmilns Bike Park, in East Ayrshire.

There are many opportunities to enjoy horse riding in this lovely region; some intriguing ancient estates like Barskimming offer the best riding in Scotland amid woodland and estate policies.

Now that you have discovered the adventure attractions of this highly accessible region, we’re sure you will be back time after time.
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The coast is a big draw with miles of unspoilt sandy beaches and shallow waters on both the east and west coasts.

Surfing is popular especially at Coldingham Bay, near Eyemouth, on the Berwickshire coast, where you’ll find St Vedas Surf School. Sandhead Beach near Stranraer is a popular surfing spot in the west.

Also in Berwickshire, wildlife RIB boat trips leave Eyemouth and combine the thrills of speeding across the sea with the chance to spot coastal wildlife, including seabirds and seals at St Abbs National Nature Reserve.

Divers come to the east coast as well to explore some 80 wreck sites underwater.

Still at the coast but making use of wide empty beaches, blo-karting is a fun activity to try. Resembling mini yachts on wheels, the top places to give it a whirl are Sandhead, and Southerness Beach on the Solway Firth, both in Dumfries & Galloway.

An exciting mix of watersports, this time inland at Loch Ken, is available with Galloway Activity Centre who offer kayaking, dinghy sailing, sailing for the disabled, stand-up paddleboarding and windsurfing. A new sport is sailing hydrofoils, which are boats with wing-like foils mounted under the hull.

For thrills, give a 40 ft giant swing a try, whizz down a 50 m water slide or take on a water-based inflatable obstacle course.

On land, the centre has more activities including a 25 ft climbing wall exited by a freefall “Leap of Faith”, combat laser games and archery. Or why not go mountain biking with them at night, which begins with a RIB ride across the loch?

Active families will also enjoy an exciting pick-and-mix of adventures at Laggan Outdoor, near Gatehouse of Fleet. An 820 m zip wire sends adrenaline seekers on a speedy journey, with lovely views over the Solway Firth.

After the long “zip”, you can go grass sledging, ride on a Segway or roll downhill in an inflatable sphere filled with water.
You’ll find one of Europe’s longest zip wires, at 820 m long, at Laggan Outdoors near Gatehouse of Fleet, Dumfries & Galloway.
Climbing high, rather than rolling down, is on offer in the neighbouring Scottish Borders at a new tree climbing experience. Scale a century-old Scots pine or oak tree with ropes at Bowhill House and Estate, Selkirk.

Staying in the trees, this time at Go Ape! at Glentress, near Peebles, there is a high ropes and bridges course that includes a 160 ft high and 300 m long zip wire.

If a one-stop full-day centre of entertainment is your family’s favourite thing to do, there are plenty of options.

Mabie Farm Park, Dumfries, has indoor play barns and an outdoor area with a hillside Astroslide, paddle boating, pedal karts and quad biking. Also in Dumfries, Dalscone Farm Fun has an indoor play area and outside trampolines, pedal karts and go karts.

Cream O’ Galloway, near Gatehouse of Fleet, boasts a huge trampoline, crazy golf and zip lines. Make sure you also try their award-winning ice cream!

Born in the Borders, near Jedburgh, offers mini-beast safaris, grass mazes and grass sledging.

Rock UK Whithaugh Park at Newcastleton has a 300 m zip wire, abseiling, aerial adventures, archery, bushcraft, fencing, climbing, and even circus skills to enjoy.

There will be visitors to this region who will prefer to get away from the laid-on entertainment and head off for a self-created adventure. So how about cycling?

Waymarked routes, such as the Four Abbeys Way, the
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Scottish Coast to Coast (C2C) or the Lochs and Glens Route (National Cycle Route 7) makes self-guided cycle trips easy.

If you prefer the trails, the Reiver Raid, in the picturesque Ale Valley, offers a 2.5-day loop starting and finishing in Tweedbank.

Many more miles of off-road mountain biking can be enjoyed at the acclaimed 7stanes mountain biking centres.

The Forestry Commission Scotland trail centre network, with graded trails to suit all levels of riders, includes the largest, 7stanes Glentress, near Peebles, the downhill Mecca of Innerleithen, with Newcastleton completing the Scottish Borders triptych. Over on the west there are further 7stanes centres at Glentrool in Galloway Forest Park, as well as Ae, Dalbeattie, Kirroughtree and Mabie.

More off-road trails, especially suited to family groups, are found at Drumlanrig Castle near Thornhill, in Dumfries & Galloway.

As rising numbers of outlets hire e-bikes, there are greater possibilities for more people to enjoy extended bike tours or to go further uphill with a bit of electric-powered pedaling assistance.

Another trails adventure to try is 4x4 off-road vehicle driving, where you can explore the wider countryside around Hawick or at Abbey St Bathans, near Duns.

Horse riders will find the area’s grass country offers some great hacking routes, including the Cross Borders Drove Road and the Romans and Reivers route, both developed by the British Horse Society.

As a final treat on your active break, why not fly high in a hot air balloon or microlight? You’ll see South Scotland’s stunning landscape, which will no doubt give you fresh ideas for your next visit!
EDINBURGH & THE LOTHIANS

Scotland’s capital and neighbouring countryside offers a surprising variety of active adventures for all.

Edinburgh is world-acclaimed as a visitor destination, but did you know there is a long menu of adventure activities to enjoy within the city and near by?

Many people will be keen to explore the capital and you could choose to go on a walking, running, cycling or Segway tour. There are guides who will show you, at your own pace, the attractions, such as Edinburgh Castle, Holyrood Palace and park, the Scottish Parliament and Calton Hill.

Alternatively, why not hire an e-bike for some power-assisted sightseeing?

Some historic sites in the capital have even been recreated to offer modern facilities for active fun. Alien Rock One, a popular climbing centre, is housed in a church, with bouldering also on offer next-door at Alien Bloc.

An old stone quarry is home to Edinburgh International Climbing Arena at Ratho, the largest indoor climbing arena in the world.

Brand new facilities provide an arena for more entertainment, such as SKELF, a bike park with a 1 km loop of trails. There is a mix of graded features to try. SKELF also has a pump track suitable for BMXs, jump bikes, mountain bikes, scooters, skateboards, rollerblades and balance bikes.

In Edinburgh, you can join several combat style sports, such as paintballing and laser tag, or test your skills at Xtreme Karting.

A short train, bus or car trip away, the surrounding countryside and coast easily beckon visitors away from busy city streets.

To the south west, Europe’s biggest artificial ski slope at Midlothian Snowsports Centre at Hillend, has ski and snowboard sessions year-round.

Nearby is a hillside where you can go “haggis rolling”. Participants roll down the hill in large inflatable zorbs.

A little further south west is Swanston Farm where visitors can try FootGolf, which is a combination of football and golf, or DiscGolf, which partners Frisbee throwing with golf.

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Cycling along the promenade at Portobello Beach.

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Journeying west again, West Lothian is home to Bonnington House at Wilkieston. The estate has a garden called Jupiter Artland with sculptures and artistic earthworks to fascinate inquisitive minds.

Another estate, Kirknewton, is close by with a chance to try several different activities in one place, including archery, clay pigeon shooting, off-road driving and quad biking.

Also nearby, Port Edgar Marina in South Queensferry is one of the largest watersports and activity centres in Scotland, offering everything from taster sessions to advanced training.

For more family friendly fun you don’t need to travel far. Beecraigs, by Linlithgow, has biking trails and an orienteering course. Polkemmet Country Park, near Whitburn, offers orienteering, as well as cycling and horse riding.

While you are in the area, why not try an aerial adventure course at a shopping centre? HiRide is suspended 13 m above shoppers at The Centre Livingston.

For family days out, there’s a great selection of activities on offer at many country parks. Enjoy the play park, miniature railway and trails at Vogrie Country Park. At Dalkeith Country Park, Fort Douglas adventure park is perfect for youngsters, or they can try haggis balling (inflatable zorbs) in a haggis pen.

Bonaly, Castlelaw and Hillend parks have orienteering courses, where friends and families can enjoy some competitive fun.

For fabulous wild-feeling countryside, head to the Pentland Hills Regional Park. There’s 100 km of trails to explore on foot, by mountain bike or on a pony trek.

Ginger Squirrel Adventures encourages families to get on their bikes. Ask them about guided rides and cycling camps in the Pentlands.

In East Lothian, countryside and coast combine for more adventures. Take a bird’s eye view of what is on offer with a tandem microlight flight from East Fortune, near North Berwick, or a hot air ballooning trip.

There are long beautiful beaches lapped by clear seas for watersports fans with Dunbar and Belhaven offering surfing, bodyboarding and adrenaline buzzing kite surfing.
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Sea kayaking is a great way to explore the coastline. Join a guided outing or for the more experienced you could paddle to Bass Rock, off the coast near North Berwick. Some 150,000 gannets live on the rock during the summer. For those who prefer to sit back and relax, a boat tour from the seaside town is a great idea.

Another more relaxed activity is paddleboarding and East Lothian has plenty of sheltered bays, tranquil rivers and canals to enjoy while standing up and paddling.

For more water-based fun head to Foxlake Adventures, Scotland’s first wake park near Dunbar. Adults and children can learn cable wakeboarding on a purpose-built lake. Other activities include open water swimming, an over-water high ropes course, a high-wire zip trail, ringo rides and off-road Segways.

East Lothian has a great choice of parks, especially if you are looking for ways to help the kids burn off energy. John Muir Country Park has an adventure playpark, while nearby East Links Family Park boasts a four-storey fortress, crazy golf and go karting.

With the city and countryside neighboured so closely it is easy for visitors to pick and mix between rural and urban gems.
Glasgow has long been famous for high quality shopping, shipbuilding and comedian Billy Connolly. Since the Commonwealth Games in 2014 it has shot up the tourism rankings to become one of the world’s best cities to visit, and in 2016 was named the friendliest city on earth.

It is a beautiful city, too, with more than 90 parks – the Gaelic translation of Glasgow is “dear green place” – a canal, the River Clyde and picturesque surrounding hills.

In this varied setting, you’ll discover a wealth of active things to do. Why not start at the highest point in Glasgow at Cathkin Braes in the south east? Mountain bike trails, originally created for the 2014 Commonwealth Games, were extended in 2018 and one of the biggest Velosolutions UK pump tracks was added alongside a skills coaching area, floodlit car park and new access road.

Also on the southside at Rutherglen, Cuningar Loop, which is set amid pretty woodland, has a bike track that is perfect for novices. It’s also home to Scotland’s first outdoor bouldering park and an adventure play area.

Bike tracks are dotted across the city and another, this time for BMX racing, was opened in 2018 at Knightswood on Glasgow’s north side for the European Championships, Glasgow 2018.

There’s a BMX track at Clydebank in the north west and another wee gem of a track is located in the northern suburb of Bearsden.

There are no less than seven skateparks in the city. For concrete parks, head to Kelvingrove and Drumchapel, while for metal parks Glasgow’s southside has parks at Rouken Glen, Mount Vernon, Cardonald, Queen’s Park and Kilmur, near Darnley.

