

2018

ACTIVE IN SCOTLAND



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• 2017 •

WELCOME

Whether it's sailing across a loch, pedalling along a peaceful forest track, skiing down a snow-covered slope or viewing the countryside from the basket of a hot air balloon, Scotland has something for every age and ability level.

Add to that the stunning scenery and warm welcome, and you've got the perfect location for your outdoors adventures!

1865



Cover: Cycling the Deeside Way near Ballater, Cairngorms National Park
© Jakub Iwanicki



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Mountain biking, Laggan, Highlands



Curling, Lake of Menteith, near Aberfoyle



Wakeboarding, Townhill Loch, National Waterski Centre, Dunfermline




*A regional colour index to
help guide you through
this booklet*

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SCOTLAND ON TWO WHEELS

Enjoy an active break in Scotland on a bike – and see so much more.

One of the best ways to actively explore Scotland is by bike. There are hundreds of miles of waymarked routes, traffic-free trails and quiet country roads, and many are accessible via a wide network of trains and ferries.

Will you ride for a few hours, a day or decide to head off for a week or two of cycling? Do you prefer cross-country trails, downhill challenges or road cycling? All this and more is on offer in a country that is small but perfectly packaged for cyclists.

Scotland is renowned as a top destination for mountain bikers with many trail centres offering great rider entertainment. The 7stanes centres across southern Scotland are very popular, as is Nevis Range in the Highlands with both cross-country and downhill options. The trail centres offer mountain biking for all, with routes graded from easy greens to challenging blacks. Road cyclists will enjoy over

2,000 miles of quiet and traffic-free routes developed and maintained by Sustrans, the charity that looks after the National Cycle Network.

Running 237 miles, Route 78, the Caledonia Way, connects Campbeltown with Inverness and has recently been upgraded. Others that might tempt you include the Edinburgh Loops and Links and a number of coastal routes known collectively as Scotland's sustainable shores.


The Scottish islands are popular for cycling, including a wonderful family-friendly 10-mile loop of Cumbrae and the new signposted Hebridean Way (NCN Route 780), in the Outer Hebrides, that extends 185 miles from the Isle of Vatersay in the south to the Butt of Lewis in the north.

A Five Ferries cycle tour offers 70 miles of cycling via the islands of Arran and Bute and along the

peninsulas of Kintyre and Cowal, which are full of stunning views. Many riders enjoy the idea of cycling coast to coast and over many days. Check out the 125-mile C2C Scotland, from the Solway Firth in Dumfries & Galloway to the Firth of Forth, near Edinburgh, and the 134-mile John Muir Way from Dunbar in East Lothian to Helensburgh in Argyll.

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

Multi-day cycle touring is increasingly popular. You can choose to carry your own kit in panniers or bike packs, or hire a luggage transfer company to move your kit between accommodations for an easier alternative.

By bike you can see more of Scotland at your own pace and return home fitter than when you left .

**Etape Loch Ness**

Highlands

29 April 2018

www.etapelochness.com**Highland Perthshire
Cycling Festival**

Perthshire

May 2018

www.highlandperthshirecycling.co.uk**Etape Caledonia**

Perthshire

May 2018

www.etapecaledonia.co.uk**TweedLove**

Scottish Borders

25 May - 10 June 2018

www.tweedlove.com**UCI Mountain Bike
World Cup**

Highlands

2-3 June 2018

www.fortwilliamworldcup.co.uk**Etape Royale**

Aberdeenshire

TBC

www.etaperoyale.com**Tour o' the Borders**

Scottish Borders

2 September 2018

www.tourotheborders.com**Pedal for Scotland**

Glasgow/Edinburgh

September 2018

www.pedalforScotland.org

ACTIVE WITH A TWIST

It's easy to combine an active holiday with a range of other interests.

Are you fascinated by history and heritage, do you enjoy wildlife spotting, or maybe you love great food and drink? If so, you'll be delighted to discover a host of activities 'with a twist'.

A guided running tour of Edinburgh, Glasgow or Dundee is a great way to combine keeping fit and seeing many visitor attractions. Alternatively, swap two feet for two wheels and join a cycle tour to see the capital city's historical gems.

Further afield, a 55-mile signposted cycling route, the Four Abbeys, offers a bike tour in the Scottish Borders that traces the history of the abbeys of Kelso, Jedburgh, Melrose and Dryburgh. A bike is also a great way to tour the 19 historic sites along Scotland's Castle Trail in Aberdeenshire, or ride the 117-mile Fife Coastal Path, taking in wildlife and history along the way.

Swap two wheels for four hooves to travel on horseback

between a wealth of historic relics – you could try a Glenlivet ride, departing from Tomintoul in Moray Speyside.

Wildlife, including Scotland's iconic Big Five - red squirrel, red deer, harbour seal, otter and golden eagle - can be spotted if you know where to go. A guided four-wheel drive vehicle safari or a motorised boat tour might be your perfect choice for easy-going wildlife trips.

Sailing, canoeing, kayaking and stand-up paddle boarding are all great crafts for getting to quiet and remote locations to see wildlife on the coast, rivers and lochs. You could book a guided wildlife trip or ask for a bespoke private tour to be arranged.

For something different, how about a camera stalking outing at various Scottish estates for a chance to snap photos of these majestic beasts?

Scotland's renowned natural larder is another focus for

active adventures. Pick two or three distilleries to ride to on Scotland's Malt Whisky Trail™ in Moray Speyside, or head to the peaceful whisky island ofIslay. On the River Spey, you can paddle a Canadian canoe between distilleries. A new Scotland Gin Trail is another option for cyclists who like their drinks with a dash of tonic.

Several companies offer Taste and Trails of Scotland tours travelling by mountain bike, train, boat or on foot. At various stops, you'll taste local foods.

Scotland's Seafood Trail, on the west coast, can be travelled by land or sea. Hire a kayaking guide or a chartered boat for a tasty adventure. Or, on the other side of the country, is the East of Scotland Seafood Trail.

Did you imagine there would be so much to see and do on an active break in Scotland? ❧

“SCOTLAND'S SEAFOOD TRAIL, ON THE WEST COAST, CAN BE TRAVELLED BY LAND OR SEA.”

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Mastering the waves is easy with a huge
selection of Royal Yachting Association
(RYA) approved establishments.
See www.sailscotland.co.uk
for more information.



FUN WITH THE FAMILY

Old and young, timid or brave, there's a family activity for all.

There can hardly be a better time to visit Scotland with your family than in the Year of Young People 2018. Whether your young people are toddlers, teenagers or in-between, parents will discover a huge variety of active adventures to suit all.

For great ideas of what to do with your family, take a look at the long menu of family pursuits offered by many outdoor activity providers.

You could choose to try a taster day that includes a number of short sessions in different sports, such as archery, canoeing and white water rafting, or ask a guide to tailor a bespoke adventure outing, such as a kayak trip, to suit.

One company, Nae Limits, has a dedicated programme for children aged five to 12. Kids can leave the parents behind and join the Wee Limits Adventure Academy to enjoy bushcraft, forest play, leadership skills, rafting and tree climbing.

Mountain biking is a good choice for families, especially if

you go to one of the trail centres, where there are a range of graded routes.

Recommendations include 7stanes Glentress in the Scottish Borders, 7stanes Kirroughtree and Drumlanrig Castle in Dumfries & Galloway and Comrie Croft in Perthshire.

Families will also enjoy another trail-based activity, pony trekking, or for fun amid Scotland's fabulous forests there are a number of tree-top adventure courses and zip wires to visit.

Scotland's many sheltered lochs are the perfect places for watersports such as dinghy sailing, stand-up paddling, windsurfing and even WOW (walk on water) balls.

Children will be thrilled by the chance to see wildlife in their natural setting on a Land Rover safari or a dusk wildlife watch. Can you spot Scotland's Big Five including red squirrel, red deer, harbour seal, otter and golden eagle?

Of course, there will be families with daredevil children and Scotland is a great destination for activities such as full-on white water rafting trips, tubing, river sledging or river boarding. Other ideas include wakeboarding, wave-surfing, canyoning, aqualining, cliff jumping, coasteering and zorbs.

Did you know that as well as an adrenaline-charged bungee jump from the Titan Crane at Clydebank, it's possible to be thrilled by the "Big Swing", which swings participants over the Clyde at 70 mph? Minimum ages apply for both, so just check before you go.

Family fun can also be found in many Scottish cities and towns, including skateparks, indoor climbing centres, artificial ski slopes (and Scotland's only indoor ski slope - Snow Factor at Soar into Braehead), an ice climbing facility, go-karting and paintballing.

There will never be a boring day during a family activity holiday in Scotland ❄️

When the tide goes out it leaves lots of rock pools, which are ideal for inquisitive young minds to investigate and explore. Along with crustaceans in the rock pools, you're likely to spot seabirds overhead.



ISLAND ADVENTURES

Scotland's islands are perfect for get-away-from-it-all adventures – if you can decide where to go.

Dotted along the long coastline of Scotland and set amid lochs and rivers, myriad Scottish islands await your arrival. The islands range from large to tiny and from singular to long chains. While some islands are populated and offer a vibrant community life filled with things to do, places to stay and to eat out, others are notable for being occupied only by wildlife, or a historical relic or two.

Your hardest decision will be choosing where to visit first – and how you will get there. Again, your options are varied. You can reach some islands by car, bike or on foot and via a bridge or causeway.

For further flung islands, the adventure might start with a ferry ride or a flight in a small plane. You might even choose to journey by kayak or even a chartered yacht.

For outdoor activities, there is yet more choice. On the larger islands, such as Arran, Mull and Skye, there are multiple activities

in the one destination, such as sea kayaking at the coast, canyoning in a gorge, climbing to the summit of a mountain or mountain biking on remote flowing singletrack trails.


An unbeatable combination of wind and waves on islands including Tiree, Lewis and Harris, have made them a hotspot for surfing and kitesurfing. Surfing hotspots on the Isle of Lewis include Eoropie, Dalmore and Mangersta. On an inland loch on Tiree you can learn to windsurf, and Cumbrae has a dedicated national watersports centre where you can learn to windsurf and also sail.

The Outer Hebridean island chain, from Vatersay to Lewis, boasts a new National Cycle Network waymarked cycling trail – the Hebridean Way (route 780) – which is already proving popular with cycle tourers and bike packers. For further cycling adventures, you could enjoy a whisky or food trail on islands such as Islay, Jura, Harris and in the Shetland Islands.

Sea kayaking or stand-up paddleboarding (SUPs) are great for accessing remote locations on the islands of Mull, Skye, Arran, Islay, Jura, the Summer Isles and the small isle of Seil (next to Easdale, the home of the annual World Stone Skimming Championships).

Keep your eyes peeled for sightings of dolphins, porpoise, seals and maybe minke whales. In Mull, why not try a whale watching trip in a RIB? You can even swim with basking sharks or seals off the Isle of Coll.

Historical attractions on Orkney, including the famous WWI German shipwrecks of Scapa Flow, attract divers from across the world. Neolithic history and many associated attractions are found both on Orkney and the island chain of Shetland further north.

Wherever you choose to visit, Scotland's islands combine a holiday atmosphere with a treasure trove of things to do 

Take long strolls along pristine white sands, or if you're feeling a little more adventurous, take to the water for excellent surfing and kayaking.



ADDICTED TO ADVENTURE

A fabulously diverse landscape offers the perfect playground for a host of high-adrenaline activities.

If you like your adventures to be fun, fast-paced and adrenaline-charged, Scotland is a dream destination. On land, in water and in the air, you'll discover a treasure trove of inventive, innovative and thrilling activities that will have you grinning – and coming back for more.

You could try spinning down a long hillside in an inflatable ball or zooming from tree to ground on an exhilarating zipwire. Challenging red and black-graded mountain biking routes offer another way to descend the countryside, or how about plummeting towards the River Clyde from more than 160 ft on the Titan Crane near Glasgow?

Scotland is also a hotspot for climbers who come for a vast range 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 full traverse of the vertigo-inducing Black Cuillin with an overnight bivvy on the ridge, on the Isle of Skye.

There are plenty more thrills in fast-flowing rivers, such as the Feshie, Findhorn, Garry, Moriston, Orchy and Tummel. The choice of transport for riding the rapids is surprisingly wide, including tubes, bugs, sledges, yaks and rafts.

For the most exciting guided expeditions, ask outdoors providers for trips on dam-release waters.

Large, naturally carved-out gorges, such as Inchree Falls, Bruar Falls, Dollar Glen, Bridge of Brown and Ben Nevis Canyon, are popular locations for canyoning expeditions. Canyoneers descend these water-filled gorges by jumping, climbing, abseiling and 'swim swirling' around.

Another activity, aqualining, combines the excitement of tightrope walking on a slackline above a water-filled gorge in Perthshire with the fun of jumping into deep-water pools.

On Scotland's long coast, both the mainland and the

islands, there are plenty of hotspots for watersports such as coasteering, surfing, sailing and sea kayaking. Stand-up paddleboarding and Canadian canoeing can be enjoyed in sheltered shoreline bays and on lochs, rivers and canals.

If you prefer air-time thrills, take to a kite surfboard, swoop like a bird on a paraglider or try the stomach churning activity of tandem sky diving. Or, for something a little more relaxing, how about a hot air balloon ride?

In winter, when the snow falls, the high-energy fun continues with many exciting runs and freestyle parks for skiers and snowboarders at Scotland's five main resorts. There are plenty of opportunities for off-piste ski touring and mountaineering too.

It's easy to see why Scotland is a favourite destination for thrill-seeking adventurers ✖

Canyoning is the perfect sport for anyone to try, from total beginners to adrenaline junkies.



Q Culloden Gorge, near Inverness



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YEAR OF YOUNG PEOPLE 2018

Celebrating the very best of Scotland and its young people.

From adrenaline filled adventure breaks, breathtaking road trips, buzzing music festivals, and family-friendly days out, Scotland hosts legendary activities and endless things to do for adventurous travellers, families, and young Scots alike during the Year of Young People 2018.

In 2018, Scotland puts its young people in the spotlight, celebrating their talents, contributions, and creating new opportunities for them to shine. The year-long programme of events, activities and ideas will give young people in Scotland the opportunity to show the world what they're made of!

Explore the Highlands and Islands where you can take your pick of brilliant outdoor activities, from kayaking and gorge walking, to archery and horse riding – you'll never be lost for something to do! Uncover cycle routes in the forests of Glentworth in the Scottish Borders for hours of fun and thrills. Or, events such as Tweedlove and the UCI Mountain Bike World Cup, mean you can enjoy a getaway on two wheels!

Enjoy more family-friendly activities, events and festivals

than ever before throughout the year, including The Scottish Open, Ladies Scottish Open, Wigtown Book Festival, and Mhor Fest. Bring your friends and travel across the country, navigating an abundance of road trip routes, or follow some finely tuned itineraries for an unforgettable holiday.

Throughout the year look out for entertaining and vibrant events and festivals across the country. Experience traditional Scottish sounds at ObanLive in Argyll, HebCelt in the Outer Hebrides, and Fèis An Eilein on the Isle of Skye. Or head for the cities and soak up the atmosphere at the ever popular Edinburgh Festivals, Glasgow International Comedy Festival, Aberdeen International Youth Festival and more.

Events and festivals in Scotland are easily accessible by car, bus and train, so you'll never be far away from a toe-tapping, adrenaline-pumping shindig ☘

So if you are young or young at heart, 2018 is the year to visit Scotland!

DON'T MISS



Explore the never-ending back roads, wide meandering country tracks and beautiful bends of the North Coast 500.

Increase your heart rate with adrenaline filled beach and water sport activities with Blown Away at the glorious West Sands Beach in St Andrews.

Visit Dumfries & Galloway and reach new heights at Laggan Outdoor Activity Centre's Zip Line, an adventure for all the family.

**JOIN THE
CONVERSATION
#YOYP2018**



**year of young people
bliadhna na h-òigridh
2018**

EXPLORE MORE AT VISITSCOTLAND.COM/YOYP2018



Q The Scottish Cross Country (SXC) Mountain Bike Series, Lochore Meadows, Fife



Q Hillwalkers on the West Highland Way, Glen Coe



Q Belladrum Tartan Heart Festival near Inverness

ABERDEEN & ABERDEENSHIRE

Countryside, coast and city come together in a region that boasts a surprising array of activity gems.

The city of Aberdeen is enviably located close to the coast and fabulous rolling countryside. This city, famed for its granite buildings, is the perfect place to start if you are looking for an active outdoors holiday.

Just a short walk from the city centre is a beautiful two-mile beach lapped by the North Sea, where you can enjoy the novel experience of learning to “surf in the city”. It’s also possible to spot bottlenose dolphins, which are reputedly well fed and as a result some can be up to 12 ft in length. The best viewing spot is Torry Battery. The RSPB lead Dolphin Watch Aberdeen outings in the summer at the mouth of the harbour.

A glorious coastline stretches both north and south in this region and you’ll discover many watersports hotspots. Outside of the city, more surfing opportunities are found on the shoreline of Banff and Buchan and

close to the fishing village of Sandend.

Experienced kitesurfers flock to locations north of Aberdeen, including Bridge of Don, Balmedie, Fraserburgh, Pennan and Sandend. It’s a great sport to watch from afar as the colourful kites rise and fall as they are controlled by the surfers.

If you prefer to get a little closer to the action – and the sea – you could join a guided coasteering outing, such as on the rocky shoreline at Cove, to the south east of Aberdeen, and further south at the town of Portlethen.

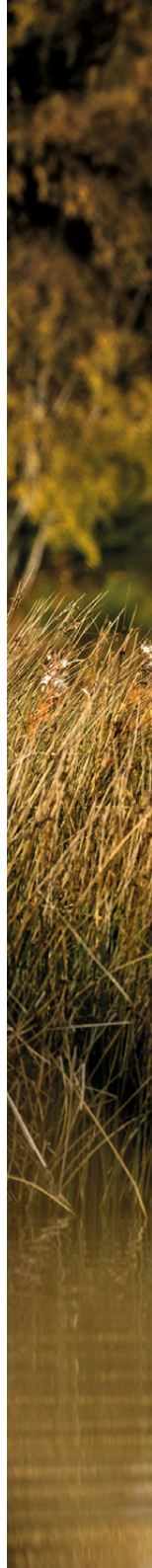
Sea kayaking also offers access to new places, such as between Peterhead and Cruden Bay, where paddlers will discover a coast where the rock is beautiful pink granite. It’s also possible to enter a large collapsed sea cave, The Bullers of Buchan. Another day of kayaking could take you between Catterline and Stonehaven

to see more caves, a tunnel and the amazing Fowlsheugh seabird cliffs.

Close by is another active gem, Stonehaven’s Open Air Pool, which is heated and uses fully filtrated sea water. In the summer there’s swimming for adults and children and wonderful midnight swim sessions.

Perhaps you are keen to venture into the countryside in this region. Walkers will be delighted by the diversity of options from wonderful beach walks at locations such as, St Cyrus, Balmedie, Newburgh, Rattray Head, Fraserburgh, Inverboyndie and Sandend, to the high rise Munros of Ben Avon and Lochnagar. For something in between, how about a hill climb to see an ancient fort, such as Dunnideer near Insch and Tap o’ Noth, by Rhynie?

The many beautiful rivers in this region, including the Dee, Deveron, Don, Esk and Ythan, provide a playground



Angling is said to be the biggest participant sport in the world. For more information on fishing in Scotland go to www.visitscotland.com/fish





for a range of other activities such as fishing, high-adrenaline white water rafting or more leisurely wildlife canoe journeys.

Two atmospheric gorges in the Braemar area are the perfect place to try family-friendly gorge walking, while nearby crags at Ballater offer outdoor climbing for beginners.

Aberdeenshire is ideal for road cycling and mountain biking thanks to a wide network of quiet roads and off-the-beaten-track trails.

Check out the many routes of the National Cycle Network (NCN), including a scenic section of the long-distance coast-hugging North Sea Cycle Route.

You could even visit a castle or two on the signposted Castle Trail. There are 19 fascinating fortifications to see, including Crathes, Drum, Tolquhon and

Fyvie. Did you know that this region is home to an impressive 300 castles?

The Deeside Way is a 66 km route that follows, in part, the line of the former Deeside Railway along the north bank of the River Dee from Aberdeen to Ballater.

Mountain bikers will enjoy a skills park and trails at Aboyne Bike Park, as well as Pitfichie Mountain Bike Trails near Alford for some great cross-country routes. Kirkhill Forest is much loved for its red-graded (intermediate) loop.

The country trails of rural Aberdeenshire are also ideal for horseback adventures and many stables can guide pony and horse riding outings. Glen Tanar, a Natural Nature Reserve in the Cairngorms National Park, for example, has some superb riding opportunities.

At The Lecht, a ski centre in the region, there is chairlift access for mountain bikers to the Red Fox and Blue Hare downhill trails. The Cairnwell chairlift at Glenshee Ski Centre also gives mountain bikers the chance to ride a bike track of some 3 km.

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. The company is based near Banchory and can guide you on one of their favourite routes.

And, if you are in any doubt about the beauty of this region, you could travel skywards to see the landscape from above. There are a number of exhilarating



MOUNTAIN BIKE & CYCLE TRAILS

Guide to Mountain Bike Routes

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

TARLAND TRAILS

MTB Routes: ● 0.2 km (Pump Track)

■ 0.9 km ▲ 0.7 km ■ 0.7 km

Location: Drummy Woods, Tarland

www.dmbins.com/wheretoride

DH FARM

MTB Bike Park: ■ 5 km

Location: Portsoy, Banff

www.dhfarm.cc/

ABOYNE BIKE PARK

MTB Bike Park: ■ 0.5 km

Location: Aboyne

www.dmbins.com/wheretoride

PITFICHIE

MTB Routes: ▲ 6.4 km ■ 1.6 km ○ 15 km

Location: Between Monymusk and Alford

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

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: Inch 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

VISITSCOTLAND.COM

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options for all abilities including gliding, microlighting, hot air ballooning and helicopter tours.

For families who enjoy all the action in one place, there are some great destinations. Lochter Activity Park, near Oldmeldrum, offers go-karting on their Silverstone-style Lochterstone Track, clay pigeon shooting, target archery, target rifle shooting, fishing, digger driving and zorbing.

At Deeside Activity Park, the entertainment includes quads, karts, 4x4 driving, target practice, orienteering and “digger manoeuvring”.

The treetop adventure playground at Go Ape! Crathes Castle in Banchory is another great option. The course has swings, ladders, platforms, jumps and a superb 120 m skateboard zip wire.

Back in the city, Transition Extreme is perfect for a rainy day with activities including climbing, BMXing, skateboarding and in-line skating.

Aberdeen Snowsports Centre also offers ski and snowboard tuition on a variety of artificial slopes. The Nordic & Outdoor Centre in Huntly is the only one of its kind in the country, providing cross-country skiing tuition for all ages and abilities.

Will you choose to visit coast, city or countryside first as you enjoy a wealth of active fun in this region? ❄️

For more information
on activities in Aberdeen
& Aberdeenshire go to:

visitscotland.com/active



GLENSHEE SKI CENTRE

Magic is created at Glenshee amid a wonderful fairytale environment.

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)

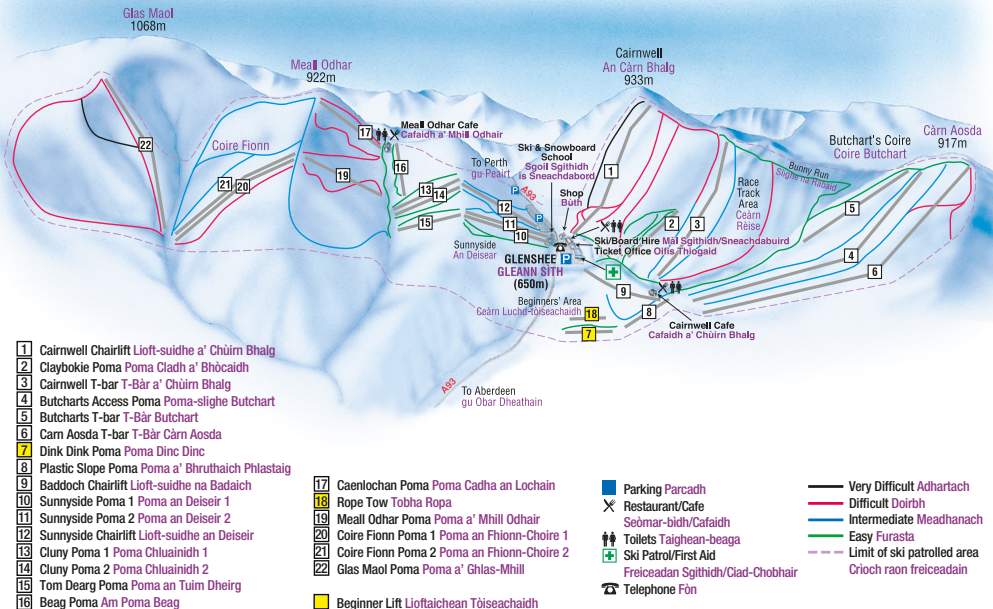
Max vertical descent:

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



THE LECHT SKI CENTRE

Set amid a stunning landscape, The Lecht is a brilliant destination all year round.

Located in the Cairngorms National Park and at an altitude of 2,090 ft (645 m), The Lecht Ski Centre is a place to enjoy both winter and summer pursuits.

The centre is accessed via Scotland's second highest road, the A939. In fact, The Lecht is part of a new Snow Roads Scenic Route via three mountain resorts and including the stunning high mountain road to Corgarff in Strathdon, which is famous for its unique castle.

In winter, a chairlift takes skiers up another 700 ft to an area that extends to 20 km of groomed slopes including 19 runs served by 12 lifts.

The modern complex hires ski equipment and has a ski school and a Penguin Kindergarten Park.

A "rotondo" carousel allows children, aged two to eight, to learn to ski or snowboard in a safe environment.

The next step up for beginner skiers are the five green-graded runs which have their own

uplift with two magic carpets and one Poma lift.

More experienced skiers have many blue and red-graded runs to enjoy as well as a more extreme race piste. When conditions allow, The Lecht has a freestyle half-pipe and fun park.

In summer, outdoor enthusiasts come to The Lecht to walk and mountain bike. A three-man chairlift gives mountain bikers easy access to two trails, an easier blue-graded Blue Hare run and a more technical red-graded Red Fox.

Why not start your day in the skills park where you can practise your riding skills?

The centre has a European-style lodge where summer and winter visitors can relax, eat and drink before, in between or after their activities.

Whatever the season, The Lecht is a place to enjoy spending time on, high in the great outdoors ☒

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)

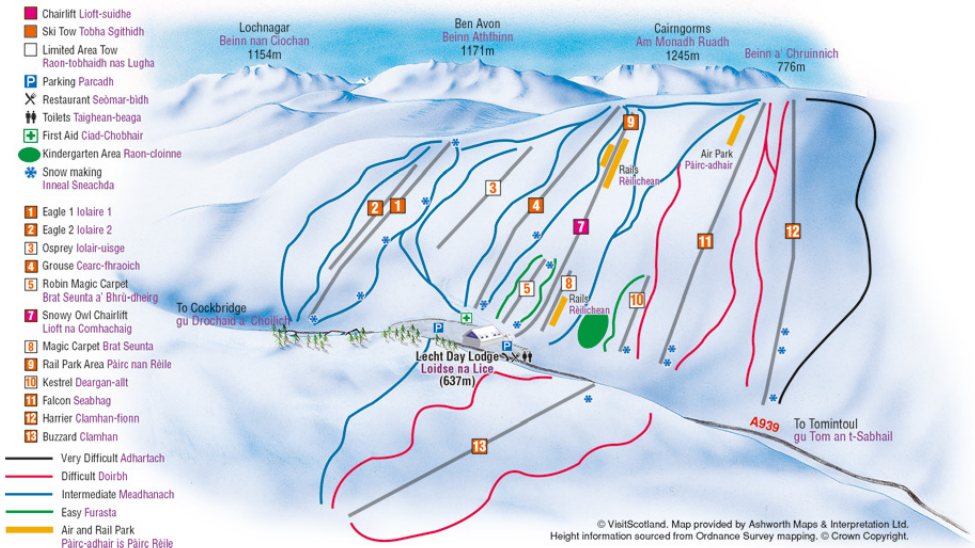


No of lifts:	12
Uplift capacity:	10,000 per hour
Snowmaking:	✓
Mountain cafés/restaurants:	✓
Off piste skiing:	✓
Ski & snowboard hire:	✓
Ski clothing hire:	✓
Shop:	✓
Artificial ski slope:	X
Crèche:	X
Tubing:	X
Sledging:	✓
Rail Park:	✓
Webcam:	✓

Lecht 2090, Ski & Multi-Activity
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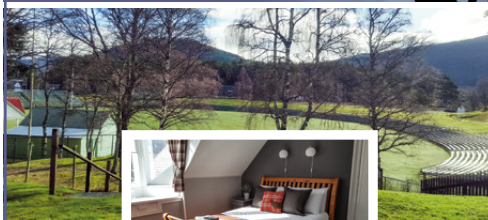


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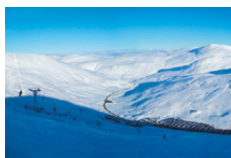
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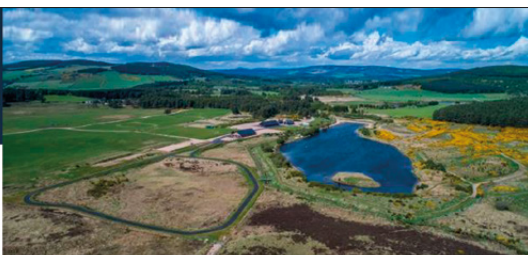
The 65 acre site also provides a Scottish Championship level venue for Triathlon and Cyclocross and is the site of choice for The Beast Race!

What we offer

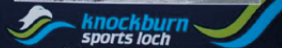
- A first class venue for Conference and Team Building events with catering options
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ARGYLL & THE ISLES, LOCH LOMOND, STIRLING AND THE TROSSACHS

If you find it hard to make decisions, this could be a region to test you with so many amazing active options.

Stretching from the west coast with its long fjord-like sea lochs and myriad islands, to the east at the narrow source of the Firth of Forth and embracing both Lowland and Highland landscapes, this large region is home to a diverse mix of outdoor adventures.

At its heart is the UK's largest area of freshwater, Loch Lomond, which also offers a centrepiece for the first of Scotland's two national parks, Loch Lomond & The Trossachs. The loch traverses the Highland Fault Line, dividing the rolling Lowlands from the more rugged Highlands.

Take a boat trip or paddle a serene stand-up paddleboard (SUP) on the loch to visit or view some of the 22 named islands. Speedboat tours depart Luss for a wide range of trips, such as visiting Inveruglas Island and Inversnaid Waterfall.

The surrounding views of hills and mountains are breathtaking,

too. For adventurers who prefer their watersports to be faster and wetter, how about water skiing, wakeboarding, wake surfing or a jet ski safari on Loch Lomond?

For gentler outings, why not hire a sailing boat, rowing boat, pedal boat, kayak or canoe? You can also have fun on a water trampoline.

Nearby Loch Ard provides sheltered waters for canoeing, SUPs, wild swimming and a fun inflatables activity with Go Country. You can even go cliff jumping if you fancy!

Loch Venachar is popular for dinghy sailing and with open water swimmers. Another loch, Katrine, allows visitors to step back in time to travel on the Sir Walter Scott steamship. Relax as you drift through beautiful Trossachs scenery.

For a more energetic outing, take bikes – hired at Trossachs Pier – on the Stronachlachar sailing,

then ride 12 miles back on a traffic-free road.

This is a superb region for off-road cycling with mountain biking trails at Queen Elizabeth Forest Park near Aberfoyle, the town's purpose-built Bike Park and Carron Valley Mountain Bike Trails, Stirlingshire.

A new company, Ginger Squirrel Adventures, has created something different with guided mountain bike rides for children. They also aim to encourage more women to get on their bikes and off-road. How about trying the 20 km Ochils Hillfoots ride for starters?

Fat biking is another great way to explore on two wheels. Fat bikes have over-large tyres, which makes riding on rough terrain a lot easier.

You can hire fat bikes at Mugdock Country Cycle, in the park of the same name in Stirlingshire. You could try swapping two

The Corryvreckan Whirlpool in Argyll is the third largest in the world.





wheels for four hooves and head off on a pony trek. There are plenty of stables in the region that can cater for all abilities.

Queen Elizabeth Forest is also home to the high-rise walkways, swings and two 400 m zip wires of Go Ape!. For younger children, the aerial playground at TreeZone Loch Lomond Shores is ideal.

A number of new activities in the region showcase the enthusiasm of outdoor companies for discovering locations for fun activities. The Canyoning Company believes Alva Canyon, near Stirling, is “one of the best slot canyons in Scotland”. The canyon requires numerous abseils, including a zipline into a smuggler’s cave and a high-adrenaline waterfall, “corkscrew falls”.

An alternative to canyoning is gorge scrambling. New trips are organised by In Your Element, in a hidden gorge on the Luss Estate in the National Park. This mini adventure is designed for family groups and includes swimming, jumping into pools and sliding down waterfalls.

Also new on the Luss Estate, for fun-seekers aged 12 or more, is river sledging through rapids and mini waterfalls. The Forth & Clyde Canal skirts the south eastern edge of the region. The towpath is great for traffic-free cycling, while Lazer Tag and a water playpark, including inflatable “walk on water” balls, is found at The Falkirk Wheel.

Nearby is the Helix Park, where a lagoon is perfect for learning to

canoe and open water swim. Kids will love the splash play area and Adventure Zone.

When the coast beckons (and it will!), take a scenic drive or train journey west toward the two long peninsulas of Kintyre and Cowal.

Argyll and The Isles Tourism Co-operative (www.exploreargyll.co.uk) offers a wealth of information about things to do outdoors, as well as local people who are on hand to help visitors to find the best spots for mountain biking, cycling, wild swimming, diving, snorkelling or sailing.

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



MOUNTAIN BIKE & CYCLE TRAILS

Guide to Mountain Bike Routes

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

CARRON VALLEY

MTB Routes: ▲ 10 km ■ 1.5 km
Location: Carron Valley, Stirlingshire
www.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/visiting/cycling/menu-id-101.html

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

THE CALEDONIA WAY (Route 78)

OBAN TO CAMPBELTOWN
Cycle Route: 🚲 **Challenge** - 121 miles
Starting Point: Oban
www.sustrans.org.uk/ncn/map/route/oban-to-campbeltown

VISITSCOTLAND.COM



Mountain biking on the Isle of Mull



View from Conic Hill, Loch Lomond

The fast growing activity of off-the-beaten-track bikepacking combines well with local youth hostels. A new four-day West Island Trail has been designed by Bikepacking Scotland in partnership with SYHA.

The Scottish Sea Kayak Trail is another way to see the coast. Running from the Isle of Gigha to the Summer Isles north of Ullapool, the entire route takes several weeks to complete. So choose a shorter section such as the 'Lord of the Isles' trip from Oban to Mallaig, guided by Arisaig Sea Kayaking.

Argyll Voyageur Canoes also offer guided trips in 26 ft, 10-person Voyageur Canoes. As a team you can travel further and quicker on scenic Loch Goil. Look out for seabirds, eagles and grey seals. The west coast islands of Islay, Coll

and Tiree are popular with surfers, kitesurfers and windsurfers thanks to stunning beaches and wind power.

For gentler waters, which are ideal for days of family bodyboarding, head to Kiloran Bay on the Isle of Colonsay.

Coll boasts another fantastic outdoors experience of swimming with basking sharks. If you prefer, you can go snorkelling in a lagoon with seals.

More wildlife thrills are found on the island of Mull, where tours on foot, by Land Rover and by boat, often reveal sightings of sea mammals and birds of prey.

Now what will you try first, second and third in this adventure haven? 🏞️

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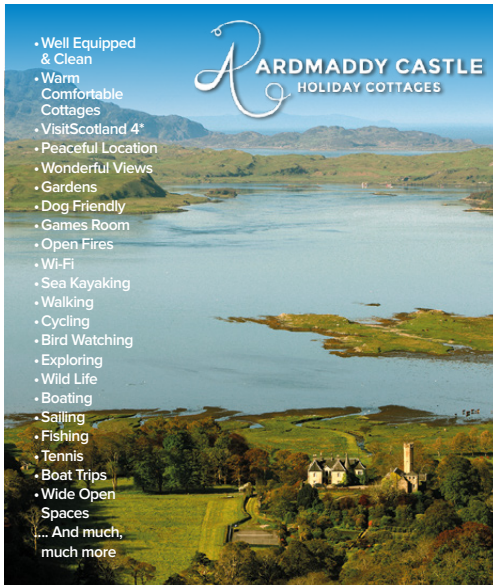
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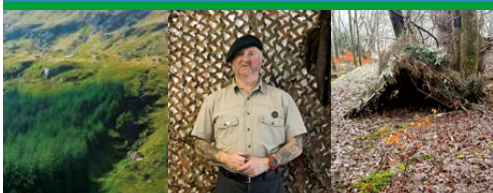
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AYRSHIRE & THE ISLES OF ARRAN AND CUMBRAE

The beautiful coast, pretty islands and peaceful countryside are a haven for active visitors – and so close to the Central Belt.

Ayrshire is famous for the phrase “doon the watter”. The holidaying tradition began in the early 1800s thanks to the advent of steamboats, which allowed people to travel from Glasgow down the River Clyde and Firth of Clyde to reach popular coastal havens, including Largs and Millport.

These days, access to this region is faster and easier thanks to a motorway, speedier trains, a network of ferries and even planes, yet the countryside, coast and islands remain wonderfully peaceful.

The “watter” is the focus for many outdoor activities in Ayrshire, including surfing, kitesurfing, stand-up paddleboarding, windsurfing, sailing, water skiing, canoeing and rowing.

The Isle of Cumbrae, a short ferry trip from the town of Largs, is the home of sportscotland’s National Centre. Beginners can

learn to dinghy sail, windsurf, kayak and much more. Cumbrae is also a fantastic location for a family cycling adventure. Hire bikes or take your own for free on the CalMac ferry and ride the lovely 10-mile route around the island. Keep a look out for the “Crocodile Rock”.

The neighbouring island of Arran is also reached by ferry, from Ardrossan. The island, which is known as “Scotland in miniature” thanks to its Highlands and Lowlands landscapes, provides a great location for gorge walking and canyoning at the water-filled gorges of Glenashdale and Glen Sannox, sea kayaking in Brodick Bay, and also archery, climbing, abseiling and bushcraft.

On the mainland, Ayrshire’s rivers can be travelled by canoe. You could choose to paddle the River Ayr, from the source at Glenbuck, in East Ayrshire, to the sea at Ayr in South Ayrshire. The River Doon is the place to enjoy an exciting

guided rafting trip through natural rapids and man-made weirs.

In East Ayrshire, a refurbished open-air heated pool at New Cumnock is a lovely place for a swim. You could enjoy a full day of activities by travelling on to Newmilns Snow and Sports Centre for skiing and snowboarding on an artificial slope. Or why not try the Sir Chris Hoy cycleway from Hurlford to Galston?

Another gem is Eglinton Country Park, between Irvine and Kilwinning in North Ayrshire, for activities such as cycling, pony treks, orienteering and canicross, a sport for runners and their dogs.

In South Ayrshire, at Culzean Castle and Country Park, near Maybole, children can run wild in the Adventure Cove and Wild Woodland play areas. Further afield, Carrick Adventure knows

The highest point in the region is on the summit of Goatfell on Arran at 874 m.



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 ADROSSAN (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:



visitscotland.com/active





all the hotspots for outdoors adventures, including gorge walking, canyoning, stand-up paddle boarding, kayaking and coasteering.

Cycling, both on the road and on trails, is popular in the wider region thanks to quiet locations and easily accessed countryside.

Riders could choose to visit some historical highlights on a tour of the attractions associated with Scotland's famous poet, Robert Burns, who was born in Alloway. Scotland's first "road cycling park", the Ayrshire Alps, boasts some fine cycling hills in South Carrick, near Ayr.

The Isle of Arran is also popular with road cyclists who come to tick off the hilly challenge of a 56-mile around-island road that hugs the coast. The route is very cyclist-friendly, as there are special road-signs warning motorists that the road is heavily

used by cyclists. Mountain bikers will enjoy trails at Brodick Castle, while a 50 km Arran End to Enduro route from Lochranza to Kildonan is recommended by Arran Bike Back.

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

Another way to travel countryside tracks is on horseback. Stables and riding centres lead treks for riders of all ages and levels. Try Craigengillan Estate in Ayr and at Dean Castle Country Park in Kilmarnock, as well as a designated bridle route at Patna. Trump Turnberry Resort also offers beach riding.

With such easy access from central Scotland, active adventurers will no doubt return to this region time after time, just like the holidaymakers of the 19th century 🏡

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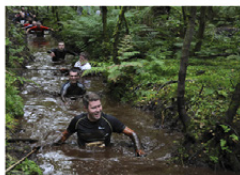
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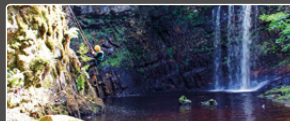
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DUMFRIES & GALLOWAY AND THE SCOTTISH BORDERS

Already a haven for outdoor adventures, a host of new activities has seen this tranquil region gaining even greater acclaim.

Well known for decades by keen mountain bikers, the south of Scotland has developed into a destination that boasts a wide variety of adventure activities.

Access to this peaceful part of Scotland is surprisingly straightforward, especially from the big Scottish cities of Glasgow and Edinburgh and from the north of England.

A great way to explore is by bike. In the Scottish Borders, there are plenty of quiet waymarked road cycling routes, such as the multi-day Four Abbeys Way that links the historic abbeys of Jedburgh, Melrose, Dryburgh and Kelso.

Alternatively, further west the Lochs and Glens Route (National Cycle Route 7) winds its way from Gretna Green through Dumfries & Galloway,

while the 112-mile Scottish Coast to Coast (C2C) route links Annan on the Solway Firth to South Queensferry on the Firth of Forth, near Edinburgh.

If you prefer the trails, why not check out a new bikepacking route? Bikepacking is a growing sporting trend that sees cyclists heading off the beaten track with all their overnight kit packed into special bikepacking bags.

The new Reiver Raid, in the picturesque Ale Valley, has been created by round-the-world cyclist and founder of Bikepacking Scotland, Markus Stitz.

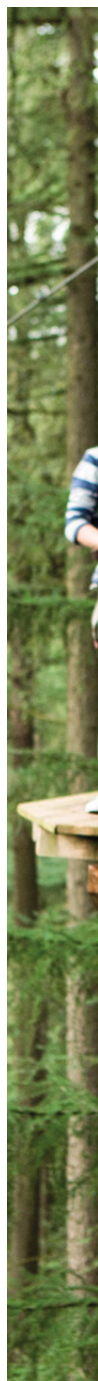
The 2.5-day loop starts and finishes in Tweedbank, which is the final station for the Borders Railway. It's less than an hour on the train from Edinburgh, and takes in a mix of tracks and quiet roads as

you follow in the footsteps of the infamous historic Border Reivers.

You might also like to explore the wider countryside on a 4x4 off-road vehicle driving experience near the market town of Hawick or at Abbey St Bathans, near Duns. An alternative is to join a horse ride or pony trek into the valleys of Newcastleton and Liddesdale, close to the border, or the Tweed Valley, near Peebles.

More off-road fun is found in the world-acclaimed 7stanes mountain biking centres spread across this region.

The Forestry Commission Scotland trail centre network, with numerous graded trails to suit all levels of riders, extends from the largest, 7stanes Glentress, near Peebles, to 7stanes Glentroot in Galloway Forest Park.





Take on Go Ape's highest zip wire at the tree-top adventure course at Glentress, near Peebles.





Q Mountain Ball at Laggan Outdoor Activity Centre, Dumfries & Galloway

It also includes the downhill Mecca of Innerleithen, as well as Newcastleton, Ae, Mabie, Dalbeattie and Kirroughtree.

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

The landscape of rolling hills, wide valleys, lochs and rivers is the perfect environment for a host of other adventure activities.

At picturesque Loch Ken, Galloway Activity Centre boasts an exhilarating 40 ft 3G giant swing that is the highest in Scotland. It's an inclusive activity

for people of all ages and three at a time. While you are at Loch Ken, have fun whizzing down a 50 m water slide in a wetsuit.

The sheltered freshwater loch is also the perfect place to learn dinghy sailing, stand-up paddleboarding, kayaking, windsurfing and power boating.

Back on land, the centre has a 25 ft climbing wall exited by a freefall "Leap of Faith" or a zipwire. Families can also enjoy a friendly – or competitive – go at combat laser games, crate climbing and archery.

Further south at Gatehouse of Fleet, Scottish Thistle award

winner Laggan Outdoor offers daredevils the chance to ride a 820 m zip wire from high on a hill. It's one of the longest zip wires in Europe, and as it's a double line it allows two people to zip at the same time, alongside each other.

Another activity is water balling, which sees participants rolling downhill in a large inflatable sphere filled with water. Or how about grass sledging, dirt scooting, Segway tours or archery?

Whithaugh Park at Newcastleton is another popular place for families. Activities include abseiling, aerial adventures, archery, bushcraft, fencing,



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MOUNTAIN BIKE & CYCLE TRAILS

Guide to Mountain Bike Routes

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

7STANES AE

MTB Routes: ● 9 km ■ 13.5 km ▲ 24 km

■ 1.6/1 km Location: Ae

www.7stanesmountainbiking.com

7STANES DALBEATTIE

MTB Routes: ● 11.5 km ■ 14 km

▲ 25 km ◆ Location: Dalbeattie

www.7stanesmountainbiking.com

7STANES GLENTRESS

MTB Routes: ● 4.5/3.5 km ■ 16 km

▲ 18 km ◆ 29 km ■ 1.4 km

Location: Glentress Forest, near Peebles

www.7stanesmountainbiking.com

7STANES GLENTROOL

MTB Routes: ● 14/6 km ■ 9 km

Location: Galloway

www.7stanesmountainbiking.com

7STANES INNERLEITHEN

MTB Routes: ◆ ▲ 19 km ■ 4.2 km

Location: Between Peebles and Galashiels

www.7stanesmountainbiking.com

7STANES KIRROUGHTREE

MTB Routes: ● 6 km ■ 10/14/2 km

▲ 17 km ◆ 14 km

Location: Galloway Forest Park, Newton Stewart

www.7stanesmountainbiking.com

7STANES MABIE

MTB Routes: ● 8 km ■ 10 km ▲ 19 km

■ 3.8 km Forest road 23 km

Location: Mabie Forest, South of Dumfries

www.7stanesmountainbiking.com

7STANES NEWCASTLETON

MTB Routes: Forest road 8 km ■ 9.7 km

▲ 23.4 km ■ Skills area

Location: Newcastleton

www.7stanesmountainbiking.com

DRUMLANRIG

MTB Routes: ● 21 km ■ 9.2 km

▲ 15.5 km

Location: Thornhill

www.drumlanrig.com

MEGGET AND TALLA

Cycle Route: 🚴 Hard - 53 miles

Starting Point: Innerleithen

www.cyclescottishborders.com/route/megget-talla

NEWTON STEWART TO WIGTOWN (Route 73 S)

Cycle Route: 🚴 Easy - 8 miles

Starting Point: Cree Bridge, Newton Stewart

www.sustrans.org.uk/ncn/map/route/newton-stewart-to-wigtown

PEEBLES TO INNERLEITHEN

Cycle Route: 🚴 Easy - 6 miles

Starting Point: Janet's Brae, Peebles

www.sustrans.org.uk/ncn/map/route/peebles-innerleithen

VISITSCOTLAND.COM

© Galloway Activity Centre



Q Giant 3G swing, Castle Douglas

geocaching and gorge walking, as well as a 300 m zip wire.

The region's coast is a popular destination for surfers, including hotspots such as Coldingham Bay, near Eyemouth on the east coast, where there's a surf school, and Sandhead Beach near Stranraer in the west.

Sandy beaches combine with the natural power of wind for a thrilling activity called blo-karting. Two great places for this activity are Sandhead, with Galloway Activity Centre, or Southernness Beach on the Solway Firth.

To explore the Berwickshire coast at speed, join Eyemouth

RIB trips for a "Fast Blast". You'll visit cliffs and coves around Eyemouth and St Abbs National Nature Reserve, while spotting wildlife, including seabirds and seals.

Divers also flock to the shoreline in Berwickshire to explore an impressive 80 wreck dive sites.

You can also fly high in this region. A hot air balloon trip offers a unique view of the Scottish Borders landscape, including its towns, winding rivers and huge forests.

It's no wonder that more people are discovering this gem of an adventure destination ☘

EDINBURGH & THE LoTHIANS

Urban and rural landscapes combine to offer an attractive outdoors playground for all.

At the heart of the region, Edinburgh boasts an array of world-acclaimed capital city attractions, yet it is only a short journey to reach a wide variety of countryside activities in the easily accessible Lothians.

Why not start your visit with a cycling tour? On two wheels – whether it's a bike hire or a guided bike tour – you can see so many more city gems, such as Edinburgh Castle, Holyrood Palace and park, the Scottish Parliament and Calton Hill.

Look for traffic-free cycle paths to link the attractions together, including the Water of Leith or Little France route. You can find more cycle route suggestions at www.innertubemap.com.

Another active way to tour the capital is on a guided running tour. Several companies lead runs, which can be arranged to suit different fitness levels.

Two historic sites in the city have themselves been revamped to create popular destinations for active fans. Climbers can ascend the walls and into the vaulted ceiling of a former

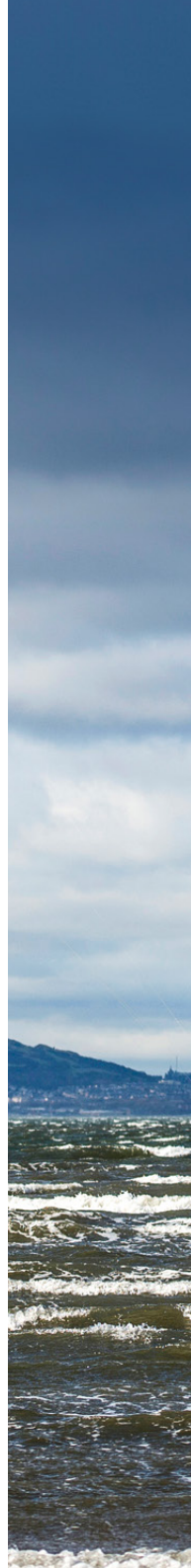
church at Alien Rock One (and the neighbouring Alien Bloc, which offers bouldering), while a former stone quarry is the location for the Edinburgh International Climbing Arena at Ratho, the largest indoors climbing arena in the world.

In the capital you can also participate in the combat style activities of paintballing and laser tag, as well as giving the exhilarating sport of Xtreme Karting a try.

Away from the hustle and bustle of one of the world's most visited cities, the nearby countryside offers a greater sense of freedom, peace and beauty.

If you enjoy running in the city, you could join a new tour by Run the Sights called the "Roslin Rambler". The 7.5-mile route takes in rolling Midlothian countryside, as well as a variety of historic highlights, including castles and Rosslyn Chapel, which famously featured in Dan Brown's 2003 bestselling novel *The Da Vinci Code*.

Also in Midlothian, two country parks, Vogrie and Dalkeith, play host to a thrill-seeking activity called The Rolling



The Pentland Hills Regional Park boasts a network of 100 km of walking, cycling and riding paths.





Q Sea kayaking , Seacliff beach, East Lothian

Haggis, also known as a giant inflatable zorb. The hill rolling fun is organised by Zorb Edinburgh.

Vogrie has a number of other fun highlights including a play park, miniature railway and trails for walking, cycling and pony trekking.

While Fort Douglas in Dalkeith Country Park is a new attraction for youngsters with treehouses, suspension bridges, slides, climbing walls and secret tunnels.

More parkland can be found to the west of the capital. Kirknewton Estate is the ideal place to try a number of different activities such as archery, clay pigeon shooting, off-road driving and quad biking.

An alternative West Lothian country park for family-

friendly fun is Beecraigs, near Linlithgow, with a network of cycling trails and a permanent orienteering course. Polkemmet Country Park, near Whitburn, offers more options for orienteering, as well as cycling and horse riding.

This is a region with many parks to choose from. To the south of Edinburgh, the picturesque Pentland Hills await with the chance to explore 100 km of trails on foot, by mountain bike or on a pony trek, in the designated Regional Park.

Ginger Squirrel Adventures are keen to get families and children on their bikes and offer a 15 km family guided ride into the Pentlands, as well as children's cycling camps. Three more parks close to the Pentlands – Bonaly, Castlelaw

and Hillend – each boast an orienteering course, where friends and families can enjoy a few hours of competitive fun.

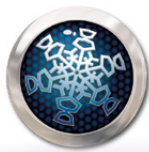
A fast-paced alternative competition could be to race down Britain's biggest artificial ski slope on skis or a snowboard at Midlothian Snowsports Centre at Hillend.

Many visitors to this region are attracted to the eastern shores of East Lothian where the sandy beaches and shallow waters provide a wonderful watersports playground.

At Dunbar and Belhaven you can try surfing and bodyboarding, or for those with a desire for an adrenaline buzz, how about kitesurfing? Many sheltered bays, as well as tranquil rivers and canals in the wider region, are the perfect locations for the



© Run the Sight



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MOUNTAIN BIKE & CYCLE TRAILS

Guide to Mountain Bike Routes

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

BEECRAIGS COUNTRY PARK

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

▮ Skills area & pump track

Location: Linlithgow

www.westlothian.gov.uk/beeccraigs

SKELF BIKE PARK

MTB Routes: ■ 1 km ▮ Pump track

Location: Edinburgh

www.theskelf.org.uk

EAST LoTHIAN BY BIKE

Cycle Route: ■ Medium - 18 miles

Starting Point: Longniddry Railway

Station

www.sustrans.org.uk/ncn/map/route/east-lothian-by-bike

EDINBURGH TO FORTH ROAD BRIDGE

(Route 1)

Cycle Route: ■ Easy - 10.5 miles

Starting Point: Haymarket station

www.sustrans.org.uk/ncn/map/route/edinburgh-to-the-forth-road-bridge

JOHN MUIR TRAIL COAST TO COAST

Cycle Route: ◆ Hard - 134 miles

Starting Point: Dunbar

www.johnmuirway.org

EDINBURGH TO THE FALKIRK WHEEL

(Route 745)

Cycle Route: ■ Medium - 30 miles

Starting Point: Edinburgh Quay

www.sustrans.org.uk/ncn/map/route/union-canal

HADDINGTON TO PENICUIK (Route 196)

Cycle Route: ■ Easy - 26 miles

Starting Point: Haddington

www.sustrans.org.uk/ncn/map/route/route-196

BRAID BURN LINK

Cycle Route: ■ Easy - 6.5 miles

Starting Point: Innocent Cycle Path,

Duddingston Road West

www.sustrans.org.uk/ncn/map/themed-routes-0/urban-adventures/edinburgh-loops-and-links

MIDLoTHIAN COUNTRY CIRCULAR

Cycle Route: ■ Hilly - 39 miles

Starting Point: Rosewell

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

VISITSCOTLAND.COM



Q Skiing, Midlothian Snowsports Centre, Hillend

increasingly popular sport of stand-up paddleboarding (SUP).

Alternatively, a sea kayak is a great way for the experienced to journey to the famous Bass Rock, off the coast near North Berwick, where an amazing 150,000 gannets reside during the summer months. For those who prefer to sit back and relax while exploring, a boat tour from the seaside town is a good option.

East Lothian is also home to John Muir Country Park, which has plenty of active fun including an adventure playground. Nearby at Foxlake

Adventures, children and adults can learn cable wakeboarding on a purpose-built lake. Other pursuits at the centre include open water swimming, an over-water high ropes course and a new high-wire Dual Zip Trail Course.

