

OUTDOOR EVENTS 2009



the National Trust
for Scotland
a place for everyone



www.nts.org.uk



tel: 0844 493 2100
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WHY JOIN?

As a member there are many fantastic benefits for you to enjoy:

- Free entry to all of our fabulous places of interest throughout Scotland.
- Free entry to properties in the care of the National Trust in England, Wales and Northern Ireland.
- Free entry to properties in other parts of the world owned by Heritage Trusts with whom we have reciprocal entry arrangements.
- Regular member's magazine, *Scotland in Trust*, an award-winning publication that keeps our members up-to-date with what we are doing.
- The *Guide 2009*, our annual member guide listing all of our wonderful places, with travel guidance, opening times, facilities, etc.
- Free car parking at properties where parking charges are levied (applicable to National Trust properties too).

A very important additional benefit is the fact that you know, by being a member, you are helping to support the work that we do. Your contribution will make a difference!



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| ■ BEN LOMOND | ■ KINTAIL & MORVICH |
| ■ BRODICK CASTLE, GARDEN & COUNTRY PARK and GOATFELL | ■ MAR LODGE ESTATE |
| ■ GLENCOE & DALNESS | ■ ROCKCLIFFE |
| ■ GREY MARE'S TAIL NATURE RESERVE | ■ TORRIDON |
| ■ INVERWE GARDEN | ■ ST ABB'S HEAD NATIONAL NATURE RESERVE |
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IN ASSOCIATION WITH TISO AND SYHA

The National Trust for Scotland Countryside Management programme is supported by



Scottish Natural Heritage
All of nature for all of Scotland



BEN LOMOND

Scotland's most southerly Munro provides spectacular views of the Highlands to the north and the Lowlands to the south. The property is part of the Ben Lomond National Memorial Park, designated in 1995 as a memorial to those who gave their lives in both world wars. Much of the property is a Site of Special Scientific Interest because it holds remnants of the full range of upland plant communities, from low to high altitude. There are also many archaeological sites relating to the medieval and post-medieval farming periods.

- April and May are a good time to experience the oak woodlands at their best, with a great show of bluebells and plenty of birdlife
- Walking routes range from mountain paths and forest walks to the low-level Ardess Hidden History Trail or loch-side walk following the West Highland Way
- Ranger guided walks will help you get to know Ben Lomond in the company of an expert



REACH THE TOP

Sunday 3 May and Friday 31 July
10.00am–4.30pm

A full-day hillwalk up to the summit of Ben Lomond. Enjoy the views, wildlife and history of the area with ranger guides who work on the hill and know it well. At approx 13km, this is a long hillwalk, fairly steep in sections, along a rough hill path. A high level of fitness is required.

£15 adult (over 16 years only please).

Booking required.

For information and bookings contact 0844 493 2217.

A STROLL INTO HISTORY

Every Thursday from 2 July to 27 August
1.00–3.00pm

The ranger service will reveal the signs of life in past times on Loch Lomondside, with regular short walks around the Ardess Hidden History Trail. The trail links archaeological traces of farming and other activity from 200 to 600 years ago. Meet outside the information building at Rowardennan car park. This is a low-level, easy to moderate walk at 1.5km. Stout shoes or boots required.

£2 adult (children under 12 free).

Booking required.

For information and bookings contact 0844 493 2217.



HIDDEN GEMS AMONGST THE CRAGS

Sunday 5 July
10.00am–5.00pm

Discover some of the scarcer alpine plants that have survived the ravages of people and time on this popular mountain. A full-day hillwalk up to the Ptarmigan ridge on Ben Lomond. This walk doesn't take in the Ben Lomond summit, but will still provide great views over the surrounding area. Approx 10km long, this is a steep walk, much of it over rough ground. A high level of fitness is required.

£15 adult (over 16 years only please).

Booking required.

For information and bookings contact 0844 493 2217.

BRODICK CASTLE, GARDEN & COUNTRY PARK and GOATFELL

Brodick Castle & Country Park is unique in being the only island country park in Britain, and there are over 10 miles of waymarked trails and abundant wildlife to be enjoyed here. The castle offers 800 years of history, a fabulous collection of valuable artefacts, a formal walled garden and stunning views over Brodick Bay to the Ayrshire coast. Part of the estate includes Goatfell, the highest peak on Arran, which rewards climbers with fantastic views over the island and beyond.

- Highland cows, woodland trails, waterfalls
- Adventure playground
- Three national collections of rhododendron that flower in almost every month of the year
- Ranger service available





SPRING WOODLAND WALK

Monday 4 May
10.00–11.30am

The birds, the bees and the scents of spring – join us in a walk around our woodlands and garden to experience the coming of spring. Stout shoes required. Suitable for all ages.

Free with entry to Brodick Country Park.

Booking not required.

For information contact 0844 493 2154.

A WALK UP MAOL DONN

Thursday 4 June
10.00am–3.00pm

Join National Trust for Scotland and Forestry Commission rangers on this moderately strenuous hillwalk across moorland and into woodlands, which includes a steep ascent and some off-path walking. There is a good chance of seeing several birds of prey including hen harriers, peregrines and maybe even golden eagles. Stout walking shoes/boots and waterproofs required.

£15 adult, £8 child (under 18), £35 family.

Booking essential.

For information and bookings contact 0844 493 2154.

NORTH ISLAND WILDLIFE SAFARI

Thursday 11 June
10.00am–4.00pm

A Landrover safari of the north end of Arran to look at bird life, moorland and coastal wildlife.

£20 adult, £10 child (under 18), £50 family.

Booking essential.

For information and bookings contact 0844 493 2154

DEER CALF WALK

Thursday 25 June
10.00am–4.00pm

Join National Trust for Scotland and Forestry Commission rangers for a unique chance to glimpse this year's new-born deer calves. This strenuous hillwalk takes us into moorland with some steep ascents and off-path walking. The reward will be a closer look at the new-born deer calves, and any other wildlife along the way! Walking boots and waterproofs required.

£15 adult, £8 child (under 18), £35 family.

Booking essential.

For information and bookings contact 0844 493 2154.

A WALK UP GOATFELL

Every Wednesday from 1 July to 26 August
10.00am–5.00pm

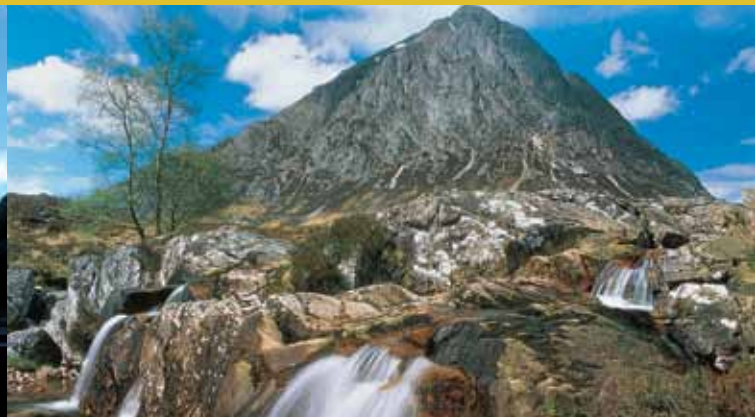
Climb to the very top of Arran! On a clear day we will be rewarded by magnificent views. This is a strenuous hillwalk, so walking boots and waterproofs are required.

£20 adult, £10 child (under 18), £50 family.

Booking essential.

For information and bookings contact 0844 493 2154.





GLENCOE & DALNESS

With towering mountains sweeping down on both sides, Glencoe is at once spectacularly beautiful and yet strangely forbidding. Glencoe is also the cradle of Scottish mountaineering and the area provides some of the finest climbing and walking in the Highlands.

- Award-winning, eco-friendly visitor centre
- Wildlife Landrover safaris
- Dramatic views and scenery
- Exciting interactive exhibition
- Visit the Outlook Station and Viewing Platform
- Ranger service available



LANDROVER SAFARI

Every Thursday and Sunday from 2 April to 29 October
10.15am–1.30pm

Every Tuesday from 7 July to 25 August
Every Tuesday from 6 to 27 October
1.15–4.30pm

A Landrover tour of Glencoe transports you through the glen, going slightly off the beaten track. We'll give you three hours of history, geology, wildlife and more! Bring binoculars, camera and a snack (optional).

£20 adult, £10 child.

Booking essential.

For information and bookings contact 0844 493 2222.

WOODLAND WALK

Saturdays 13 June, 4 July, 8 August, and 10 October
10.00am–12noon

A low-level walk through An Torr woodland. Hear about the Glencoe Massacre and enjoy views through the trees from the legendary Signal Rock. Learn about the geology of Glencoe and the fantastic flora that lives here. Bring walking boots and waterproofs. Meet at Glencoe Visitor Centre, from where a short drive will take you to the starting point.

£5 adult, £2.50 child (under 16).

Booking essential.

For information and bookings contact 0844 493 2222.

HIDDEN HANGING VALLEYS

Saturdays 20 June, 18 July, 15 August
and 17 October
10.00am–2.00pm

Come and enjoy a medium-level walk to one of Scotland's most famous hanging valleys, Coire Gabhail. This walk goes up into the hidden valley where fantastic views of Glencoe can be seen. Learn about the local environment and maybe catch a glimpse of red deer or a golden eagle. Bring walking boots, waterproofs, spare clothes, packed lunch and a drink. Meet at Glencoe Visitor Centre, from where a short drive will take you to the starting point.

£10 adults, £5 child (under 16).

No unaccompanied under 16s and no under 10s.

Booking essential.

For information and bookings contact 0844 493 2222.

THE BUACHAILLE

Saturdays, 27 June, 25 July, 22 August
and 24 October
9.00am–5.00pm

A high-level walk along the ridge of Buachaille Etive Mor. This full-day walk along the iconic ridge has spectacular mountain scenery to be viewed in all directions, and fantastic wildlife to discover. Bring walking boots, waterproofs, spare clothes, packed lunch and a drink. Meet at Glencoe Visitor Centre, from where a short drive will take you to the starting point.

£20 adult (adults only).

Booking essential.

For information and bookings contact 0844 493 2222.



HIDDEN HANGING VALLEYS GEOLOGY WALK

Wednesday 3 June
10.00am–2.00pm

Help us celebrate European Geopark Week with a medium-level guided walk concentrating on geology to Coire Gabhail, Glencoe's infamous 'Glen of Capture'. Join Lochaber Geopark geologist Jim Blair and a Glencoe ranger, who will explain the wildlife, history and geology which abound in this special place. Bring a packed lunch, walking boots, waterproofs and spare clothes. Meet at Glencoe Visitor Centre, from where a short drive will take you to the starting point.

£10 adult, £5 child (under 16).

No unaccompanied under 16s and no under 10s.

Booking essential.

For information and bookings contact 0844 493 2222.

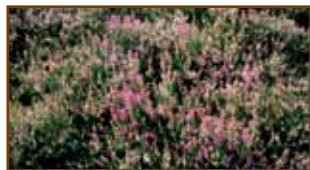




GREY MARE'S TAIL NATURE RESERVE

This is an area of dramatic glacial scenery, and Grey Mare's Tail waterfall is one of the most spectacular landmarks in southern Scotland. The Tail Burn plunges 61m (200ft) into a gorge, forming the fifth highest cascade in Britain. Upland footpaths lead to beautiful Loch Skene and the surrounding hills, including White Coomb, the highest hill in Dumfriesshire.

- Best site for alpine and mountain plants in the south of Scotland
- Britain's rarest fish, the vendace, has recently been introduced to Loch Skene as part of a species recovery programme
- One of Britain's rarest ferns, the oblong woodsia (*Woodsia ilvensis*), has been reintroduced here as part of a species recovery programme
- Look out for peregrines and ring ouzels, along with feral goats, otters and mountain hares
- Ranger service available



FLORA, FAUNA AND FOSSILS

4 May, 22 July, 5 August, 12 August
1.00–4.00pm

Join the ranger on a 2-mile wildlife ramble in the Moffat Water Valley, to see the rich flora and fauna of the area. We will visit Dob's Linn, a renowned fossil site where we are guaranteed to find plenty of graptolite fossils. You'll also hear the fascinating story of how Dob's Linn got its name. The walk leaves from the car park at Grey Mare's Tail. Although the route is fairly level, it is not on established paths and in places the terrain is quite rough. Getting to the fossil site involves a few burn crossings.

£4 adult, £2 child.
Booking essential.

For information and bookings contact 0844 493 2249.

WHITE COOMB AND LOCHCRAIG HEAD

Saturdays 20 June and 29 August
10.00am–4.00pm

Enjoy a real mountain experience in search of upland wildlife and spectacular views. This strenuous walk goes up past Grey Mare's Tail to Loch Skene, then round the tops to White Coomb, the highest point in Dumfriesshire.

£5 adult, £3 child.
Booking essential.

For information and bookings contact 0844 493 2249.



MOUNTAIN WILDFLOWER IDENTIFICATION

Saturday 25 July
9.00am–5.00pm

The Moffat Hills is the best area in southern Scotland for mountain plants. During a full day out on the hills, you will be guided through the use of keys to identify the flowers you find. Please bring wildflower books (*The Wildflower Key* by Francis Rose is recommended) and a hand lens if you have one.

For novice and improving botanists.

£10 adult, £5 child.

Booking essential.

For information and bookings contact 0844 493 2249.

MINIBEAST SAFARI

Wednesday 29 July
2.00–3.00pm

Join the search for minibeasts of grassland and burn in the dramatic setting of Grey Mare's Tail. We'll be using nets to sweep through vegetation, seeing what's lurking under boulders and guddling in the burn to find such treasures as dung beetles, slugs and mayfly nymphs.

£1 child (accompanying adult free).

Booking essential.

For information and bookings contact 0844 493 2249.

HOW TO IDENTIFY FERNS

Saturday 8 August
9.00am–5.00pm

Some 25 species of fern and fern allies (horsetails and club mosses) have been recorded around Grey Mare's Tail and Loch Skene. Ferns are beautiful plants, but many people find them hard to identify. During a full day out on the hills, we'll see how many ferns we can find and learn how to identify them. Please bring a hand lens if you have one.

£10 adult, £5 child.

Booking essential.

For information and bookings contact 0844 493 2249.

NATIONAL MOTH NIGHT

Saturday 19 September
9.00pm–12noon

Discover the variety and beauty of moths. Join the ranger as he checks a harmless light trap, left out overnight. For the energetic and enthusiastic, we can then head up into the hills to check more traps. If the weather is kind, we could see up to 30 different species.

Free (donations welcome).

Booking not required.

For information contact 0844 493 2249.

MOUNTAIN NAVIGATION

Sunday 27 September
9.00am–5.00pm

Knowing how to navigate with a map and compass is an essential skill if you want to explore the hills safely. Learn how to do it with a Mountain Leader-qualified ranger. Please bring a map (either Landranger sheet 79, or preferably Explorer sheet 330) and a compass if you have one.

£10 adult, £5 child.

Booking essential.

For information and bookings contact 0844 493 2249.



INVEREWE GARDEN

One of the world's greatest gardens, Inverewe sprang from the realisation of one man's determination and his taste for the exotic. The garden is built on a craggy hillside in a majestic setting on the water's edge of Loch Ewe. Here you will see plants from around the world including Chinese rhododendrons, Tasmanian eucalypts and New Zealand daisy bushes. The woodland has a canopy of Scots Pine trees – a unique feature – which are underplanted with many unusual woodland plants such as *Meconopsis* and primulas, including our own *Primula* 'Inverewe'.

- World-famous walled garden
- Wildlife highlights include otters, pine martens, seals and red deer
- Bird hide with extensive views over Loch Ewe

SEAL SEARCH

Every Tuesday from 7 July to 25 August
10.30am–2.00pm

On this walk we will see the varied coastal and moorland wildlife of the area, as well as visiting the common seal colony. The route is over rough terrain, with some climbing to reach a superb viewpoint. Meet at Inverewe wildlife hide and bring a packed lunch.

£5 adult, £2.50 child.

Booking required.

For information and bookings contact 0844 293 2225.

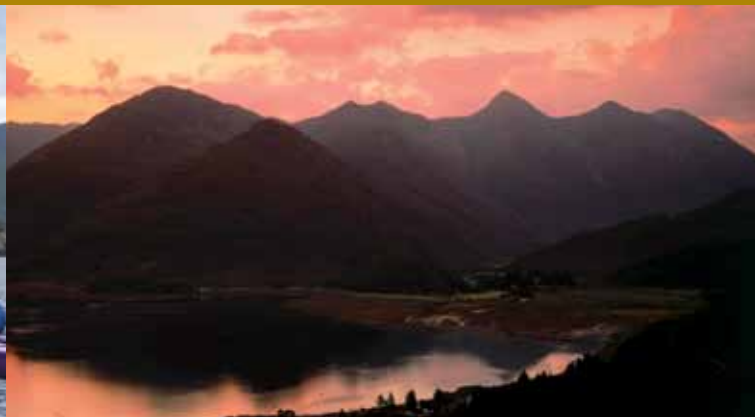


KINTAIL & MORVICH

This magnificent stretch of West Highland scenery is a walker's paradise, and includes the Falls of Glomach and the Five Sisters of Kintail. The Falls of Glomach are set in a steep narrow cleft in remote country and can only be reached on foot. The best approach is from the Dorusduain car park off the old A87 – a 5-mile walk for which you should allow 5 hours for the round trip. Or, for very fit and experienced walkers, leave the car by the Ling bridge, at the north end of Loch Long, and take the long route along Glen Elchaig before making the steep climb to the Falls. Allow 8 hours for the 7-mile hike.

- Breathtaking views of one of the highest waterfalls in Britain
- Enjoy great Highland scenery
- Ranger service available





SEA KAYAKING TASTER DAYS

Friday 3 April to Sunday 11 October
4 hours from 10.00am

Come and see landscapes from a totally different perspective – from a sea kayak! Our experienced instructors are also countryside rangers so their knowledge of the area and the abundant wildlife is second to none. The day involves kayak instruction to master some basic skills and then exploration along the coast to visit islands and see wildlife. Cost includes full kayaking instruction and rental of all sea kayaking equipment.

£45 adult, £25 child (10 years and over).

Family discounts available.

Booking essential.

For information and bookings contact 0844 493 2231.

BEGINNER SEA KAYAKING COURSE

Monday 25 May–Wednesday 27 May
Tuesday 25 August–Thursday 27 August

Aimed at first-time paddlers or those with limited experience. Learn the skills and techniques to enable you to explore the west coast of Scotland – one of the best coastlines for this sport, not just in Scotland, but in the world. Cost includes full kayaking instruction, rental of all sea kayaking equipment and self-catering accommodation. Course arrival is the evening before.

£195 per person.

Booking essential.

For information and bookings contact 0844 493 2231.

INTERMEDIATE SEA KAYAKING COURSE

Monday 25 May–Thursday 28 May
Tuesday 25 August–Friday 28 August

Aimed at paddlers who have some experience but who would like to broaden their skills and techniques. We are able to access an enormous variety of venues – from sheltered sea lochs and island archipelagos to the dramatic coastline of the Skye and the Inner Sound. There will be an opportunity for a one or two night camping expedition if conditions are suitable. Cost includes full kayaking instruction, rental of all sea kayaking equipment and self-catering accommodation. Course arrival is the evening before.

£260 per person.

Booking essential.

For information and bookings contact 0844 493 2231.

FIVE SISTERS OF KINTAIL GUIDED WALK

On request from 1 June until 30 September
9.00am for approx 12 hours

Experience stunning mountain scenery along one of Scotland's most famous ridges and take in three Munros. Learn about mountain plants, or maybe see red deer, golden eagles and ptarmigan. Bring walking boots, waterproofs, spare clothes, packed lunch and drink. Meet at the Countryside Centre, Morvich.

£45 (adults only). Minimum group size 4.

Booking essential.

For information and bookings contact 0844 493 2231.



OTTERS AND ORCHIDS GUIDED WALK

Every Wednesday 3 June to 26 August
10.00am for approx 2 hours

A low-level coastal walk near Plockton, through the wild flowers of the crofting meadows of Drumbuie and Port an Eorna. Learn about the crofting way of life, past and present, or maybe spot the elusive otter. Bring walking boots and waterproofs. Meet outside Plockton Hotel. Transport available.

£5 adult, free for child.

Booking not required.

For information contact 0844 493 2231.

FALLS OF GLOMACH GUIDED WALK

Every Thursday 4 June to 27 August
9.30am for approx 6 hours

Come and enjoy breathtaking views of one of Scotland's highest waterfalls and experience a remote mountain environment. Learn about mountain plants or maybe see red deer and golden eagles. Bring walking boots, waterproofs, spare clothes, packed lunch and drink. Meet at the Countryside Centre, Morvich.

£15 adult, free for child over 10.

Booking not required.

For information contact 0844 493 2231.

MAR LODGE ESTATE

A traditional Highland estate which encompasses four of the five highest peaks in the UK. There are fantastic opportunities for walking and climbing as well as a range of Highland sports. The estate is recognised as one of the most important nature conservation landscapes in the British Isles and a number of sites have been designated Sites of Special Scientific Interest.

- Rare wildlife including all species of grouse, golden eagles, red deer, red squirrels and pine martens
- Opportunities for climbing, wild camping, ice climbing and mountaineering
- Highland sports including red deer stalking, salmon fishing and grouse shooting
- Ranger service available





IN SEARCH OF JOCK'S BICYCLE

Sunday 3 May
2.00–4.30pm

Who was Jock? And why might his bicycle be hidden in the beautiful pinewoods of Glen Quoich? A short walk to explore the rich archaeology and natural history of the pinewoods in Glen Quoich.

£3 adult, £1.50 child (under 16).

Booking required.

For information and bookings contact 0844 493 2173.

DOIRE BHRAGHAD

Sunday 10 May
1.00–4.00pm

'To stand in them is to feel the past.' What secrets can the ancient pinewoods tell of the years they have stood on these hillsides? A mid-level walk through pinewoods and over moorland. This easy climb takes in views of Glen Ey and the Dee, before descending through the ancient pines. Stout footwear and warm/waterproof clothing recommended.

£5 adult, £2.50 child (under 16).

Booking required.

For information and bookings contact 0844 493 2173.

HIGHLAND WILDLIFE

Sunday 24 May
10.30am–4.30pm

Celebration of Biodiversity Week. A six-hour walk in beautiful Cairngorm scenery over heather moor, enjoying the trees, birds, butterflies and flowers on the way, and returning by *'The Hollow of the Alders'*. Stout shoes/boots and warm/waterproof clothing. Bring lunch.

£10 per person.

Booking required.

For information and bookings contact 0844 493 2173.

WALK AND STALK!

Thursday 4 June
6.00–10.00pm

An evening mid-level walk in the company of one of the Trust's stalkers. This is an opportunity to see red deer and hear about the stalker's work on this Highland estate. Short drive in estate vehicle to start point. Stout shoes/boots and warm/waterproof clothing.

£10 adult, £3 child (under 16).

Booking required.

For information and bookings contact 0844 493 2173.

HIGH TOP WALK:

Carn Bhac (Hill of the Peatbanks)

Sunday 14 June
9.30am–5.00pm

A 15-mile hike from the hamlet of Inverey to the summit of this lesser-known Munro, with stunning views of the rest of the Cairngorms. High-level walk (3,000ft+) via track and open hill/moor. Walking boots and warm/waterproof clothing. Bring packed lunch and drinks.

£15 adult, £10 child (under 16).

Booking required.

For information and bookings contact 0844 493 2173.

WALK AND STALK!

Thursday 18 June and 25 June
1.00–5.00pm

An afternoon mid-level walk in the company of one of the Trust's stalkers. This is an opportunity to see red deer and hear about the stalker's work on this Highland estate. Short drive in estate vehicle to start point. Stout shoes/boots and warm/waterproof clothing.

£10 adult, £3 child (under 16).

Booking required.

For information and bookings contact 0844 493 2173.

A WALK IN THE PARKS

Thursday evenings: 18, 25 June; 2, 9, 16, 23, 30 July;
6, 13, 20, 27 August
7.00–8.30pm

An evening stroll in the grounds around the Lodge, with an opportunity to view the interior of the Stag Ballroom, adorned with the Duke of Fife's antler collection. Tea and shortbread included in the price. Bring comfortable, warm clothing suitable for evening.

£2.50 adult, free for child (under 16).

Booking required.

For information and bookings contact 0844 493 2173.

MYTHS AND LEGENDS AROUND BRAEMAR

Sunday 5 July
1.00–5.00pm

Truth or fiction? Come and hear fascinating stories from the past. A mid-level, 6-mile hill walk above the hamlet of Inverey – and a wonderful view of the Cairngorms. Stout shoes/boots and warm/waterproof clothing.

£5 adult, £2.50 child (under 16).

Booking required.

For information and bookings contact 0844 493 2173.



DON'T GET LOST:

An Introduction to Map and Compass

Tuesday 7 July
10.00am–5.00pm

Unravel the mystery of how to navigate. An indoor session, led by a qualified Mountain Leader, will be followed by a moorland walk in Cairngorm scenery to put your new skills into practice. Loan of map and compass included, or bring your own. Bring boots and suitable clothing to wear on the hill, and lunch/drinks. Suitable for families.

£12 adult, £6 child (under 16).

Booking required.

For information and bookings contact 0844 493 2173.

NATURE DETECTIVES

Thursday 9 July and Sunday 9 August
2.00–4.00pm

Family fun for all ages in the woods of Glen Quoich. An opportunity to explore and discover the hidden delights of this picturesque setting of river and woodland. Bug boxes and fishing nets provided!

Wellies useful.

£6 family (£2 unaccompanied children over 21!)

Booking required.

For information and bookings contact 0844 493 2173.



WILD WALKS: The Lairig Ghru (The Dark Pass)

Saturday 18 July

8.00am–8.30pm

A 20-mile walk through Scotland's most celebrated and perhaps finest mountain pass, from the beautiful glens of Deeside to the ancient pinewoods of Speyside. This strenuous all-day hike along tracks and rough paths reaches over 800 metres, so a general level of fitness is needed. Wear walking boots and warm waterproof clothing, and bring plenty of food and drinks. Transport back to Mar Lodge provided at the end of the day.

Places limited, so book early. *(Overnight accommodation may be available – please ring to enquire.)*

£40 adult.

Booking required.

For information and bookings contact 0844 493 2173.

LIVING IN THE PAST – A Stroll Through the Shielings

Saturday 8 August

1.00–4.00pm

A leisurely mid-level walk in a historic landscape. Experience how people may have lived in the 18th-century townships and shielings of Glen Lui. Wear stout shoes/boots and warm/waterproof clothing.

£5 adult, £2.50 child (under 16).

Booking required.

For information and bookings contact 0844 493 2173.

WILD WALKS: The Lairig an Laoigh (The Pass of the Calves)

Saturday 15 August

8.00am–8.30pm

An 18-mile walk through Glen Derry across the Fords of Avon to Glenmore in Speyside – the Cairngorm's second drove route between north and south. This strenuous all-day hike along tracks and rough paths reaches over 800 metres, so a general level of fitness is needed. Wear walking boots and warm waterproof clothing, and bring plenty of food and drinks. Transport back to Mar Lodge provided at the end of the day. Places limited, so book early. *(Overnight accommodation may be available – please ring to enquire.)*

£40 adult.

Booking required.

For information and bookings contact 0844 493 2173.

FASCINATING FUNGI

Sunday 20 September

2.00–4.30pm

Ever seen a cauliflower fungus or a toadstool with teeth? A beginner's guide to the fascinating array of fungi to be found in the pinewoods around the Linn of Dee. Wear stout shoes and outdoor clothing.

£5 adult, £2.50 child.

Booking required.

For information and bookings contact 0844 493 2173.



ROCKCLIFFE

Rockcliffe is a beautiful coastal landscape in the sheltered Urr estuary. A network of small paths running through a mosaic of woodland, meadow and heather-topped granite outcrops offer walkers fantastic views out to Rough Island and the Solway Firth. The wide variety of habitats encourages a huge diversity of wildlife from birds, butterflies and reptiles to marine mammals.

- National Scenic Area
- Fascinating birdwatching on Rough Firth in the winter
- An island you can walk to
- Ideal for families with a nearby beach
- Ranger service available

WALK TO THE DARK AGES

Thursday 10 September
1.00–4.00pm

Visit two hillforts and walk back to the Dark Ages. Join a National Trust for Scotland archaeologist and ranger for a walk from the Mote of Mark to Castlehill Point. Bring walking boots and waterproofs. Meet at Rockcliffe main car park.

£2 adult, £1 child.

Booking essential.

For information and bookings contact 0844 493 2244.



TORRIDON

With some of the most magnificent mountain scenery in Scotland, Torridon is a magnet for walkers, geologists and naturalists. The estate takes in Liathach and Beinn Alligin, composed mainly of Torridonian sandstone dating back 750 million years. Routes to the high tops, and others along the coast, are detailed at the Countryside Centre. You'll also find information about the wildlife on the estate, part of which is in the Beinn Eihe National Nature Reserve. The hide near the seashore offers a perfect vantage point for viewing wildlife where, if you're very lucky, you may catch sight of a pine marten or otter.

- Spectacular Highland scenery
- Look out for red deer, Highland cattle and golden eagles skimming the mountain-tops

ROCK AND A HARD PLACE

Every Monday 6 July to 31 August
11.00am–12.30pm

Life has been hard for both man and beast in the Torridon landscape! Enjoy an easy loch-shore walk, via the deer farm, to discover a unique archaeological mystery.

£3 adult, £1.50 child.

Booking not required.

For information contact 0844 493 2228.



ST ABB'S HEAD NATIONAL NATURE RESERVE

St Abb's Head on the Berwickshire coast is home to thousands of guillemots, kittiwakes, razorbills, shags, fulmars, puffins and herring gulls nesting on narrow ledges from April to August, and the cliffs here offer a spectacular vantage point for observing their behaviour. The Head boasts a wealth of other wildlife which you can learn about at the Nature Reserve Centre, or join a ranger guided walk and enjoy the views along the coast as you go.

- Spectacular clifftop walks
- Landmark site for birdwatchers and wildlife enthusiasts
- Next to our exciting new exhibition, there's a coffee shop, art gallery and textiles shop
- Ranger service available

SEARCHING FOR CETACEANS

Saturday 18 July
11.00am–4.00pm

Come and join the St Abb's rangers who will be scanning the sea for whales and dolphins as part of National Whale and Dolphin Watch Week.

£3 adult, £2 child (all children must be accompanied).

Booking not required.

For information contact 0844 493 2256.

EYEMOUTH VOLUNTARY MARINE RESERVE

SEASHORE SAFARI

Saturday 9 May 10.00–11.30am

Saturday 27 June 12.00noon–1.30pm

Monday 13 July 12.30–2.00pm

(an Eyemouth Herring Queen Festival event)

Monday 10 August 10.30am–12.00noon

Sunday 23 August 10.30am–12.00noon

Come and discover the weird and wonderful watery wildlife to be found in the rockpools of Scotland's only Voluntary Marine Reserve. Great fun for all ages! Wear footwear with a good grip that you don't mind getting wet. Meet outside Eyemouth Swimming Pool.

£3 adult, £2 child (all children must be accompanied).

Booking not required.

For information contact 0844 493 2256.

SEASHORE SAFARI

Wednesday 27 May 10.30am–12.00noon

Friday 24 July 10.00–11.30am

Friday 7 August 10.00–11.30am

Sunday 6 September 10.00–11.30am

Come and discover the weird and wonderful watery wildlife to be found in the rockpools of Scotland's only Voluntary Marine Reserve. Great fun for all ages! Wear footwear with a good grip that you don't mind getting wet. Meet by the Lifeguard's Hut at Coldingham Sands.

£3 adult, £2 child (all children must be accompanied).

Booking not required. For information contact 0844 493 2256.



BEN LAWERS NATIONAL NATURE RESERVE

The central Highlands' highest mountain at 1,241m (3,984ft) has fantastic views to Ben Lomond, Glencoe and the Cairngorms. The Trust's hill ground is a National Nature Reserve (NNR) of international importance, especially for the arctic-alpine flora, and is managed in collaboration with Scottish Natural Heritage.

- Look out for red deer and several common upland birds, such as grouse, ptarmigan and raven
- Variety of walking routes for different levels of experience, including a Nature Trail ideal for families
- Habitat restoration projects with regenerating woodland and scrub
- Ranger service available

CLOSE ENCOUNTERS: A children's walk

Every Tuesday from 7 July to 25 August
10.30am–12.30pm

A ranger-led event where you will meet some of the animals and plants that live on Ben Lawers. Adults must be accompanied by a child (and vice versa). Please wear wellies and waterproofs. Meet at the Ben Lawers NNR car park.

£2 adult, £5 child.

Booking essential.

For information and bookings contact 0844 493 2136.

MOUNTAIN FLOWERS

Thursday 9 July 2009
10.00am–5.00pm

See some of the arctic-alpine plants for which these hills are renowned on this high-level guided walk. Wear walking boots and warm, waterproof and windproof clothing. Bring a packed lunch. Meet at the Ben Lawers NNR car park.