Another northern suburb, Milngavie, boasts a revamped skatepark in Lennox Park, with a designated area for newbies, and Zone 74 is a new indoor wooden skatepark in Scotland’s original new town, East Kilbride.

Amazingly, one of the world’s biggest urban ice climbing facilities is in Glasgow, in an icy corner of Snow Factor at Soar INTU Braehead retail and leisure outlet. Try an ice climbing taster session, or dry tooling if you have more experience.

Snow Factor is also home to the “UK’s longest indoor real snow slope” with ski, snowboard and freestyle lessons on offer.

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

In a former church, Glasgow Climbing Centre has more than 50 routes up to 16 m in height to test your skills. Nearby, the Climbing Academy is a great place to practise bouldering.

Glasgow’s shipbuilding past is remembered at another high-rise attraction. The Titan Crane, once an industrial heavyweight, stands 150 ft above the River Clyde at Clydebank, where Highland Fling now offers bungee jumps and swings. Please note the Titan Crane will reopen after works in March 2019.

It’s possible to paddle through the heart of the city by kayak and look
A bungee jump off the Titan Crane reaches speeds of up to 50 mph and drops approx. 150 feet.
active in scotland

up at many icons of the once-thriving industry. For those with less experience, there are boat cruises and powerboat trips.

The towers of a former power station have been replaced by an equally impressive landmark, the Pinkston Paddlesports Centre. Located at revamped Pinkston Basin on the Forth & Clyde Canal, you’ll discover Scotland’s only artificial fast-flowing whitewater course. Try kayaking, river bugging and river boarding.

A flat-water basin is ideal for learning to kayak or for open-water swimming. Next door, Glasgow Wake Park teaches cable wakeboarding and wakeskating, also on the canal.

Glasgow and the surrounds have become a hotspot for trampoline parks with Flip Out Glasgow in Rutherglen and Ryze Glasgow at Kinning Park.

The southside new town is also home to James Hamilton Heritage Park, East Kilbride, where windsurfing and dinghy sailing lessons take place on a sheltered loch.
To the north another new town, Cumbernauld (built in 1955), offers more fun activities, including Eden Leisure Village where you can try zorb football and hill zorbing.

Close by, Palacerigg Country Park has a children’s farm, adventure playground, tree-top walkway, mini ride-on tractors and a sensory garden.

Completing the points of a compass, adventure fans can head west to discover Castle Semple Loch in Lochwinnoch, where there are sailing and paddle sports, traffic-free cycling trails and an RSPB centre.

Head south east to Strathclyde Country Park in Motherwell for sessions in sailing, kayaking and windsurfing, as well as bumper boats, pedalos, canoes, waterwalkerz and paddleboards.

Continuing in the same direction, it’s well worth travelling to Lanark and the nearby Falls of Clyde Wildlife Reserve, where cycling, walking and pony trekking are popular pursuits.

Many stables offer riding lessons or you could visit the stables of Police Scotland’s Mounted Branch - Strathclyde is the home of the Clydesdale, Scotland’s iconic heavy horse.

Back in the city, there are other recommended things to do: why not take a walk, join a running tour, or hire one of the city’s nextbikes or an e-bike to follow Glasgow’s City Centre Mural Trail.

We have no doubt you will fall in love with warm-hearted Glasgow - and return time and again for more active fun.
THE HIGHLANDS
AND MORAY SPEYSIDE

Amid mountains and glens, on lochs, rivers and the sea, a treasure trove of activities is on offer for all.

Visiters to the Highlands are wowed by the majestic scenery of high mountains, deep glens and dramatic coastlines. Of course, there are lots of adrenaline activities befitting this landscape to try, but there are also plenty of easier-going pursuits, too.

Families are particularly well catered for. Near Aviemore, in the Cairngorms National Park, join a Hairy Coo Safari at Rothiemurchus, or take a walk to the hill paddock of Britain’s only free-range reindeer herd.

Adults and kids can have more fun together on a series of aerial adventure courses. Zip Trek Adventure Park Aviemore features 14 zipwires through trees over a gorge, while nearby TreeZone has two courses for different ages. Tree Adventure high ropes course offers further thrills at Nevis Range, near Fort William.

Children and grown-ups can race each other in go-karts on a purpose-built track at Aviemore Kart Raceway.

Canoe and kayak outings are also ideal for a family day out. Start with lessons at watersports centres such as Loch Morlich, near Aviemore, or Loch Insh, near Kincraig.

Paddleboarding, sailing and windsurfing offer more entertainment on the water at Loch Morlich. Paddleboards are also a great way to travel a tranquil section of the River Spey at Rothiemurchus, with opportunities to spot wildlife.

There are Canadian canoe taster sessions at Loch Lochy or Loch Linnhe, by Fort William. Alternatively, hire a canoe for adventures on smaller lochs such as Loch an Eilein at Rothiemurchus, and Loch Garten at Boat of Garten.

For a multi-day adventure join a guided Canadian canoe trip on the River Spey or the Great Glen Canoe Trail from Fort William to Inverness.

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

Whitewave, Skye’s Outdoor Centre, has half-day family sessions with options for kayaking, canoeing, climbing and abseiling.

Skateboarders and BMX riders will be surprised by the number of purpose-built parks in the region. A useful website, www.highlandskateparks.co.uk, contains information about parks in The Highlands and Moray Speyside.
The Highlands and Moray Speyside

Loch Ness
6 October

The Baxters Loch Ness Marathon is quite possibly one of the most stunning marathons in the world. With spectacular scenery and a fantastic atmosphere, it’s a truly memorable experience.

www.lochnessmarathon.com/
Perhaps you are travelling with older teenagers who enjoy an adrenaline boost, or maybe you like your own adventures to be higher and faster, too.

Take a spin down a hill in an inflatable zorb with Aviemore 2 Zorb. Or make a white-water descent on rivers, including the Feshie, Findhorn, Garry, Moriston and Orchy in a river bug, fun yak, river sledge or raft.

Canyoning makes imaginative use of gorges, waterfalls and rivers with wetsuit-clad participants descending by swimming, jumping and abseiling. Inchree Falls and Ben Nevis Canyon, both near Fort William, and Bridge of Brown gorge in the Cairngorms are hotspots.

In a high gorge near Kinlochleven, a via ferrata offers thrillseekers a unique journey. A series of safety cables, ladders and platforms allow you to traverse and climb rock walls with operator Vertical Descents. Two wire bridges give access to the middle of the gorge for an impressive view over Grey Mare’s Waterfall.

The region’s long coast is an adventure playground for surfing, kite surfing and sea kayaking. There are many surfing hotspots, especially along the northern shoreline, such as Brimms Ness, Thurso East, Dunnet and Durness.

Spectacular sea lochs on the west coast, including easily accessible Loch Linnhe and the lochs of Torridon, Shieldaig and Maree in the north west, are perfect for sea kayaking. It is also possible to access some of Scotland’s wildest places by kayak, such as the Knoydart peninsula.

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

The wildflowers in summer on the Summer Isles are a treat, while Canna is designated a Special Protection Area for breeding seabirds. You could also stop on Eigg for a while for a “trail running retreat”. There are more running tours on offer on the Isle of Skye.

The remote St Kilda archipelago on Europe’s westerly edge can be accessed from Uig on Skye with Go To St Kilda and Sea Kayak Plockton offers sea kayak expeditions with a motorised boat, MV Cuma, as a support vessel.

Wherever you paddle, keep your eyes peeled for sightings of dolphins, porpoise, basking sharks and whales.

Coasteering on the isles of Skye and Raasay, or following the Snorkel Trail on the north west mainland, offer more opportunities for up close encounters with wildlife.

You could choose to combine water and land on a trip. Back Country leads packrafting outings,
Pony trekking in Alvie Estate, Speyside
## MOUNTAIN BIKE & CYCLE TRAILS
### Guide to Mountain Bike Routes

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

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

### Cairngorms National Park
Location: Cairngorms
www.visitcairngorms.com/onabike

### Abridge Trail
MTB Routes: 3 km ▲ 7 km ▲ 6 km
Location: Abriachan, Inverness
www.abriachan.org.uk

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

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

### Highland Wildcat Trails
MTB Routes: 3 km ▲ 7 km / 13.6 km
Location: Glenlivet Estate, Tomintoul
www.highlandwildcat.com

### Kyle of Sutherland
Balblair MTB Routes: 3 km ▲ 7.5 km/11.5 km
Location: 10 miles west of where A9 crosses Dornoch Firth on the Dornoch bridge
www.forestry.gov.uk/mtbscotland

### Laggan Wolftrax
MTB Routes: 4.5 km ▲ 13.4 km ▲ 6.4 km
3.6 km
Location: Strathmashie Forest, Laggan, Newtonmore
www.scotland.forestry.gov.uk/visit/laggan-wolftrax

### Learnie Red Rock Trails
MTB Routes: 0.5 km ▲ 1.2/2.4/2.7 km
3.6 km ▲ 1.2 km
Location: Black Isle
www.scotland.forestry.gov.uk/visit/learnie-red-rocks

### Moray Monster Trails
MTB Routes: 4.1/5.3/8.8 km ▲ 8 km
2.3 km ▲ 1 km Location: Between Fochabers and Craigellachie
www.scotland.forestry.gov.uk/visit/moray-monster-trails

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

### Elgin Experience
Cycle Route: Easy - 13 miles
Starting Point: Library, Cooper Park, Elgin
www.morayways.org.uk/routedetails.asp?routeid=186

### The Caledonia Way (Route 78)
FORT WILLIAM TO INVERNESS
Cycle Route: Hard - 66 miles
Starting Point: Fort William train station
www.sustrans.org.uk/ncn/map/route/fort-william-to-inverness

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Whitewater kayaking on the River Etive, Glen Coe
with an inflatable raft carried in a backpack, to Knoydart, Inverpolly and Loch Maree.

The coast and the mountains are rarely far apart in this region and many visitors will be keen to reach a summit. A relaxing suggestion is to take a 2 km funicular ride from the Base Station at CairnGorm Mountain near Aviemore to the Top Station at 1097 m for fabulous panoramic views.

A chairlift ride at Glencoe Mountain rises to 670 m for a stunning vista of Rannoch Moor and Stob Dearn, part of the Buachaille Etive Mor. The chairlift also gives access to downhill mountain biking trails.

Close to Fort William, the Nevis Range gondola – the only one of its kind in Britain – takes visitors to 655 m on Aonach Mor. From the top station in summer, you can ride a chairlift to a hidden valley to see along the Great Glen.

If you are a technical mountain biker, the World Cup downhill and the Red Giant cross-country trails are a superb experience.

There are other mountain biking options for all riding abilities including trail centres at Balblair, near Bonar Bridge; Glenlivet, near Tomintoul; Highland Wildcat Trails, by Golspie; Rothiemurchus near Aviemore; Learnie Red Rock, Black Isle and Laggan Wolfrax, near Dalwhinnie.

The many natural trails through forests and glens and over hills are perfect for horse riding, too. Scenic hotspots include Gairloch, Glenshiel and Tomintoul.

Another way to explore, especially if you like seeing wildlife, is to travel by electric Segway. And for a real gem of an outing, you can track red deer on a camera stalking trip in Assynt, in the north west and Fearann Eilean Iarmain on the Isle of Skye.

