

NURTURE

YOUR ADVENTUROUS SPIRIT



NURTURE YOUR ADVENTUROUS SPIRIT IN THE NORTH OF SCOTLAND

Scotland is ready and waiting for you! Are you ready to nurture your adventurous spirit in the stunning outdoors in the North of Scotland with endless water and land-based activities, wildlife watching opportunities and experiences to teach you fun new skills?

We are shining a spotlight on the areas of Aberdeenshire & Moray, Caithness & Sutherland, and Wester Ross to inspire your venture outside more with the help of guided experiences with highly-skilled and passionate activity providers.

The north of Scotland is a wonderful choice for longer adventures. Spend time exploring all that the regions have to offer at a pace that will help you unwind, relax and nurture your well-being. With generous open space surrounding you at all times, it really is one giant playground in which you can do more of the activities you already love or try something new. It's all here for you!



ABERDEENSHIRE & MORAY

An area of natural beauty with rolling hills, towering mountains and stunning coastlines offering an incredible backdrop for a host of adventure activities and wildlife watching experiences whether that be watching bottlenose dolphins off the Moray Coast – by boat or from the shore, enjoying a mountain biking experience in the forest or hiking up a munro.



CAITHNESS & SUTHERLAND

The scenery is spectacular from the dramatic mountains to the stunning coastlines and the inland bog and moorland of the Flow Country which is one of the last wilderness areas in Europe. The area of Caithness and Sutherland covers the far north-east of Scotland and is home to the well-known drive, the North Coast 500 and of course, John O'Groats. Thurso East reef is an internationally recognised surf spot and the area is a draw for outdoor sports enthusiasts. And the A'Mhoine Peninsula will become the UK's first space port, from where rockets carrying satellites will be launched into space in the near future!



WESTER ROSS

One of the most scenic regions of Scotland, Wester Ross has ancient mountains, glistening lochs, endless moorland and endless white sandy beaches. With one of the lowest population densities in Europe, the area has allowed nature here to flourish – paradise for wildlife watchers! Hikers, climbers and mountain bikers are all drawn to the splendid Torridon hills, and nature lovers will revel at the sight of some of the oldest, natural rock formations in the world, not to mention the impressive range of dramatic peaks.

In contrast to the remarkable mountain scenery stretching from Torridon to Ullapool and Durness, you can explore unspoiled bays, coves, skerries and beaches dotted along the rugged and extensive coastline, complemented with dense, rich forestry.



WILDLIFE YOU CAN SPOT OUT IN NATURE

- Otters, whales and dolphins off the Moray Coast and waters surrounding Wester Ross.
- Red grouse and red deer in the heathery moors of Aberdeenshire.
- Bird species including Black grouse at dawn, osprey and crested tits during daylight hours and pine martins and badgers at dusk, plus black-throated divers.
- The spectacular eagle in the unspoilt corners of Wester Ross.
- The North Sea coastland is home to winter seaducks, summer ospreys and terns.
- Troup Head is Scotland’s only mainland gannet colony.
- Loch of Strathbeg, north of Aberdeen is home to 20% of the world’s population of pink-footed geese.
- River Ythan and the Sands of Forvie have wildlife-rich sand dunes of Britain’s largest eider duck nesting grounds.
- Be immersed in nature and spot wildlife in its natural habitat with protected nature reserves, dedicated national scenic area and a biosphere reserve in Wester Ross.

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

[Experiences in Aberdeenshire & Moray >](#)

[Experiences in Caithness & Sutherland >](#)

[Experiences in Wester Ross >](#)



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 and coastlines.
- 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!
- Try your hand at fly-fishing in some of the country’s most dramatic scenery in Assynt and Torridon.
- 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.

[Experiences in Aberdeenshire & Moray >](#)

[Experiences in Caithness & Sutherland >](#)

[Experiences in Wester Ross >](#)

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 coast steering, gorge walking and canyoning into the sea. It’s a whole new experience!
- Go on a sea safari to see the north of Scotland from a different perspective and spot wildlife at home in the sea too!
- