



# NURTURE YOUR ADVENTUROUS SPIRIT IN THE HIGHLANDS OF SCOTLAND

Do you have a playful nature and love to be active outside going on short or long adventures? Do you enjoy taking your time and seeing stunning landscapes whilst spotting wildlife in its natural environment?

Then why not nurture your adventurous spirit in the picturesque Highlands of Scotland this season? You can explore Cairngorms National Park and Inverness & Black Isle in so many different ways. We have gathered up all the must-do activities for you to enjoy! Our Wild Scotland members have you covered to keep you active, enjoy planning and then experiencing at your leisure!



# NURTURE

YOUR ADVENTUROUS SPIRIT



## CAIRNGORMS NATIONAL PARK

The UK's largest national park is renowned for its magnificent scenery and is popular for the mix of family attractions and adventure experiences on offer – from high and low-level walking and cycling to watersports, snowsports and incredible wildlife watching.

There are nine nature reserves in the park protecting the wildlife and giving you the opportunity to observe wildlife in a responsible way. You can observe the natural wonders of the night sky too at Tomintoul and Glenlivet, which have both been awarded the prestigious status of 'International Dark Sky Park' – the most northerly park of its kind in the world.



## INVERNESS & THE BLACK ISLE

You don't always have to venture into the wild to have an outdoor adventure. Inverness is a vibrant city and is known as the capital of the Scottish Highlands and is situated on the northeast coast of Scotland.

When you visit and explore this area, you will experience true highland scenery from iconic castles to majestic mountains, with a range of activities on your doorstep from hill walking to mountain biking, as well as being surrounded by wealth of wildlife spotting opportunities.

Explore the peninsula of the Black Isle, located north of Inverness. The Cromarty Firth, the Moray Firth and the Beaully Firth envelope the land.





## GET ADVENTUROUS IN THE WATER WITH THRILLING ACTIVITIES!

- Improve your wellness with nurturing water activities such as wild swimming, stand up paddleboarding, snorkelling and coastal rowing.
- Boost your skills, techniques and navigation knowledge with a sailing experience, sea or loch kayaking or canoeing.
- Get your adrenaline pumping and try something new like gorge walking, river sledging, white water sledging, team treasure hunts, river tubing, tummel rafting and more!
- Hire your own boat to explore lochs or The Great Glen Canoe Trail.
- Get closer to the sea life on a boat trip to take you on a guided wildlife tour.
- Book a barge holiday along the beautiful Caledonian Canal.
- Enjoy luxury fishing trips with friends or meet like-minded people on a group experience in various locations, or book 1-2-1 fly fishing experiences.

Book these activities with our skilled and fun-filled operators for an experience you'll never forget.

[Experiences in Cairngorms National Park >](#)

[Experiences in Inverness & the Black Isle >](#)



## WILDLIFE YOU CAN SPOT OUT IN NATURE

- Nine nature reserves to spot wildlife in the Cairngorms National Park, including Abernethy, Corrie Fee, Craigellachie, Glen Tanar, Glenmore, Insh Marshes, Invereshie and Inshriach, Mar Lodge Estate and Muir of Dinnet.
- Two nature reserves on the Black Isle where you can see and hear songbirds at Fairy Glen and migratory pink-footed geese at Udale Bay.
- Spot and watch ospreys, capercaillie, the Scottish wildcat, golden eagle, red squirrel, snow bunting, lapwing, crested tit, dotterel and black grouse. These are some of the UK's endangered species, and 25% of them are protected here in the Cairngorms National Park.
- See red kites soar above you around Inverness & the Black Isle, as well as leaping salmon in rivers.
- Chanornry Point is home to a pod of resident dolphins.
- The sky, land and sea are all rich with seasonal wildlife including the Big Five. What will you see? Perhaps the Loch Ness Monster?

Book a guided wildlife tour with our experienced Wild Scotland members who know all the best places to spot wildlife responsibly and safely.

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## ENHANCE YOUR SKILLS ON DRY LAND

- Immerse yourself in nature and learn bushcraft and survival skills for being out in the wild.
- Learn how to forage for food and native species safely and how to respect the wild whilst you are adventuring in Scotland.
- Get on your hiking boots and navigate the hills on a guided walk as you learn top tips to stay safe and get more out of your excursion when mountaineering or even rock climbing.
- Find new places off the beaten path on guided, long-distance trails to improve your fitness whilst learning more about the north of Scotland's landscapes and coastlines.
- The Black Isle region is well-known for its mountain biking, e-biking or leisurely cycles along quiet roads or gentle tracks and graded forest trails.
- Gather up your family and friends for some playful competition as you learn the skills of rifle shooting, clay pigeon shooting and archery.
- Book out a lodge in Ben Alder Estate or in the heart of the Cairngorms where tranquillity and seasonal activities are on your doorstep.
- Visit fun-filled and action-packed outdoor activity centres such as Craggan Outdoors for endless hours or days of fun for all ages and skills.

Book guided experiences with people that know the area and activities like no others.

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