

NURTURE

YOUR ADVENTUROUS SPIRIT



NURTURE YOUR ADVENTUROUS SPIRIT IN THE SOUTH OF SCOTLAND

The South of Scotland is a beautiful area to be in the great outdoors throughout all seasons. With vast open spaces and a wealth of activities, you can nurture your adventurous spirit at a pace that suits you.

Explore regions that are lesser known and book guided experiences to learn new skills and techniques. Dumfries & Galloway and the Scottish Borders are the perfect destinations for solo adventures or groups of family and friends.

Immerse yourself in nature, watch wildlife and be active... enjoy the natural rhythm of the outdoors and take your time. It's all here for you.

SCOTTISH BORDERS

The Scottish Borders present a world of contrasts. The dramatic coast is lined with jagged cliffs and humble fishing villages.

You can marvel at the seabirds that reside at St Abb's Head, home to thousands of kittiwakes, fulmars, guillemots, puffins and razorbills or immerse yourself in the fascinating geology at Siccar Point.

Further inland you'll find rolling hills and farmland, the rural scenery dotted with grand historic houses and abbeys like Abbotsford, Melrose Abbey and Floors Castle. This lush area is influenced by one of the world's foremost rivers for wild salmon, the River Tweed, with excellent opportunities to spot water birds, such as dippers and kingfishers.

As well as being a haven for wildlife, the Scottish Borders offer outdoor lovers a plethora of activity options. Looking for a great viewpoint? You could head up the Cheviots, a range of upland hills straddling to Algo-Scottish Borders or admire the Eidon Hills from 'Scott's View'. Chasing an adrenaline rush? There are various excellent downhill and cross-country biking trails in Tweed Valley Forest Park, including Innerleithen and Glentress. Alternatively, the quiet country roads are perfect for road cycling, with plenty of lovely cafes to visit along the way.



DUMFRIES & GALLOWAY

Dumfries & Galloway is a beautiful region of Scotland from a rocky coastline and sandy beaches to forests and green spaces for exploring inland.

Mountain biking and cycling is a popular activity in the area but there are plenty more adventures to be had such as windsurfing or sailing and there are many walk options for all abilities, not forgetting the opportunity to see some incredible wildlife.

Huge numbers of wading birds and wildfowl come to the Solway Firth for autumn until late spring. South of Dumfries at Caelaverock thousands of barnacle geese over-winter, and there are barn owls and badgers to watch as well.

In spring, bluebells and other flowers adorn the River Cree. Galloway Forest Park with its rich mix of uplands, conifer forests, glens and lochs is an excellent place to see red squirrels, red deer, wild goats, goshawks and hen harriers.



IMMERSE YOURSELF WITH WATER ACTIVITIES TO EXCITE YOU

- Get your line ready and get hooked on some of the country's best fishing experiences. Book an adventure to improved your skills and discover new places to fish
- Try something new like wild swimming, kayaking, sailing, river rafting, coaststeering and gorge walking with our specialist water-based activity providers

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WILDLIFE YOU CAN SPOT OUT IN NATURE

- Spot a vast array of water birds such as dippers and kingfishers on a guided wildlife watching experience along the River Tweed
- Book a guided trip to St Abb's Head to see and photograph thousands of birds including kittiwakes, fulmars, guillemots, puffins, razorbills and so much more.
- Experience wildlife in Dumfries Galloway Park, home to red squirrels, red deer, wild goats, goshawks and hen harriers. Book a trip to discover the best places to responsibly watch from.
- Visit the Philiphaugh Salmon Viewing Centre at Ettrick River in the Scottish Borders

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LEARN AMAZING NEW SKILLS WITH LAND-BASED ACTIVITIES

- Learn new long-distance walking and mountaineering skills on a guided-experience with passionate and experienced guides across the south of Scotland regions
- Dive into nature and learn primal survival skills, foraging, bushcraft and so much more when you book an experience to get closer to nature and appreciate the species we are surrounded by
- Pick up the pace as you get on your bike and explore the famous biking trails in the south of Scotland with the help of an experienced guide
- Climb and hang out in nature on a fun-filled day in the canopies of the trees with an experience you'll never forget

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