

# NURTURE

YOUR ADVENTUROUS SPIRIT



## NURTURE YOUR ADVENTUROUS SPIRIT ACROSS THE CENTRAL BELT OF SCOTLAND

One of the greatest joys of Scotland is that you can access the great outdoors from everywhere and anywhere! Escaping to open landscapes and enjoying land-based or water activities doesn't mean long drives up north, the central belt of Scotland has it all on offer too!

Short breaks in the centre of Scotland or exciting day trips make it the perfect place to experience new things regularly and easy to balance a busy working life with nurturing your adventurous spirit in your leisure time. Outdoor day trips are a brilliant way to get some time with family and groups of friends to stay connected and share moments full of fun, laughter and love.

Are you ready to learn a new skill like archery, do more of what you love like cycling, or explore new ways to get your adrenaline pumping like coaststeering? Discover new ways to slow the pace and get closer to nature and wildlife too, no matter the season.

Wild Scotland members are primed and ready to take you on all these experiences with passionate and experienced guides and activity providers, who know all the best places, can hire you the safest equipment and create a day that you'll not forget! It's all here for you in the central belt of Scotland.

## GLASGOW & CLYDE VALLEY

Glasgow is Scotland's largest city and is famous for its art nouveau architecture, cosmopolitan appeal, cultural visitor attractions and fantastic shopping experience.

In balance, it's also the perfect base to get out of the city and enjoy green spaces, climb a munro or even get to the coast for some sailing or water sports. You can get up close to nature by visiting one of the many nearby nature reserves where you can explore tranquil and ancient woodlands, wildflower meadows and wetlands – all a haven for wildlife.

The Clyde Valley offers a great array of woodlands, lochs, river walks and trails for the full family to explore on foot or bike, by boat or even a wild swim.





## EDINBURGH & LOTHIAN

Edinburgh and The Lothians has something for everyone from the historic architecture of the city to the picturesque countryside of The Lothians.

You do not have to travel far for an adventure whether that be sailing down the Firth of Forth, coasteering of the North Berwick coast or taking in some of the breath-taking wildlife wonders. Internationally important seabird colonies, including the Bass Rock gannets nest on the Forth's islands which can be accessed by boat and enjoyed from the Scottish Seabird Centre at North Berwick.



## PERTSHIRE

Known as Big Tree Country, Perthshire boasts an array of diverse scenery from gentle rolling hills, verdant woodlands and winding rivers such as the Tay and Tummel to the more dramatic landscapes of high peaks and tumbling waterfalls.

Woodlands at Blair Atholl, Killiecrankie and Dunkeld are famous for their large trees and Ben Lawers overlooking Loch Tay is one of Britain's top areas for arctic-alpine plants.

There is plenty to see and do from adrenaline fuelled activities such as mountain biking, canyoning and white-water rafting to the softer activities such as wildlife safaris, boat trips or a gentle paddle in one of the many stunning lochs by kayak, canoe or SUP. There is adventure for all levels of capability.

There is an abundance of magnificent and some of Scotland's most iconic wildlife in Perthshire from red, roe and fallow deer to red squirrels and soaring ospreys which can be seen from Loch of the Lowes Nature Reserve. Central Perthshire is one of the best places to see the European beavers in the wild which can be experienced on foot or by kayak with a guide.





# LOCH LOMOND & TROSSACHS

Loch Lomond and the Trossachs National Park is one of two national parks in Scotland. The Park encompasses around 720 square miles and is enjoyed by many for its recreational value.

The scenery is spectacular from the iconic loch to dramatic mountains, stunning glens and woodland trails. There is so much to do whether it be a boat trip or watersports, hiking in the mountains or a gentle bike ride or stroll in the peaceful glens.

The Trossachs is sometimes referred to as 'The Highlands in miniature' which is a pretty good description of a region that is made up of welcoming villages, sparkling lochs, woodland, forests and rolling hills.

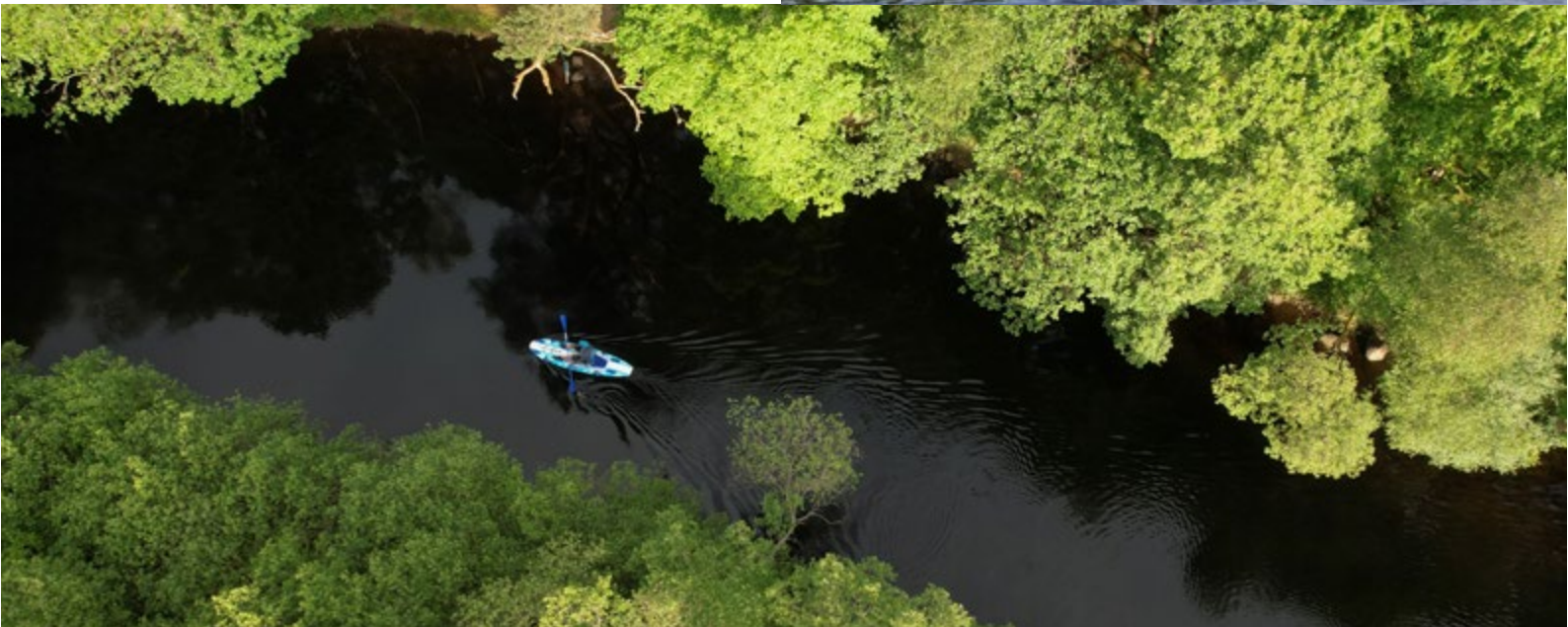
There is an abundance of wildlife to be seen in their natural habitat from birds of prey to deer and red squirrels to pine martens which can be seen all year in woodlands around the national park.

# STIRLING & FORTH VALLEY

Stirling and Forth Valley present a holidaymakers paradise. The area is home to various fascinating historical sites, beautiful hills and lush glens.

Immerse yourself in Scotland's heritage with a visit to Stirling or Doune Castle and pop past the Wallace Monument. Marvel at the engineering ingenuity of the Falkirk Wheel or step back in time at the Battle of Bannockburn Experience.

As rich as the area is with cultural attractions, it's matched by wildlife and nature experiences. Go hiking in the Ochills or enjoy watersports like kayaking or stand up paddleboarding on the River Forth. You could also visit Flanders Moss, Britain's largest surviving raised bog, with red kites throughout the year and in autumn and winter huge flocks of geese.



# GET ADVENTUROUS IN THE WATER WITH THRILLING ACTIVITIES!



- Improve your wellness with nurturing water activities such as wild swimming, stand up paddleboarding, kayaking, rowing and more
- 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 coast steering, gorge walking and canyoning into the sea. It's a whole new experience!
- Go on a sea safari on the east coast out to Bass Rock from a different perspective and spot wildlife at home in the sea too!
- Enjoy a boat trip along the world-famous Loch Lomond with Ben Lomond as your backdrop

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

[Experiences in Glasgow & Clyde Valley >](#)

[Experiences in Edinburgh & Lothians >](#)

[Experiences in Perthshire >](#)

[Experiences in Loch Lomond & Trossachs >](#)

[Experiences in Stirling & Forth Valley >](#)



## WILDLIFE YOU CAN SPOT OUT IN NATURE

- Amazing marine and sealife from seals, otters, herons, geese and more across the rivers and lochs in central Scotland, and maybe even dolphins if you are lucky on the coast
- Birds of prey, deer, pine martins, red squirrels are at home here too in their natural habitat
- Osprey can be seen soaring overhead around the Perthshire area
- Beavers can be tricky to see, but Perthshire is one of the best places to see them, on foot or by kayak
- Gannets can be watched at Bass Rock with a local boat trip to go wildlife watching
- Be immersed in nature and spot wildlife in its natural habitat with protected nature reserves, dedicated national scenic areas across central Scotland including Loch Lomond and The Trossachs National Park

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 track on guided, long-distance trails to improve your fitness whilst learning more about the north of Scotland's landscapes.
- Pick up the pace as you mountain bike, gravel bike, e-bike or take to the winding roads through the ever-changing terrain and landscapes on guided trails and reconnect with nature as you increase your fitness and fun-factor!
- Gather up your family and friends for some playful competition as you learn the skills of rifle shooting, clay pigeon shooting and archery.

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

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