But why stay at ground level when you can fly high above it? A tandem microlight flight from East Fortune, near North Berwick, or a hot air ballooning trip from several locations in Midlothian provide a fantastic bird's eye view of this picturesque city-meets-countryside outdoors region ☒

GREATER GLASGOW & THE CLYDE VALLEY

Glasgow is Scotland's largest city, yet it offers easy access to countryside at all points of the compass.

Famed for its warm welcome and cosmopolitan attractions, Glasgow is a great base for people who enjoy both city and rural activities.

You could explore some of the city's main visitor attractions on a running tour. Run the Sights offers guided routes in Glasgow including intriguing tours named "Monuments, Murals & Markets" and "West End Wanderer".

The critically acclaimed XX Commonwealth Games 2014 created several fantastic legacies for active people, including the Sir Chris Hoy Velodrome, where you can experience the thrills of riding on a fast-paced, steeply banked, indoor track. For off-road fun, Cathkin Braes Mountain Bike Trails and the Cuningar Loop in the east of the city have routes for all to ride.

Strathclyde Country Park in Motherwell, near Glasgow, also attracted the Games crowds to see exciting triathlon events. The loch remains a popular venue for triathlon races and also offers

sessions in sailing, kayaking and windsurfing, as well as bumper boats, pedalos, canoes, waterwalkerz and paddleboards.

Another popular place for watersports in the city is at Pinkston Basin, on the Forth & Clyde Canal. Surprisingly, it's only a 20 minute walk from the city centre and offers open water, river boarding and white water rafting. Next door, at Glasgow Wakepark, why not try cable wakeboarding? The canal is also popular for stand-up paddleboarding (SUP), canoeing and kayaking.

The famous River Clyde running through the heart of the city is paddled by kayakers, while for those with less water-based experience there are boat cruises and high-speed powerboat trips.

Rising more than 160 ft above the river at Clydebank is the Titan Crane, which was once an important tool of the shipping industry, and now allows daredevils the chance to plummet towards the water on a

bungee jump or swing at speeds of up to 70 mph on a 'Big Swing'.

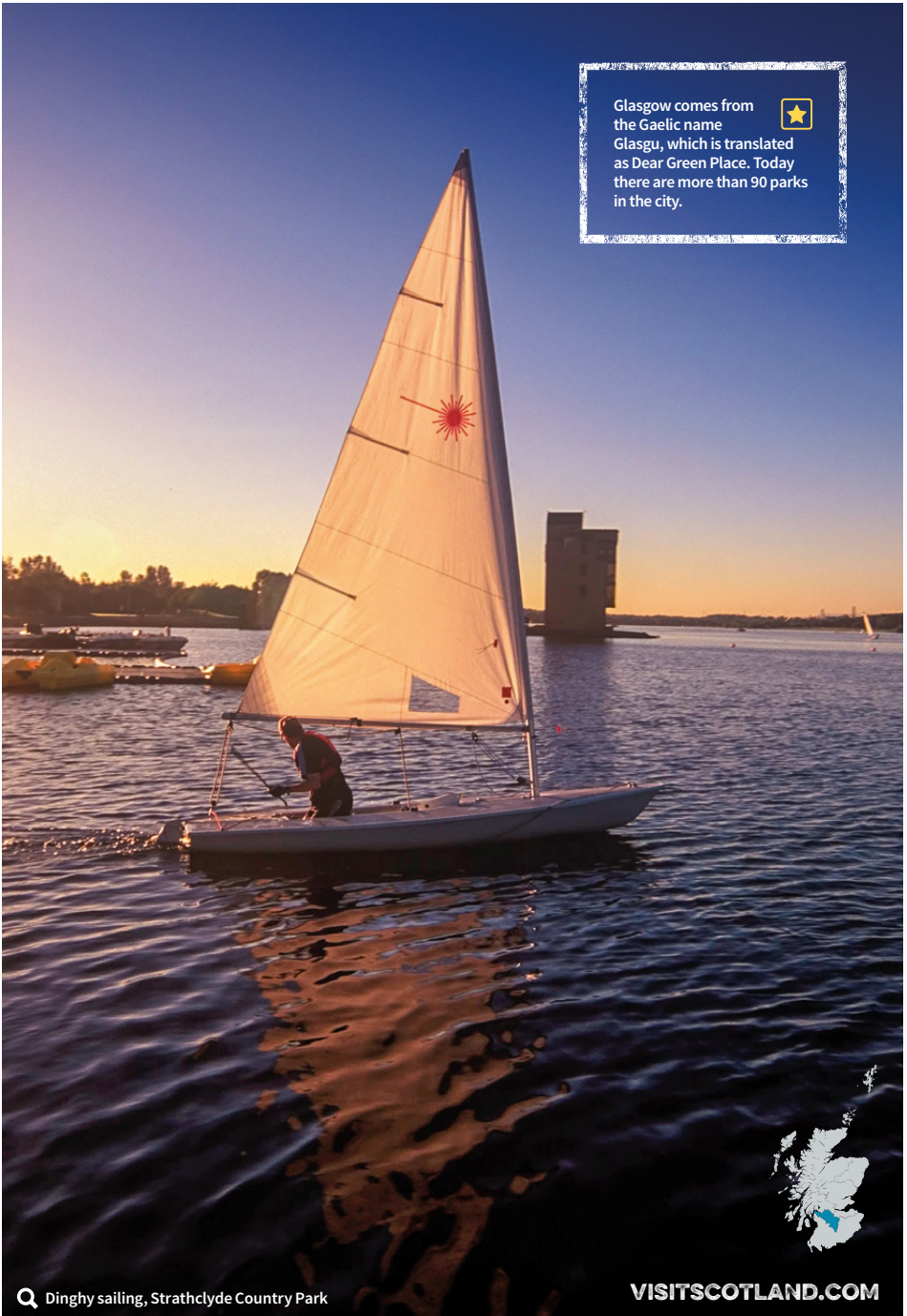
In Glasgow, you don't need to wait for the winter snow for skiing fun. There are artificial slopes at Bearsden and Bellahouston and a real snow slope at the indoor Snow Factor at Soar into Braehead. You can try climbing indoor walls and an ice climbing taster session at Braehead, too.

Indoor climbing is also popular at Glasgow Climbing Centre, while the Climbing Academy is the place to go bouldering.

Skateboarders are well catered for, including popular Kelvingrove skatepark in the city's west end and one of the UK's largest skateparks at Dumbarton. To the north of Glasgow is Kirkintilloch skatepark, and there's a new skateboard and BMX biking park at Milngavie.

Head north east of Glasgow to the 1950s New Town of Cumbernauld, where Eden Leisure Village offers excitement

Glasgow comes from the Gaelic name Glasgu, which is translated as Dear Green Place. Today there are more than 90 parks in the city.



MOUNTAIN BIKE & CYCLE TRAILS

Guide to Mountain Bike Routes

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

CATHKIN BRAES

MTB Routes: 5.5 km ● ■ ▲ ◆ ■

Location: Glasgow

www.dmbins.com/wheretoride

WHITELEE

MTB Routes: ■ 15 km ▲ 3 km ■ Pump track

Location: Whitelee Windfarm, Eaglesham Moor

www.eastrenfrewshire.gov.uk/whitelee

GLASGOW WATERWAYS LOOP

Cycle Route: ● Easy - 6 miles

Starting Point: Speirs Wharf, Port Dundas

www.sustrans.org.uk/ncn/map/route/glasgow-waterways-loop

BOWLING TO FALKIRK WHEEL (Route 754)

Cycle Route: ● Medium - 31 miles

Starting Point: Bowling Harbour

www.sustrans.org.uk/ncn/map/route/bowling-to-the-falkirk-wheel

LOCHWINNOCH LOOP LINE (Route 7)

Cycle Route: ● Easy - 14 miles

Starting Point: Paisley Canal Train Station

www.sustrans.org.uk/ncn/map/route/lochwinnoch-loop-line

MUGDOCK COUNTRY PARK AND KIRKINTILLOCH LOOP

Cycle Route: ● Hard - 33 miles

Starting Point: Kirkintilloch

www.sustrans.org.uk/ncn/map/route/mugdock-country-park-and-kirkintilloch-loop

CLYDE WALKWAY - GLASGOW TO UDDINGSTON (Route 75)

Cycle Route: ● Medium - 12 miles

Starting Point: Glasgow

www.sustrans.org.uk/ncn/map/route/clyde-walkway-glasgow-to-uddingston

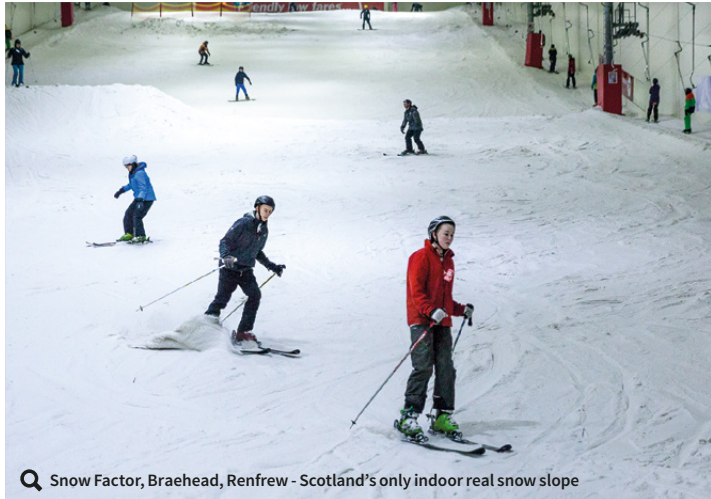


🔍 Bike hire, Scottish Event Campus



© Run the Signs

🔍 Running tour, Glasgow



Q Snow Factor, Braehead, Renfrew - Scotland's only indoor real snow slope

with two activities based on large inflatable bubbles (zorbs), zorb football and hill zorbing. Groups can try a mini Highland Games, with events including toss-the-caber, buck-the-bale and wang-the-welly!

To the south of Glasgow's city limits is Scotland's first New Town, East Kilbride, where Air Space Glasgow provides bouncing fun on giant indoor trampolines and a new inflatable obstacle course called Wipeout. The town is also home to James Hamilton Heritage Park where you can learn to windsurf and sail dinghies.


Another place for sailing, as well as open water swimming, is Bardowie Loch, near Balmore, to Glasgow's north.

Heading further west, Castle Semple Loch in the village of Lochwinnoch is the place to learn to sail or to try paddle sports. The sit-on kayaks are great for beginners. There are plenty of

traffic-free cycling trails close to the loch too, and with an RSPB centre, it's great for spotting wildlife.

Glasgow is also a great base for Scotland's Adventure Coast of Argyll & The Isles, which is easily reached within an hour. There you will discover many more adventure activities, such as quad biking, fell running and watersports.

Another point of the compass is to head south east, to the Falls of Clyde Wildlife Reserve, where cycling, walking and pony trekking are popular pursuits.

The city and countryside combine to offer many days of fun activities for all 

For more information on activities in Greater Glasgow and The Clyde Valley go to:

visitscotland.com/active



THE HIGHLANDS AND MORAY SPEYSIDE

Discover an array of ways to play outdoors in a superb adventure landscape, including mountains, glens, lochs and sea.

Whether you like your adventures to be adrenaline-fuelled or mild and relaxing, there is a location and activity to suit in this diverse natural adventure playground.

Why not start by taking in a few of the fabulous views from on high? Sit back for a 2 km funicular ride from the Day Lodge and Base Station at Cairn Gorm Mountain near Aviemore to the Ptarmigan Restaurant (the UK's highest) and Top Station higher up the slopes of Cairn Gorm. There are options for guided walks at the top.

A chairlift ride at Glencoe Mountain rises to 670 m for amazing vistas of Rannoch Moor and the iconic Stob Dearg, 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 (as used by the UCI Mountain Bike World Cup since 2002) and the Red Giant cross-country trails will impress.

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) and Laggan Wolftrax, as well as the forest tracks set amongst ancient Caledonian pines at Rothiemurchus, near Aviemore.

This region is perfect for getting off the beaten track. Segways are a peaceful way to glide through the countryside looking for wildlife. Alternatively, how about tracking red deer on a camera stalking trip in Assynt, in the North Highlands and Fearann Eilean Larmain on Skye?

The Highlands are extremely popular with hillwalkers, with a vast selection of hill routes for all ages and abilities here. See the *VisitScotland Walk in Scotland Guide* for more information on walks all across the country.

Switching to four hooves, you can join a pony trek at scenic locations including Gairloch, Glenshiel and Tomintoul. Families will enjoy climbing a little higher above the tracks on a fun Tree Adventure high ropes course at Nevis Range. Or, if you are near Aviemore, why not try the TreeZone aerial course or the Zip Trek Adventure Park? Two new activities



The region is home to the highest point in the UK on the summit of 1,345 m (4,411 ft) Ben Nevis.





East Beach, Lossiemouth

nearby include rolling down hills in inflatable zorbs with Aviemore 2 Zorb and go-karting on a purpose-built track at Aviemore Kart Raceway.

If you are still full of energy there is a long menu of activities to sample at Craggan Outdoors at Grantown-on-Spey, such as bushcraft, archery, clay pigeon shooting, a zipwire and mini quads. Craggan – and Ace Adventures in Moray Speyside – also offers disc golf, where you score points for throwing a disc into baskets.

There are two exciting skate parks near Inverness, an open air facility in the city and a covered park at Muir of Ord.

Many lochs, rivers, gorges and waterfalls in the Highlands are the perfect base for watersports. Canyoning is one of the most thrilling pursuits as wetsuit-clad

participants descend water-filled gorges by sliding, swimming, jumping and abseiling. Look for operators at Inchree Falls, near Fort William, and Bridge of Brown gorge in the Cairngorms.

Described by The Canyoning Company as “An Icon”, the Ben Nevis Canyon is another great destination for canyoning, while Nathrach Canyon has jumps and slides leading to an impressive waterfall.

Gorge Scrambling, organised by Active Outdoor Pursuits in Aviemore, is similar to canyoning but is an easier-going adventure. Another gorge, close to the village of Kinlochleven, is home to an exhilarating via ferrata course, operated by Vertical Descents. Participants traverse a rock face on ladders and platforms while attached to a safety cable. Two new wire bridges have been added to

allow you to walk out into the middle of the canyon to look down, if you dare, at Grey Mare’s Waterfall.