Even if you stayed in this region for a month, you’d still find many more options for adventure!
Served by Scotland’s only funicular railway, CairnGorm Mountain is a must-visit for so many adventure fans. The train takes visitors to the Top Station at a height of 1,097 m.

Even if you only stand and look, you’ll be thrilled by the panoramic views taking in up to 6,000 square miles of Highlands landscape, including the UK’s highest mountain, Ben Nevis.

You can also eat at the UK’s highest restaurant, where you’ll discover a fascinating exhibition about the mountain, a shop and the highest postbox in Britain.

In winter, skiers and snowboarders have easy access to 20 runs covering over 30 km of groomed slopes. The longest run is 3.3 km and, when conditions allow, there is a freestyle park with Scotland’s only half-pipe.

A ski school provides lessons for all ages and includes Disability Snowsports UK tuition.

CairnGorm Mountain remains just as popular in summer with walkers and wildlife fans. Visitors are not permitted to catch the funicular up and walk down, but it is possible to walk up and get the train back down.

Another recommended walk is the 90-minute guided Essential Summit Trail from the Top Station to the summit of Cairn Gorm – at 1,245 m, this is the UK’s sixth highest mountain. You’ll learn about the unique fauna and flora that survive in this wild and in winter sub-arctic environment.

Walk maps within the ski boundary area are available at the ticket office.

Summer sessions for young explorers include the “Wild Things Mountain Hunt” and the “Young Explorer Activity Sheet” which can be found in the Storehouse Restaurant.

Other activities in the Storehouse Restaurant for young children are dressing up as a funicular driver and playing in our mini funicular. For wee artists, there is a chance to colour in “Cairngorm Wild Things”.

With such amazing access to an impressive outdoors arena, it’s not surprising CairnGorm Mountain is ranked as one of the top 10 visitor destinations in Scotland.
GLENCOE MOUNTAIN
Scotland’s historic mountain resort offers an iconic destination for year-round activities.

Less than a two-hour drive from the central belt, Glencoe Mountain is popular year-round with sightseers and adventure fans.

The first ski lift at Glencoe was built in 1956 and over the years it has developed into a modern centre with eight lifts that serve 20 groomed runs.

The mountain has a reputation for challenging ski terrain, with pistes such as the Spring Run, which is said to be one of the most difficult red routes in Scotland, and The Flypaper, acclaimed as one of Europe’s steepest black runs.

Yet you might be surprised to discover there are ski runs for all, with a beginner-friendly area and an intermediate blue run that journeys from the resort top to bottom. Glencoe’s free sledding park is great for families, too.

The centre gives great access to incredible back country terrain and you can join ski and snowboard tours, as well as mountaineering trips. There are also avalanche awareness training and mountain safety sessions.

A free-to-use transceiver park provides an opportunity to practise using avalanche transceivers in a safe environment before heading out into the wider landscape.

There is plenty to do in summer, too. An artificial ski slope has fun tubing sessions, while the Access Chairlift offers rides to see views of the wider Glen Coe landscape.

Mountain bikers can travel with their bikes on the chairlift to reach a network of waymarked XC trails or for the more experienced there are the black and red-graded downhill routes.

Families can ride the chairlift armed with a downloadable treasure hunt map to follow a series of clues to discover animals, as well as enjoying beautiful vistas.

With so much to do, why not stay for a few days at Glencoe Mountain? There is a choice of on-site accommodation, including microlodges, camping and campervan hook ups. A bustling log cabin café at the base station provides home-cooked food from early until late, 364 days a year. These are also great options if you’re walking the West Highland Way, which crosses the resort.

INFO
Altitude: 1,000 - 3,636 ft (305 - 1,108 m)
Pisted runs: 20 km
Longest runs: 2.7 km
Max vertical descent: 2,600 ft (792 m)
No of lifts: 8
Uplift capacity: 4,300 per hour
Snowmaking: ✓
Mountain cafés/restaurants: ✓
Off piste skiing: ✓
Ski & snowboard hire: ✓
Ski clothing hire: ✓
Shop: ✓
Artificial ski slope: ✓
Crèche: X
Ski guide: ✓
Sledging: ✓
Rail Park: ✓
Webcam: ✓
Onsite Accommodation: ✓

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

Base maps © VisitScotland. Provided by Ashworth Maps and Interpretation Ltd.
Nevis Range is a year-round activity centre situated on the slopes of the UK’s eighth tallest mountain, Aonach Mor, and offers a long menu of activities.

Take a gondola ride to a height of 650 m at the Top Station. In winter, skiers and snowboarders have easy access to beginner-friendly green and blue-graded pistes.

Further up the mountain, and to a height of 1,190 m (3,900 ft), there are red and black runs for more experienced skiers. Don’t miss the fun of the summit terrain park, too. Other snow-based activities at Nevis Range include sledding and snowshoeing.

You can hire ski and snowboard equipment at the mountain centre and book lessons at the snowsports school for all abilities. Guided back-country skiing sessions, ski mountaineering tours and winter skills and avalanche awareness courses are also on offer.

When the snow goes, the mountain and Leanach Forest becomes a hotspot for cross-country (XC) and downhill mountain bikers, Bring your own bike or hire for the day. Did you know you can cycle safely from Fort William to Nevis Range on a traffic-free route?

The gondola is used by riders to reach the Top Station from where they descend the challenging World Cup Downhill Track and the Red Giant XC trail.

The centre also has green and blue trails for less experienced riders, and the Witch’s Trails, in Leanachan Forest boast mountain biking trails for all.