£25 adult, £12.50 child.

Booking essential.

For information and bookings contact 0844 493 2136.

HILLSIDE SAFARI

Every Wednesday from 1 July to 26 August
1.30–4.00pm

Experience some of the varied plant and animal life on the lower slopes of this famous reserve in the company of a ranger. Wear walking boots and warm, waterproof and windproof clothing. Meet at the Ben Lawers NNR car park.

£5 adult, £2.50 child.

Booking not required.

For information contact 0844 493 2136.





There are many other Trust properties where you can enjoy the outdoors, including:

BALMACARA ESTATE

This outstanding, unspoiled coastline has extensive views over the Inner Sound to Skye and the Cuillins. The area is criss-crossed with walking trails through native woodland and open moorland to sheltered bays and the pretty villages of Drumbuie, Duirnish and Plockton.

CASTLE FRASER, GARDEN AND ESTATE

Castle Fraser is a grand baronial castle dating from the 16th century. There are enchanting walled gardens and children will love the 'Woodland Secrets' play area, with lots of places to hide and climb. The mature woodlands offer lovely walks around a tranquil flight pond.

CORRIESHALLOCH GORGE NATIONAL NATURE RESERVE

It's a dizzying and exhilarating experience to look down on the torrent of water plunging 46m (150ft) over the Falls of Measach from the gently swaying suspension bridge. The river here has carved a spectacular mile-long box canyon through the hard metamorphic rock.

CRAIGOWER

A hilltop viewpoint at 407m (1,335ft), with extensive views over the surrounding Perthshire countryside, and beyond. The area is locally important for butterflies, with fourteen species recorded, including the Green Hairstreak in spring and Scotch Argus in the late summer.

CRATHES CASTLE, GARDEN & ESTATE

A magnificent 16th-century tower house set amidst beautiful gardens. Follow one of the waymarked trails out into the surrounding countryside, where an abundance of wildlife can be spotted including roe deer, red squirrels, buzzards, kingfishers and herons.

DOLLAR GLEN

This wooded glen provides spectacular walks to Castle Campbell, and has been designated a Site of Special Scientific Interest because of its range of wildlife habitats and important geological features.

DRUM CASTLE, GARDEN & ESTATE

Situated in the world-famous castle country of north-east Scotland overlooking the River Dee, nowadays the estate at Drum consists of just over 400 acres. There are three walks to enjoy, as well as the beautiful Garden of Historic Roses.

THE HERMITAGE

An attractive woodland walk along the banks of the River Braan leads through some spectacularly tall Douglas Firs, amongst the tallest in Britain. Visit the picturesque folly of Ossian's Hall overlooking the tumbling Black Linn Falls, and beyond to Ossian's Cave.

THE PINEAPPLE

The grounds here are an oasis for wildlife – enjoy a peaceful walk around the pond and through the surrounding woodland. If you're lucky you may catch a glimpse of the rare great crested newt from the pond viewing platform.



HOUSE OF DUN & MONTROSE BASIN NATURE RESERVE

This beautiful Georgian family house sits in its own charming gardens with lovely views over the Montrose Basin. There are also woodland walks to enjoy and you can venture further afield to the Nature Reserve, important for its migratory wading birds and wildfowl.

KILLIECRANKIE

A magnificent wooded gorge, renowned for its spectacular autumn colours. The Visitor Centre is a good starting point to find out more about the battle here in 1689, as well as the rich natural history, before enjoying a walk through the Pass.

LINN OF TUMMEL

Lying within the Tummel National Scenic Area, take a picturesque woodland walk to where the gentle River Garry and fast-flowing River Tummel meet.

THREAVE

The 64-acre ornamental garden gives plenty of interest throughout the year from a large and varied plant collection and landscape features. The 1,500-acre estate offers much to explore, including waymarked trails, bird hides and a wild fowl sanctuary.

And don't forget you can also visit our island properties, including

CANNA, STAFFA, IONA,
MINGULAY, BERNERAY & PABBAY,
ST KILDA, FAIR ISLE, and UNST & YELL.

STAYING OVER

Why not make a week of it and experience events at a range of Trust properties?

Choose from castles or crofts, lodges or lighthouses, country cottages or city apartments. If your holiday activities include hillwalking, beachcombing, sightseeing, walking the dog or just reading by an open fire, the National Trust for Scotland has something for you.

You don't have to be a Trust member to book a holiday, but a self-catering holiday with the National Trust for Scotland will support our conservation work in Scotland – all proceeds return to the estate where you stay.

For further information and to book please visit
www.ntsholidays.com

Events in this booklet represent a range of activities taking place at a property near you each week. To view the complete list please visit the events section of www.nts.org.uk.

Here you can search by the property you plan to visit, the type of event and the date.