Many adventure companies lead downstream journeys on white-water rivers, such as the Garry, Moriston, Orchy and the Findhorn. Choose from group-sized inflatable rafts, two-man fun yaks and solo river bugs. On the River Feshie at Aviemore, In Your Element guide “grown-up” river sledging sessions.

For something calmer, paddle the River Spey on a guided Canadian canoe trip or follow the waymarked Great Glen Canoe Trail from Fort William to Inverness. If you are a newcomer to paddling, Loch Morlich has Canadian canoeing sessions, while the flat-water canoeing on Loch an Eilein at Rothiemurchus is ideal for family groups. You can also try paddle-boarding on



Q White water kayaking, River Etive, Lochaber

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

ABRIACHAN TRAILS

MTB Routes: ● 3 km ■ 7 km ▲ 6 km

Location: Abriachan, Inverness

www.abriachan.org.uk

GLENLIVET

MTB Routes: ■ 9 km ▲ 22 km

Location: Glenlivet Estate, Tomintoul

www.glenlivetestate.co.uk

NEVIS RANGE - FORT WILLIAM

MTB Routes: ■ 7 km ▲ 8.5/16.5/5.5 km ■ 2.8 km

Location: Nevis Range in Fort William

www.nevisrange.co.uk

HIGHLAND WILDCAT TRAILS

MTB Routes: ■ 6.5 km ▲ 7.5 km ◆ 13.6 km

Location: Golspie, Sutherland

www.highlandwildcat.com

KYLE OF SUTHERLAND

Balblair MTB Routes: ■ 3 km ◆ 7.5 km/11.5 km

Location: 10 miles west of where A9 crosses Dornoch Firth on the Dornoch bridge

www.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: North west of Inverness

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



Surfing at Brims Ness, near Thurso, Caithness



Q A wide range of activities are on offer at Loch Insh, Cairngorms National Park

a sheltered section of the River Spey on the same estate.

The region's long coast boasts many hotspots for surfing, such as at Brimms Ness and Thurso East, while top sea kayaking destinations include the deep-sea lochs that flank the remote north-west peninsula of Knoydart. There is also the Scottish Sea Kayak Trail, which runs from the Isle of Gigha in Argyll to the Summer Isles near Ullapool.

Arisaig Sea Kayaking guides kayak expeditions to the "Small Isles" of Rum, Eigg, Muck and Canna. If you have always longed to visit the remote St Kilda islands, Sea Kayak Plockton offers kayaking trips with a motorised boat, MV Cuma, as the mothership.

Coasteering on the isles of Skye and Raasay offer more opportunities to see the shore up close and to spot wildlife. Meanwhile, a relaxing boat cruise is another option for

visiting islands for sightings of dolphins, porpoise, whales and basking sharks.

For further wildlife spotting opportunities head to one of nine hotspots highlighted on the new Snorkel Trail, (see www.scottishwildlifetrust.org.uk/things-to-do/snorkel-trails/), from the Bay of Clachtoll southwards to An Dun on the north west coast.

You could choose to combine water and land in a new activity called packrafting. A packraft is a small inflatable boat that is light enough to carry on your back. When you reach water, while walking, cycling or skiing, you inflate the raft and paddle. Back Country in Aviemore is the first company in Scotland to lead packrafting trips, with favourite destinations of Knoydart, Inverpolly and Loch Maree.

Once people discover the many outdoor wonders of the region, they return time and again 🏞️

CAIRNGORM MOUNTAIN

Ride Scotland's only funicular railway for access to winter and summer activities.

CairnGorm Mountain is the home of Scotland's only funicular railway. The mountain train takes visitors to the Top Station at a height of 1097 m. From here, the views are of a superb panorama taking in 6,000 square miles of Highlands landscape, including the UK's highest mountain, Ben Nevis.

The Top Station boasts the UK's highest restaurant, a viewing terrace, an exhibition, a shop and the highest postbox in Britain.

In winter, when the mountain is covered in snow, skiers and snowboarders can enjoy 20 runs extending to 30 km of pisted slopes. The longest run is 3.3 km and, when conditions allow, there is a freestyle park which includes a half pipe cutter, the only one in a Scottish ski centre.

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

When summer arrives, CairnGorm Mountain is popular with walkers, road cyclists 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.

There are also two other recommended walks. The Essential Summit Trail is a guided walk that takes visitors to the summit of CairnGorm at 1,245 m. It is the sixth highest mountain in Britain and offers more superb views.

On this 90-minute walk you will learn about the unique fauna and flora that survive in the elevated elements. These walks take place every day between May and October.

A Wilderness Day Hike is led by a countryside ranger to some of the wildest parts of the Cairngorms. This full-day guided walk starts at the Ranger Base in the Base Station. If the weather is fine, the walk will head onto the Cairngorm plateau.

Throughout the summer months CairnGorm Mountain also offer Yoga on the Mountain. Booking is essential.

CairnGorm Mountain lets you take your adventures to a higher level 🏔️

INFO



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

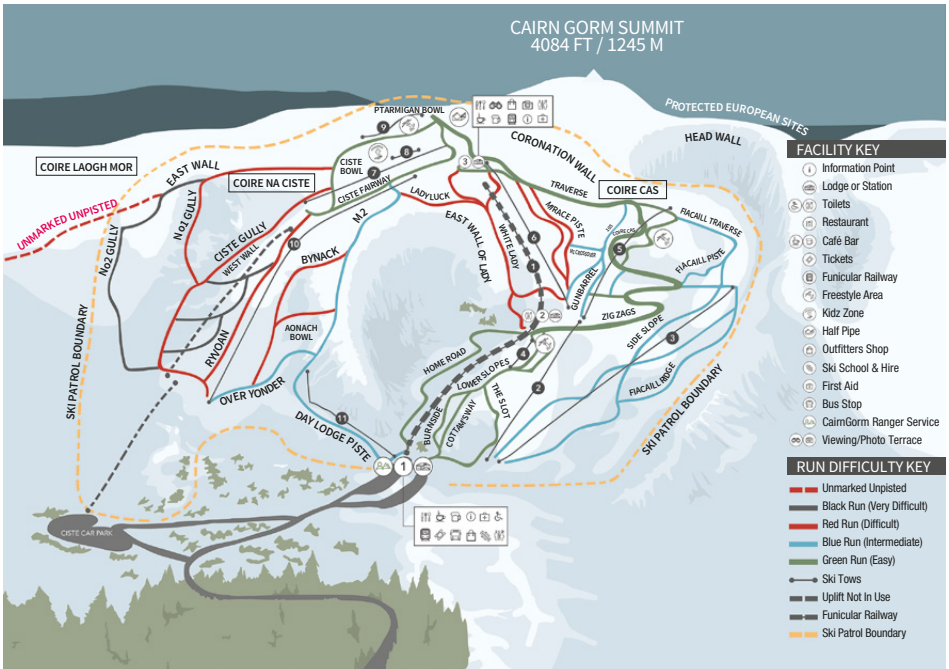


No of lifts: 8
Uplift capacity: 4,300 per hour
Snowmaking: ✓
Mountain cafés/restaurants: ✓
Off piste skiing: ✓
Ski & snowboard hire: ✓
Ski clothing hire: ✓
Shop: ✓
Artificial ski slope: X
Crèche: X
Ski guide: X
Sledging: X
Rail Park: ✓
Webcam: ✓
Onsite Accommodation: X

CairnGorm Mountain Aviemore,
Inverness-shire PH22 1RB
Tel: 01479 861261
info@cairnformountain.org
www.cairnformountain.org
www.ski-scotland.com



Q Snowboarding at Cairngorm Mountain



STATIONS

- Day Lodge & Funicular Base Station
- Shelling Mid Station
- Plattin Station

LIFTS & TOWS

- Funicular Railway
- Car Park T-Bar
- Fiacall Ridge Poma
- Shelling Platter Poma
- Coire Cas T-Bar
- M1 Poma
- Coire Na Ciste T-Bar
- Polar Express Poma
- Plattin T-Bar
- West Wall Poma
- Day Lodge Poma

GLENCOE MOUNTAIN

The first of Scotland's ski resorts has developed into an attractive year-round activity centre.

Glencoe Mountain is acclaimed as Scotland's original ski centre and is located less than two hours from the central belt. The first lift was built in 1956 by a young pioneering Glasgow engineer Philip Rankin, who sadly passed away in March 2017 aged 99 years and 11 months. Today Glencoe Mountain has developed into a modern centre with eight lifts, serving 20 pisted runs.

Glencoe has a reputation for its challenging terrain, with pistes such as the Spring Run, acclaimed as one of the most difficult red routes in Scotland, and The Flypaper, which is one of the steepest black runs in Europe.

However, many skiers are surprised by the number of beginner-friendly runs too. There is even an intermediate blue run that travels from the top of the resort to the bottom that is great for families.

There is also plenty of family fun to be had at Glencoe's free sledding park.

For those with a passion for winter mountaineering and backcountry ski and snowboard touring, the centre offers avalanche awareness training and mountain

safety sessions at the free-to-use transceiver park.

The artificial ski slopes remain open all summer for great fun tubing sessions and new for 2017 the resort has launched a treasure hunt which is great fun for adults and children of all ages.

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

The chairlift is also popular with walkers/climbers, and in northerly winds, with hang gliders and paragliders.

For a little less excitement you can just jump on the chairlift and enjoy the stunning views of the Glen Coe landscape, including the iconic Buachaille Etive Mor and wider Rannoch Moor.

With so much to do all-year-round perhaps the best option is to stay for a few days. There is a great choice of on-site accommodation, including microlodges, camping and campervan hook ups, and the panoramic log cabin café at the base station provides great home cooked food from early until late, 364 days a year ☘

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)

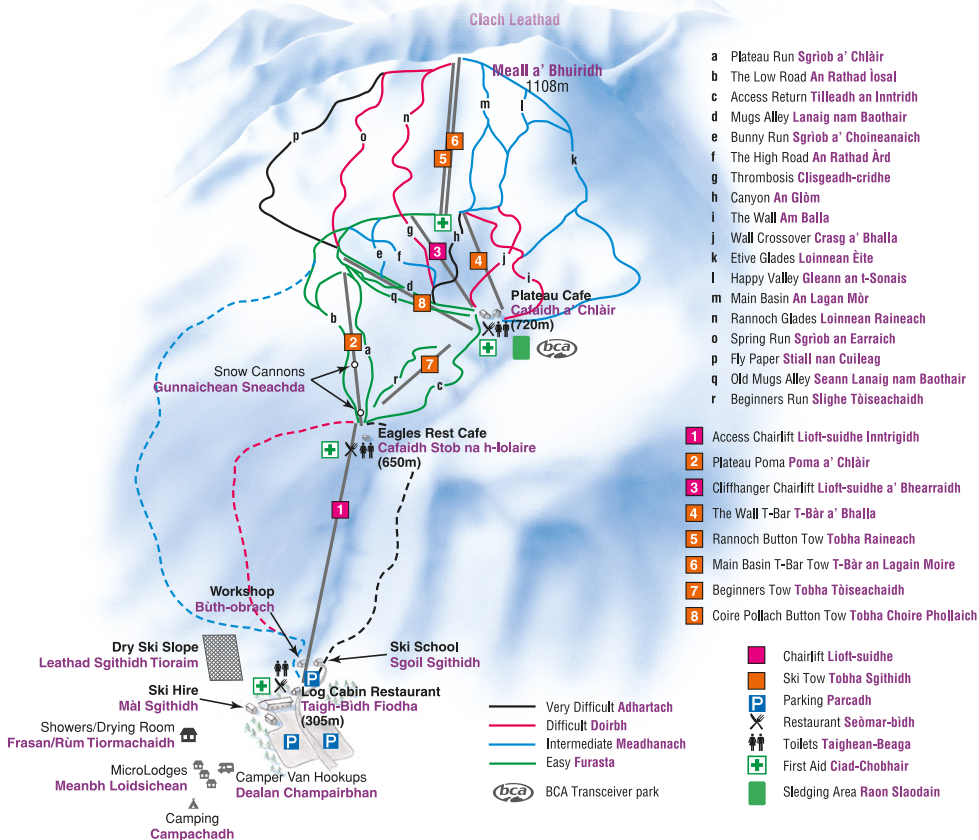


No of lifts:	8
Uplift capacity:	4,300 per hour
Snowmaking:	✓
Mountain cafés/restaurants:	✓
Off piste skiing:	✓
Ski & snowboard hire:	✓
Ski clothing hire:	✓
Shop:	✓
Artificial ski slope:	✓
Crèche:	✗
Ski guide:	✓
Sledging:	✓
Rail Park:	✓
Webcam:	✓
Onsite Accommodation:	✓

Glencoe Mountain Resort,
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admin@glencoemountain.co.uk
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NEVIS RANGE SKI CENTRE

A gondola whizzes active fans to a height of 650 m for a range of mountain adventures.

Nevis Range is located on the slopes of the UK's eighth tallest mountain, Aonach Mor, and offers a wide range of fast-paced activities, including skiing and snowboarding in winter and mountain biking and tree adventure in summer.

In winter, from the "top station", skiers and snowboarders have easy access to a range of beginner-friendly green and blue-graded pistes.

Further up the mountain, and to a height of 1190 m (3900 ft), more experienced skiers can enjoy red and black-graded runs. More excitement can be had in the summit terrain park.

The mountain has a snowsports school for beginners, intermediates and experts, and snowsports equipment can be hired by those who haven't brought their own.

Skiers can also join guided back-country skiing sessions, ski mountaineering tours or learn vital winter skills on an avalanche awareness course. Other winter activities at Nevis Range include sledging and snowshoeing.

When summer comes, the mountain is popular with downhill

mountain bikers, and bikes can be hired for the day. The gondola is utilised by riders to reach the top of the challenging World Cup Downhill Track and the winding Red Giant XC trail.

The trail centre also has green and blue trails that are better suited to less experienced riders, and it is possible to bike from Fort William to Nevis Range on a traffic-free track. The Witch's Trails, in Leanachan Forest, also offer a selection of mountain biking trails for all abilities.

In recent years, expert paragliders and hang gliders have been welcomed at Nevis Range. The gondola offers a quick and effortless ride to a take-off altitude of 650 m from either the Sgurr Finnisg-aig or Meall Beag viewpoints.

Lower down the slopes is a Tree Adventure centre with lots of walkways, obstacles and zipwires that are suitable for all different age groups. There is also a tubing slide, ZoomTrax at the gondola top station, that drops 4.5 m in 40 m and is great for families.

You will discover it's easy to spend many days having fun at this resort ☒

INFO



Altitude:

300 - 4,006 ft
(91 - 1,221 m)

Pisted runs:

20 km (pisted)
35 km (skiable)

Longest runs:

2 km (1.25 miles)
4 km (not pisted)

Max vertical descent:

1,800 ft (550 m)



No of lifts:	12
Uplift capacity:	9,600 per hour
Snowmaking:	✓
Mountain cafés/restaurants:	✓
Off piste skiing:	✓
Ski & snowboard hire:	✓
Ski clothing hire:	✓
Shop:	✓
Artificial ski slope:	✓
Crèche:	✗
Ski guide:	✓
Sledging:	✓
Bike School and Bike Hire:	✓
<small>(Bike hire only available during summer months)</small>	
Terrain/Fun Park:	✓
Webcam:	✓

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



Q Skiers and boarders at the top of the Nevis Range slopes



- a Lemming Ridge Druim nan Leamainn
- b Warrens Ruth Warren
- c Flight Spèith
- d Nid Ridge Druim an Nid
- e Nid Wall Slòs an Nid

- a Switch Cuag
- b Side Winder Toinneadair Cliaithach
- c Inside Edge An Oir a-staigh
- d Cats Alley Cadha a' Chait
- e Cat Track Slighe a' Chait
- f Upper Traverse Tarsainn àrd

- a Summit Run Slighe a' Mhullich
- b Spectre Futh
- c Spider Damhan-allaigh
- d Link Ceangal
- e Allt Snechda
- f Easy Rider Am Marcaiche Socair
- g The Fairway An Roan
- h Far West Ceann an Iar
- i Macpherson's Ruith a' Phearsanaich
- j Yockies
- k Alpha
- l Rabbit Run Slighe na Rabaid
- m Alpha Traverse Trial Alpha
- n Home Run Slighe Dhachaigh
- o High Road An Rathad Àrd
- p Squiggle Sgropal

- a Rob Roy's Return Tilleadh Rob Ruaidh
- b Blairs
- c Rob Roy Rob Ruadh
- d Lochy Lochaidh
- e Abhran
- f Glaisg

- a Summit Gully Clais a' Mhullich
- b Spikes Spicean
- c Back track Slighe air ais
- d Chancer Cealgar
- e Yellow Belly Bru-bhuidhe
- f Winger Wall Thar a' Bhearrach
- g Cascade Eas
- h G&T Gully Clais G&T
- i Pin Ball Alley Cadha pin-ball

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Avielochan Cottages

Situated by a small loch, Avielochan Cottages provide comfortable self-catering holiday accommodation with spectacular views of the Cairngorms. Avielochan is a special place in the Cairngorms National Park where you will experience peace and tranquility amidst some of the best scenery in the Scottish Highlands.



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Loch Ness Lodge Hotel

The Hotel is a privately owned 3 Star rated hotel situated in Drumnadrochit, close to one of the most famous stretches of water in the world 'Loch Ness'. The hotel dates back to 1740 and is set in acres of woodland. The hotel is open during the summer and autumn months and its charming location boasts beautiful views of both the village and the surrounding striking woodland area, where it's not unusual to spot a famous Highland red deer or a bird of prey soaring above. A perfect base for activity holidays for all ages.

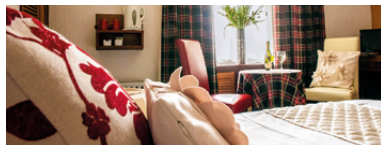
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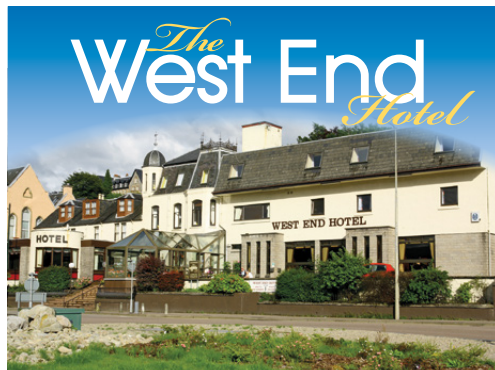
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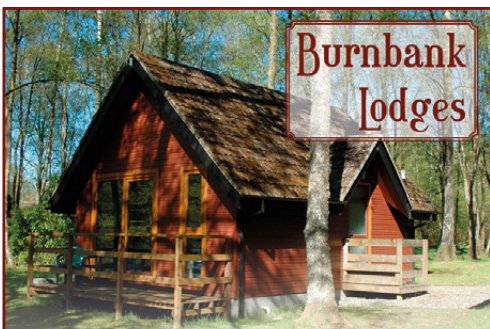
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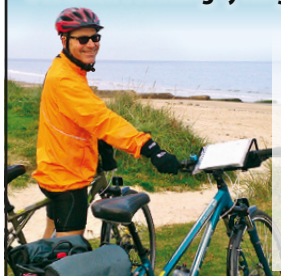
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THE OUTER HEBRIDES, ORKNEY & SHETLAND

White sandy beaches, rocky headlands and a wildly beautiful interior give the islands an other-worldly atmosphere.

Arriving on a Scottish island, whether journeying by sea or air, always feels so much more than an ordinary adventure – and the Outer Isles offer the chance for adventure like no others.

The Outer Hebridean islands are located at the western edge of Europe amid the North Atlantic just off Scotland's west coast. The famous white sandy beaches, including vast Luskentyre and Huisinish on the Isle of Harris and Vatersay on Barra, as well as crystal-clear turquoise seas, have given the island chain the nickname the "Hawaii of Britain".

This 130-mile long and picturesque archipelago is an obvious attraction for active visitors with opportunities to learn a variety of watersports.

Surfing is popular for both beginners and more experienced surfers. Hotspots include Bragar,

Eoropaigh, Dail Mor, Shawbost and Mangersta on the western shores of Lewis, as well as quiet beaches on the southern island of Barra.

With wind and waves in plentiful supply, the islands are also perfect for kitesurfing, especially at spectacular Uig Sands on the Isle of Lewis and the more sheltered waters around Vatersay Island.

SurfLewis is the first company on the island to introduce coasteering. The two-hour adventure for small groups, sees participants in wetsuits traversing the coast near Tolsta by wading through rock pools, scrambling on rocks, jumping, swimming in mini lagoons and exploring caves.

Barra Surf and Coastal Adventures also guide coasteering outings on the wilder west coast, where you can

explore water gullies, caves and beautiful rock formations with jumps and short swims.

This southern Hebridean company has launched thrilling seal snorkelling trips too, with fantastic opportunities to have close encounters with notoriously inquisitive Atlantic grey and common seals.

Scotland's newest Snorkel Trail is found on Harris, where there are six hotspots highlighted for seeing sealife below the water.

Another way to immerse yourself in the natural wonders of the Hebridean shoreline is by sea kayak or the more novice-friendly sit-on kayak. Paddlers might be lucky enough to spot an array of sea birds as well as dolphins, basking sharks and even whales.

Another memorable experience is paddling over the cockle beach

Serious surfers love the Orkney winter swells, which can reach up to 15 m or 50 ft!





Q Autumnal walk, Lews Castle, Stornoway, Isle of Lewis

– Traigh Mhòr – at Barra that also serves as the island’s unique beach airport. This trip is done on evenings when the airport is closed!

The huge Harris beach of Scarista is ideal for another sport, windkiting. At low tide you’ll often spot people whizzing across the sand on what looks like a small yacht on wheels. You can give this a go with the Harris Outdoor Centre.

Inland in the Outer Hebrides there is a surprisingly diverse landscape to explore. By road bike you could ride a total of 10 islands, linked together by causeways and short ferry rides, on the 185-mile waymarked Hebridean Way from Vatersay in the south to the Butt of Lewis in the north.

Battery powered Segways provide a peaceful form of transport, especially if you enjoy spotting wildlife, in the grounds of Lews Castle, Stornoway, or further afield in nearby countryside.

The Outer Hebrides provide a stepping stone to another unique Scottish archipelago, the stunningly located St Kilda islands.

Board a cruise boat or yacht to visit these remarkable National Trust for Scotland owned-islands, which are famed for their cliffs and sea stacks that also create the most important seabird breeding station in north-west Europe.

Further north, the Orkney islands offer more adventures

for outdoors fans. Visitors can combine a number of activities with a treasure trove of historical and archaeological discoveries.

On Orkney Mainland, a kayak tour explores the Churchill Barriers and several islands in the sheltered waters of Scapa Flow. The barriers were built in the 1940s as naval defences and are now road causeway links between the southern islands.

The clear waters of Scapa Flow, a 50-square mile lagoon, that hides sunken battleships, merchant trawlers and a scuttled fleet of WWI German warships, are widely regarded as one of the world’s best diving spots. Ideal if you want to join a snorkeling outing.

Some of Orkney’s ancient history can be discovered on



MOUNTAIN BIKE & CYCLE TRAILS

Guide to Mountain Bike Routes

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

ORKNEY - PREHISTORY LOOP RIDE (Route 1)

Cycle Route:  **Medium** - 40 miles

Starting Point: Finstown, Orkney

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

For more information on
the Outer Hebrides,
Orkney & Shetland go to:

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Off Churchill Barrier No3, connecting Glimps Holm and Burray, Orkney



Q Exploring the rockpools, Birsay, Orkney

two wheels, pedaling between the fascinating archaeological locations of the UNESCO Heart of Neolithic Orkney World Heritage Site.

This incorporates the ancient settlement of Skara Brae, the Ring of Brodgar stone circle, the Standing Stones of Stenness and a chambered tomb at Maeshowe.

Don't forget to visit the Ness of Brodgar excavations, whilst visiting the Ring of Brodgar too – some of the recent finds here are quite remarkable.

Orkney is also popular with climbers, who come to cross off routes on coastal crags and cliffs, as well as the iconic 137 m tall sea stack, the Old Man of Hoy.

Further north still, the islands of Shetland provide a destination for history and wildlife lovers. The islands are home to 6,000 special archaeological sites

including the Old Scatness dig and Jarlshof.

Impressive seabird colonies and bird rarities are also found on Shetland.

For an unforgettable trip, take an evening boat to the island of Mousa to see and hear many thousands of storm petrels nesting in the only complete broch in the world.

Coasteering and kayaking are popular sports in many locations around the Shetland Isles, from secluded bays to rugged sections of cliffs and rocks. The unique geological landscape of the islands has also created an array of rock climbing and abseiling routes.

If you are looking for an active adventure break in a beautiful and wildlife rich destination, the Outer Isles are highly recommended 🏠

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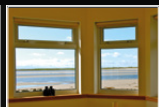
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PERTSHIRE, DUNDEE & ANGUS AND THE KINGDOM OF FIFE

With so much fun to be had in this region, you'll feel like a child in a pick-and-mix activity shop.

You could spin down a hillside, jump from a cliff or plummet from a bridge. For those who like their activities a little calmer, why not float on a tranquil loch or Segway through the countryside?

Whatever your age, energy levels and aspirations for adventure, this region is the place for discovering your perfect activity in the hills, gorges, canyons, at the coast and on lochs and rivers.

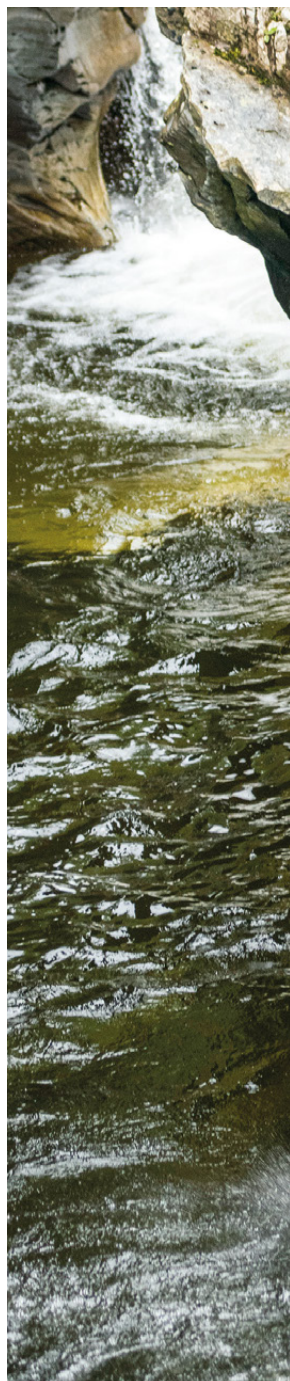
A great place to start is with high expectations. Experience the freefalling exhilaration of a tandem skydive at St Andrews in Fife or at Errol in Perthshire. Glamis Castle in Angus is the launch pad for hot air ballooning, which can also be done in Auchterarder, Balado and Bridge of Earn.

Thrilling water-based sports are popular in Perthshire. The faster-flowing Tummel and Garry rivers

can be navigated on all kinds of inflatable crafts, such as river bugs, sledges, tubes, two-person fun yaks and group rafts. More action is to be found with river boarding, which utilises boogie boards and swimming fins, to voyage through swirling rapids.

The goal of another activity called aqualining is to stay above the water. A slackline over Calvine Gorge, north of Blair Atholl, challenges participants to put their balance to the ultimate test to cross 10 ft above the water.

Other gorges, such as Keltney Burn, Acharn Canyon and the tree-lined Falls of Bruar, Blair Atholl, all in Perthshire, as well as Reekie Linn in Glen Isla, in neighbouring Angus, are hotspots for canyoning. Canyoneers wear wetsuits, life jackets and helmets for an exciting journey descending cliffs and waterfalls by sliding, abseiling, jumping and swimming.





The Canyoning Company describes a descent of Acharn Canyon, near Loch Tay, as "short but sweet and with an epic finish that is a 30 m abseil slide".





Q Mountain biking at Lochore Meadows Country Park, Fife

A wooded gorge that drops to the River Garry at the Pass of Killiecrankie, near Pitlochry, is the place for a daring bridge bungee, plunging jumpers 40 m at speeds of up to 50 mph. For further thrills, try a new activity in the same gorge on a harnessed bridge swing called Highland Swing.

Thrill-seekers can also go spinning down a hillside in an inflatable zorb (or sphere) at Dunkeld in Perthshire, or “zip” through the air at a tree-top adventure park in a glen near Crieff.

Off-road vehicles provide more fun, including quad biking, child-friendly mini quad-pods and Segways in the countryside around Crieff. You can even drive a tank at Auchterhouse, near Dundee.

In the Year of Young People 2018, why not book your mini

adventurers into a day at the Wee Limits Adventure Academy? Nae Limits has partnered with the National Trust for Scotland to create adventure days for kids that include forest play, leadership skills, rafting, tree climbing and bushcraft.

However, your choice of outdoor activities does not need to be all about adrenaline. A gentler style of river journey can be enjoyed on stand-up paddleboards (SUPs) and in family-friendly Canadian canoes. In Angus, the picturesque Esk or Isla rivers and Forfar Loch offer sheltered waters.

Outdoor Explore and Perthshire Wildlife have teamed up to offer guided Canoe Beaver Safaris in several locations, including White Loch in Blairgowrie and on the rivers Isla and Ericht. Imagine the wonder of spotting beavers in the wild.

History fans can canoe to an island in Clunie Loch, also near Blairgowrie, to spot remnants of an old castle once used by one of the first kings of Scotland. The island is in fact a man-made crannog. On Loch Tay, another large crannog is famed as the ancient burial place of Queen Sybilla, wife of Alexander King of Scots.

On the River Tay, Beyond Adventure offers a fascinating insight into hydrology and wildlife during canoe safaris at dawn and dusk. More wildlife spotting opportunities can be discovered on canoe trips on the rivers Tummel and Garry.

The Angus coast is a favourite location for sea kayakers with the bays of Lunan, Montrose and Carnoustie providing the perfect setting for wildlife spotting. On the Firth of Tay, kayak trips leave Broughty Ferry for Tentsmuir



MOUNTAIN BIKE & CYCLE TRAILS

Guide to Mountain Bike Routes

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

COMRIE CROFT TRAILS

MTB Routes: ■ 4 km ▲ 8 km ◆ 5.3 km

■ Skills area & pump track Location: Between Crieff and Comrie, Perthshire
www.comriecroftbikes.co.uk

HIGHLAND PERTSHIRE

MTB Routes: ● 30 km ■ 110 km ▲ 68 km

Location: Across Perthshire
www.highlandperthshirecycling.co.uk

WADE'S BRIDGE TO RIVER LYON

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

LOCH ORDIE CIRCUIT

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

CARIE TRAIL, LOCH RANNOCH

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

GLEN TILT

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

DUNDEE - TEMPLETON TANGLE & CAMPERDOWN PARK

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

ANGUS

MTB Routes: ● 23 km ■ 68.5 km ▲ 36.5 km
◆ 24.5 km Location: Across Angus
www.dmbins.com/tayside-fife

FIFE

MTB Routes: ● 12 km ■ 23 km ▲ 16 km
Location: Across Fife
www.dmbins.com/tayside-fife

ALYTH BIKE PARK

MTB Routes: ■ 0.6 km ■ 400 m skills area and 200 m pump track
Location: Alyth Hill, Alyth
www.dmbins.com/tayside-fife

LOCH LEVEN HERITAGE TRAIL

Cycle Route: ● Easy - 13 miles
Starting Point: The pier, Kinross
www.lochlevenheritagetrail.co.uk

DUNDEE TO ARBROATH (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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Q The new Bridge Swing experience, Killiecrankie, Perthshire



Q Canoeing on Loch Tay, Kenmore

Forest National Nature Reserve to see seals, and it is also possible to spot dolphins in the area too.

Still by the sea, stunning West Sands beach at St Andrews in Fife is popular for power kiting, kitesurfing and land yachting. You can try these wind-powered sports or watch with awe as others pull off tricks. Also on the Fife coast, Elie Chain Walk allows you to safely traverse cliffs above the sea.

If you like to explore by bike, there is a vast network of peaceful country roads, traffic-free paths and mountain biking routes across the region. In Perthshire, Bike Trax, at Highland Safaris in Dull, is the place to hone mountain biking skills before taking on the swooping fun of nearby Comrie Croft trails.

Fife's Lochore Meadows Country Park has a new network of off-road trails and a jump park. How about a pony trek once you are all pedalled out? Nearby, a new and innovative circuit for road cyclists has been built. The 1.6 km traffic-free Fife Cycling

Circuit is for individual riders, clubs and events.

In Angus, a wilderness ride for experienced mountain bikers called Capel Mounth starts from Glen Doll Forestry Commission car park, while you'll find graded MTB trails in Templeton Woods in Dundee and in the grounds of historic Glamis Castle.

For a city route with a difference you could swap two wheels for your running shoes. Run the Sights Dundee leads runners on city tours via tourist attractions. The City Centre Smasher takes you to sights such as the City Square, The McManus: Dundee's Art Gallery and Museum, and the Tay Bridges, while a Discovering Dundee tour includes contrasting scenes of both old and new Dundee. Also in Dundee, at the waterfront a new wakeboarding park, Foxlake Dundee, has opened.

Whatever you choose in the pick-and-mix store, you're sure to create many memories ☼

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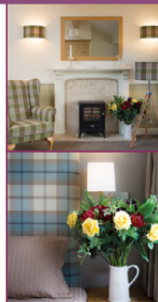


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See the Scottish Outdoor Access Code for further information, especially if you're camping or have a dog with you.

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



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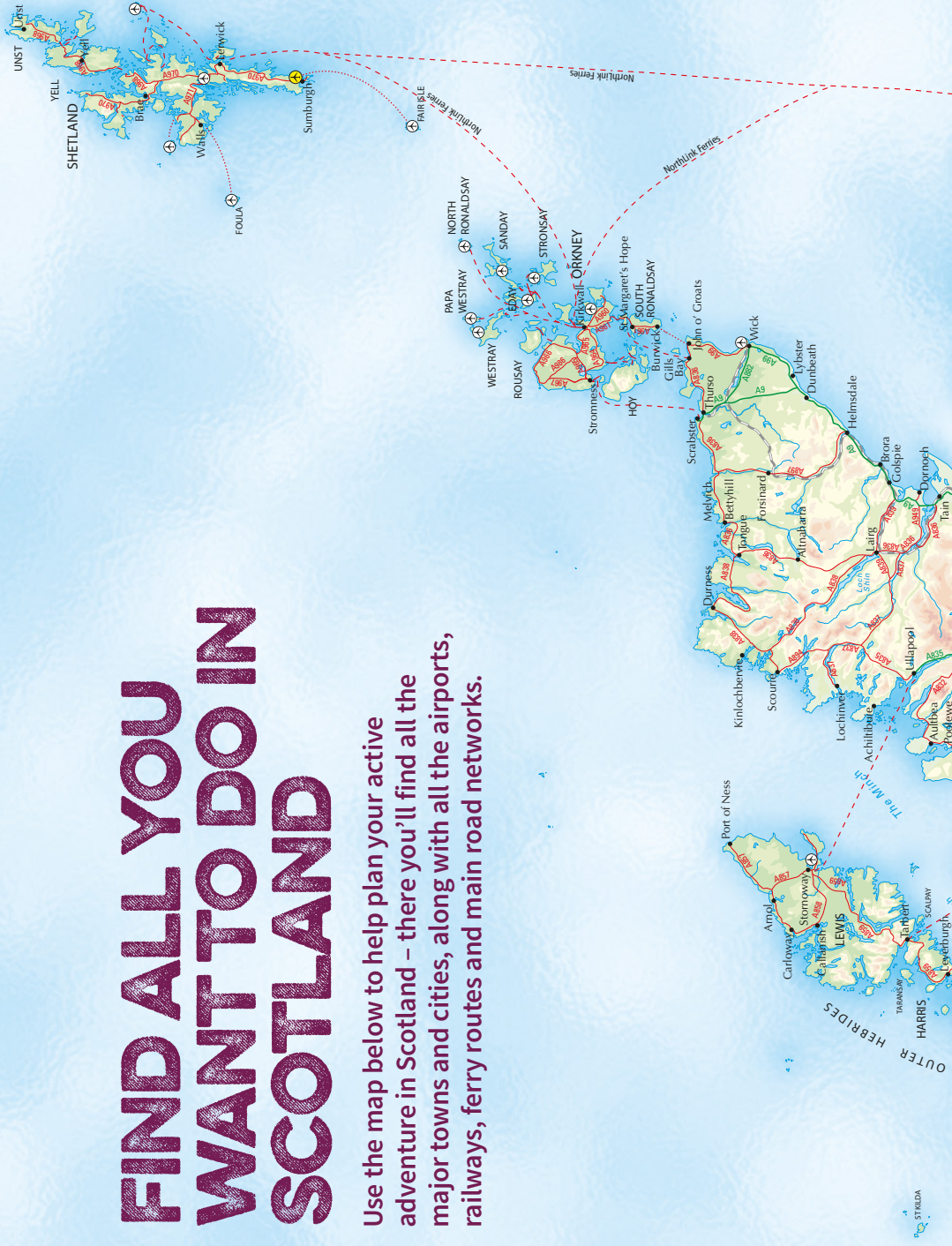


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



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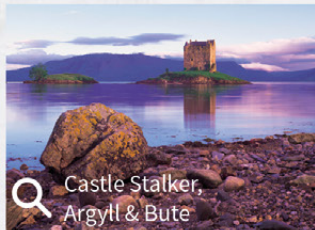
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Shulista wigwams, Isle of Skye



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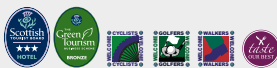


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www.bamff.co.uk

BLAIRGOWRIE



★★★ HOTEL

B&B prices from £55

The Angus Hotel

Blairgowrie's premier leisure hotel is one of only four in Perthshire with a modern fully equipped leisure club and indoor pool. Set in the pretty county town of Blairgowrie, the hotel is perfectly situated for outdoor activities like snowsports at Glenshee and mountain biking in Dunkeld and Pitlochry.



T: 01250 872455

E: reservations@theangushotel.com

Wellmeadow Blairgowrie PH10 6NH

www.theangushotel.com

DUNKELD



SELF-CATERING

SC prices from £40 prpn

Kennacoil

Glamping pods and recently refurbished cottages. Nestled in the stunning Perthshire hills, Kennacoil is close to many outdoor activities, from peaceful walks to adrenalin-fuelled adventures! The Hermitage walk is nearby and we are an easy drive to white water rafting, and even bungee jumping!

T: 01350 723333

E: enquiries@kennacoil.co.uk

Kennacoil House, Dunkeld, Perthshire PH8 0BP

www.kennacoil.co.uk

GLENSHEE



SELF-CATERING

SC prices from £709 pw

Drumfork Estate

Drumfork Estate offers dog friendly accommodation for 6 and 8 guests in three newly renovated cottages, with private hot tubs. Nestled in the perfect location for outside adventures whether that is hillwalking, skiing in Glenshee or golfing, it also provides an ideal place to relax and enjoy the idyllic surroundings.

T: 0333 210 1055

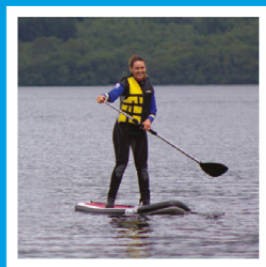
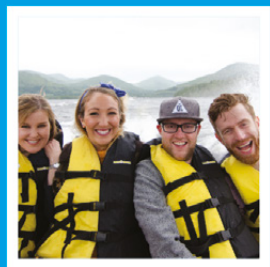
E: info@solidluxury.co.uk

Drumfork Estate, Blacklunans, Glenshee PH10 7JY

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AIRPORT INFORMATION

Aberdeen
T: 0844 481 6666
www.aberdeenaairport.com

Edinburgh
T: 0844 448 8833
www.edinburghairport.com

Glasgow
T: 0844 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
Company Ltd.
www.virgintraineastcoast.com

Virgin Trains
www.virgintrains.co.uk

Sleeper Services

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

ScotRail
www.scotrail.co.uk

BY SEA

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

DFDS Seaways
www.dfdsseaways.co.uk

P&O Irish Sea
Larne - Cairnryan:
2 hours (runs March - October)
1 hour 45 minutes
by Superferry (runs all year)
T: 0800 130 0030
www.poferry.com

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

BY COACH

Eurolines is Europe's express coach network serving over 500 destinations throughout Europe and Ireland.
T: 08717 818 177
www.eurolines.co.uk

National Express operates express coach services from all over the UK to Scotland.
T: 0871 781 8181
www.nationalexpress.com

Getting around Scotland

BY AIR

There is an excellent internal air network connecting the

islands and several regional airports to the main airports of Aberdeen, Edinburgh, Glasgow & Inverness.

Flybe
T: 0371 700 2000
www.flybe.com

Direct Flight
T: 01234 757 766
www.directflight.co.uk

Eastern Airways
T: 08703 669 100
www.easternairways.com

BY RAIL

ScotRail
T: 0344 811 0141
www.scotrail.co.uk

BY COACH

Scottish Citylink is the largest operator, linking over 200 towns and cities across the country.
Scottish Citylink
T: 0871 266 3333
www.citylink.co.uk

POST BUS

Carries fare paying passengers with the mail in rural areas where there is no other form of transport.
T: 03457 740 740
www.royalmail.com

BY TRAM

Edinburgh Trams operates a 8.7 mile tram route between Edinburgh Airport and York Place in the city centre.
T: 0131 555 6363
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 130 inhabited islands, so ferries are important. The islands can be divided into four main groups - the Inner Hebrides, the Outer Hebrides, the islands of the Clyde Estuary, all off the west coast, and Orkney and Shetland to the north.

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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Traveline Scotland
T: 0871 200 2233
www.travelinescotland.com
Traffic Scotland
T: 0800 028 1414
www.trafficscotland.org



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