Family fun can be had at the resort’s Tree Adventure course which includes aerial walkways, obstacles and zipwires suitable for a range of different age groups. There is also a Zoom Trax tubing slide which drops 4.5 m over 40 m.

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 Finnsig-aig or Meall Beag viewpoints. Tandem paragliding outings are possible, too.

With so much to do at Nevis Range you could easily enjoy many days of active entertainment here.

Nevis Range Ski Centre
Torlundy, Fort William, Inverness-shire PH33 6SQ
Tel: 01397 705 825
Email: info@nevisrange.co.uk
www.nevisrange.co.uk
www.ski-scotland.com
Off piste skiing, Nevis Range
Campervan & Motorhome Rentals

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www.spaceshipsrentals.co.uk

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Glen Nevis

The great outdoors all in one place.

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Duke of Gordon Hotel

Originally a 19th Century Coaching Inn the Duke of Gordon Hotel has been offering a warm Highland Welcome with food & lodging to weary travellers for over 170 years. Set in the heart of the Cairngorm National Park the town of Kingussie is an ideal base to explore the beautiful mountains and valleys. All of our rooms have en-suite facilities, Flat Screen Freesat Television, Direct dial Telephone, Hospitality Tray. Free WiFi is available throughout the hotel.

Good food and real ales why not pay us a visit?

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P.S. It’s not necessary to have a dog to hire it!
Surprisingly easy to reach thanks to a modern network of ferries, boats and planes, the islands of the Outer Hebrides in the west and Orkney and Shetland in the north offer an other-worldly charm that is hard to beat.

The magic begins at the coast where visitors are wowed by long white sandy beaches, rugged cliffs and pristine waters. In summer, in the Outer Hebrides, grasslands known as machair, bordering many beaches, are resplendent in a vibrant blanket of colourful wildflowers.

Further inland, a wildly rugged landscape that is rarely flat yet only occasionally steep, provides an atmospheric playground for land-loving outdoors fans.

But where will you go to first? Perhaps you’ll take a plane from Glasgow to the Isle of Barra in the Outer Hebrides and land on a beach runway that’s washed daily by the sea. The cockle beach, Traigh Mhòr, offers another unique experience after the airport closes, when you can join an evening kayak paddle on shallow waters.

The Outer Hebrides can also be reached by flying to Stornoway on the Isle of Lewis and via a network of ferries.

There are many more amazing beaches to delight visitors along this 130-mile long archipelago, also known as the Western Isles, including Luskentyre and Huisinish on the Isle of Harris, and Vatersay Bay on Barra.

Unsurprisingly, the coastline is popular for watersports. There are surfing hotspots for beginners, such as beaches on Barra, through to experts who head to Bragar, Eoropaidh, Shawbost, Dail Mhor and Mangersta on west Lewis. Wild swimmers also rave about tranquil bays around Lewis, especially on the east coast.

Paddleboarding and snorkelling lessons are available on – and in – clear waters around Lewis and both are recommended for spotting wildlife.

Further south, the west coast of Barra is perfect for exploring caves, rocks and beaches on a coasteering adventure and seal snorkelling trips provide further opportunities for close encounters with wildlife.

A self-guided Snorkel Trail has been created on north Harris, with six spots showcasing the diversity of Scottish sealife, including sea squirts, anemones, dolphins, whales and basking sharks. Another way to spot island wildlife is by sea kayak or beginner-friendly sit-on kayaks.
The shortest scheduled flight in the world is one-and-a-half miles long from Westray to Papa Westray in the Orkney islands of Scotland. The journey takes 1 minute and 14 seconds.
The low-lying islands boast both wind and wave power for the sport of kite surfing, especially at Uig Sands on Lewis and on the small isle of Vatersay.

The expansive Harris beach of Scarista is ideal for another sport, windkartiing. At low tide the small yachts on wheels speed across the flat sands.

If you want to explore quiet roads without a car, why not take your bike to the Outer Hebrides? Bikes are free with a passenger ticket on CalMac ferries.

It’s possible to ride the length of 10 islands, linked together by short ferry trips, on the 185-mile Hebridean Way – National Cycle Network route 780.

Another environmentally friendly form of transport is battery powered Segways. Although your journey will be shorter, the activity at places such as Lews Castle, near Stornoway, is open to people of all fitness levels.

The outer most islands of the Outer Hebrides comprise another archipelago, the dual UNESCO World Heritage site of St Kilda. Cruise boats and yachts visit the remote islands for a chance to see impressive cliffs, sea stacks and a seabird breeding station.

To the north of Scotland you’ll find the island chains of Orkney and Shetland, each boasting plenty more adventures for visitors. On Orkney, you can combine history and kayaking on a tour of the Churchill Barriers, which were built in the 1940s as naval defences.

Paddlers can also kayak the waters of Scapa Flow – a vast natural harbour, which forms a 50-square mile lagoon that hides sunken battleships, merchant trawlers and a scuttled warship.

Better still, get into the water as part of a diving expedition or join a snorkelling outing if you have less experience.

Many of the larger islands of Orkney are perfect for cycling and you could pedal between the four archaeological locations of the UNESCO Heart of Neolithic Orkney World Heritage Site.

Other Orkney gems include natural wonders like the 137 m tall sea stack, the Old Man of Hoy, which is a Mecca for climbers. Even if climbing is not for you, a visit to Hoy and a walk to see the stack is highly recommended.

Shetland is also well known for its climbing attractions. Scale a vast array of rock, with routes
Divers at Scapa Flow, Orkney
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www.sustrans.org.uk/ncn/map/route/orkney-prehistory-loop-ride

**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

**TOP AND TAILING THE SHETLANDS**
(Route 1)
Cycle Route 🚴 Hard - 109 miles
Starting Point: Sumburgh Head, Shetland
www.sustrans.org.uk/ncn/map/route/top-and-tailing-the-shetlands

**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 HEBRIDEAN 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

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**MOUNTAIN BIKE & CYCLE TRAILS**

Guide to Mountain Bike Routes

- **Green:** Easy
- **Blue:** Intermediate
- **Red:** Difficult
- **Black:** Very Difficult
- **Orange:** Extreme
- **White:** Forest Trail

For more information on activities in the Outer Hebrides, Orkney & Shetland go to:
www.visitscotland.com/active
for beginners to experts. The black, towering cliffs at Eshaness, above the North Atlantic, offer some spectacular routes for experienced climbers, while Ronas Hill has secluded climbing amid moorland.

The extensive coastline with coves, caves, arches and stacks, is a wonderful place to paddle a kayak. Look out, too, for seals and seabirds, and perhaps even whales and otters.

With Shetland being exposed to swells from both the Atlantic and the North Sea, the islands offer enjoyable surfing when conditions are right. The best locations are in the south of the islands.

Shetland is increasingly popular with divers exploring fascinating underwater wreck sites, such as the 18th century Swedish East Indiaman and WWI steamship Gwladmena, as well as an amazingly rich marine wildlife environment.

There are more horse riders on the Scottish islands than you would imagine; the Shetland Islands has the UK’s newest British Horse Society committee and is the home of our cherished Shetland pony.

And if you choose to do just one activity on Shetland make it an evening trip to Mousa Island. You will be greeted with the incredible sight – and sounds – of thousands of storm petrels nesting in the world’s only complete broch.

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Further information can be found at www.orkney.gov.uk or by contacting Orkney Islands Council on 01856 873535 ext 2430 or e-mail leisure.culture@orkney.gov.uk
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A fun-filled destination with three scenic regions that offer a host of activities, from adrenaline filled to chilled out.

Whatever you enjoy doing, you are sure to discover your perfect day out in the wonderfully varied landscape of Tay Country.

In fact, why not start in the so-called City of Discovery, Dundee? Foxlake, a water-based adventure centre, is located in the heart of Dundee at City Quay. This former dock area is the ideal place to try a range of activities, including cable-powered wakeboarding, ringo rides, stand-up paddleboarding and a floating obstacle course and is just a short walk from the new and already iconic V&A Museum, Dundee.

The popular activity of paddleboarding can also be enjoyed on calm waters at Monikie Country Park, just outside the city, as well as sailing, canoeing and windsurfing.

In Angus, the scenic rivers Esk and Isla, and Forfar Loch, provide sheltered waters for more paddleboarding opportunities.

Family-friendly Canadian canoes are another great choice for more relaxing water-based journeys.

Alternatively, take a Pirate Boats RIB outing on the River Tay from Broughty Ferry or the City of Perth and sit back and sightsee - you might see seabirds and perhaps even dolphins and seals. While in deepest Perthshire, Loch Tay Safaris offer unique boat trips that also provide ample opportunity to see wildlife, as well as adding fascinating facts about local history, heritage and folklore.

And imagine your delight if you spot one of the notoriously elusive wild creatures on a Canoe Beaver Safari with Outdoor Explore at locations such as White Loch in Blairgowrie and along the rivers Isla and Erich.

Stepping up the excitement level a notch, there are plenty of water-based delights for thrill seekers. The fast-flowing rivers of the Tummel and Garry in Highland Perthshire can be descended on an amazing variety of inflatable crafts, including
Cycling by River Tay at Kenmore, Perthshire

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Meanwhile, the aim of aqualining, on a slackline located 10 ft above Calvine Gorge, also in Perthshire, is to avoid falling in! The challenge tests your balancing skills.

For daredevils, a gorge that drops over 40 m to the River Garry at the historic Pass of Killiecrankie in Highland Perthshire, offers bridge bungee jumps and harnessed bridge swings.

Both Angus and Fife boast beautiful coastlines where you can find a wide array of sea-based entertainment. Sea kayaking and wildlife spotting are the perfect partners at Lunan Bay, Montrose and Carnoustie.

On the Firth of Tay, kayak outings leave Broughty Ferry for Tentsmuir Forest National Nature Reserve on the Fife coast to see seals and possibly dolphins, too.

Further down the Fife coast, Elie Chain Walk offers an exciting and safe sea cliffs traverse, especially for families.

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 and it’s possible to try a beginner session in power kiting.

While kite surfing requires lessons and experience, the high thrills of a tandem skydive or parachute jump at the Kingdom’s small airport, are easy to arrange and accessible to most.

For more active gems, this time on land, you could take a “roll” in an inflatable zorb (or sphere) at Dunkeld in Perthshire, or “zip” through the air at 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.

A Highland pony trek is also a great way to explore the landscape of Blair Castle Estates, and in August you can visit the Blair Castle International Horse Trials. You can even drive a tank at Auchterhouse, near Dundee.

Mini adventurers will thank their parents for a trip to the Active Kids Adventure Park near Stanley.
Kite surfing, West Sands Beach, St Andrews
MOUNTAIN BIKE & CYCLE TRAILS

Guide to Mountain Bike Routes

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- **Blue:** Intermediate
- **Red:** Difficult
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- **Orange:** Extreme
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www.highlandperthshirecycling.co.uk

**LOCH ORDIE CIRCUIT**
MTB Routes: ▲ 16 km Location: Dunkeld
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**CAIRIE TRAIL, LOCH RANNOCH**
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**ANGUS**
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www.dmbins.com/tayside-fife

**FIFE**
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Location: Across Fife
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**ALYTH BIKE PARK**
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**LOCH LEVEN HERITAGE TRAIL**
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www.lochlevenheritagetrail.co.uk

**DUNDEE TO ARBROATH (Route1)**
Cycle Route: ▲ Easy - 21 miles
Starting Point: Dundee train station
www.sustrans.org.uk/ncn/map/route/dundee-to-arbroath

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in rural Perthshire where there are enough activities, both in an indoor soft play area and an outside adventure park, to while away a day.

Alternatively, youngsters can leave their parents behind and book into the Wee Limits Adventure Academy for adventure days that include bushcraft, forest play, rafting and tree climbing.

Cyclists, both road and mountain bikers, will be grinning from ear to ear when they realise the range of road and trail options.

You can hone your bike handling skills or even learn to cycle at the new purpose-built Fife Cycle Park at Lochgelly. For novice mountain bikers try Camperdown Country Park in Dundee or Bike Trax, at Highland Safaris near Aberfeldy. Another way to enjoy cycling with less experience is to hire an e-bike.

Check out the Rings of Breadalbane for a selection of routes on both road and the trail or head to a purpose-created mountain biking centre, such as Templeton Tangle in Dundee or Comrie Croft in west Perthshire with its flowing blue-graded run and more technical red routes.

There are also some great rides for the experts too, such as the Capel Mounth Loop that starts from Glen Doll Forestry Commission car park in Angus.

If running is more your thing, why not join a local running tour which can guide you on a journey of many of Dundee’s fantastic tourist attractions, such as the iconic Albert Square, Slessor Gardens, and the new beautiful Waterfront development.

And now that you have returned to the City of Discovery, why not treat the family to a climbing session at Avertical World?

Finishing your adventure on a high will mean you will be keen to return again.
Outdoor adventures in Fife

Lochore Meadows Outdoor Education Centre

- Mountain Biking
- Mountain Sports
- Paddle Sports
- Sailing

☎ 01592 583388  ✉ info.outdoored@fife.gov.uk
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For inspiration and ideas on adventures in Fife visit
www.welcometofife.com
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Thanks...

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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.

Know the code before you go

outdooraccess-scotland.com

Photos courtesy of Lorne Gill / SNH

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

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Fine Dining and Bistro  
A warm welcome awaits! With superb views overlooking Ardminish 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.

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T: 01339 755792  
E: info@netherleyguesthouseballater.com  
2 Netherley Place, Ballater AB35 5QE  
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SC prices on request  
T: 01339 755727  
E: info@ballatercaravanpark.com  
Anderson Road, Ballater AB35 5QW  
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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.

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5 Shorehead, Stonehaven AB39 2JY  
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E: info@netherleyguesthouseballater.com  
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E: racare-w-hunt@tiscali.co.uk
Lochdon, Isle of Mull PA64 6AP
www.visitscotland.com/info/accommodation/burnside-lochdon-p208641

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E: linda.murray2812@gmail.com
29 Grampian View, Aviemore PH22 1TF
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E: bankstreetlodge@btconnect.com
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T: 01397 700451 M: 07776 414 491
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T: 01397 702 532
E: thelogs@scotland-info.co.uk
24 Zetland Avenue, Fort William PH33 6LL
www.scotland-info.co.uk/thelogs

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Cartland Bridge Hotel

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

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E: bookings@skyebasecamp.co.uk
Lime Park, Broadford, Isle of Skye IV49 9AE
www.skyebasecamp.co.uk

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*** HOSTEL

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Bank Street Lodge

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Bank Street, Fort William PH33 6AY
www.bankstreetlodge.co.uk

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BUNKHOUSE

Prices from £22 pppn

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E: info@fortwilliamholiday.co.uk
Calluna, Connochie Road, Fort William PH33 6JX
www.fortwilliamholiday.co.uk

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

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E: info@dromnan.com
Garve Road, Ullapool IV26 2SX
www.dromnan.com

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E: info@scottishhighlandlodgerental.co.uk
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www.scottishhighlandlodgerental.co.uk

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E: bamff.farms@gmail.com
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www.bamff.co.uk

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

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T: 07534 165532
E: hello@pheasantcottage.co.uk
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Travel

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

First TransPennine Services
www.tpexpress.co.uk
National Rail Enquiries
www.nationalrail.co.uk
East Coast Main Line
www.lner.co.uk
Virgin Trains
www.virGINtrains.co.uk

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

Caledonian Sleeper
www.sleeper.scot/

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

DFDS Seaways
www.dffseaways.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 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.

BY CAR
CAR HIRE
There are many companies which offer competitive car hire rates, among which are:
Alamo Rent-A-Car
www.alamo.co.uk
Arnold Clark
www.arnoldclarkrental.com
Avis
www.avis.co.uk
Budget
www.budget.co.uk
easyCar
www.easyCar.com
Enterprise Rent-A-Car
www.enterprise.co.uk
Europcar
www.europcar.co.uk
Hertz
www.hertz.co.uk
Sixt Rent a Car
www.sixt.co.uk

BY FERRY
Scotland has hundreds of islands, so ferries are very important. Many of our islands can be found off the west coast - the Inner Hebrides, Outer Hebrides and the islands of the Clyde Estuary. Orkney and Shetland can be found to the north of the Scottish Mainland.
Caledonian MacBrayne
www.calmac.co.uk
Northlink Ferries
www.northlinkferries.co.uk
John O’ Groats Ferries
www.jogferry.co.uk
Pentland Ferries
www.pentlandferries.co.uk
Orkney Ferries Ltd
www.orkneyferries.co.uk
Argyll Ferries
www.argyllferries.co.uk

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www.travelinescotland.com
Traffic Scotland
T: 0800 028 1414
www.trafficscotland.org
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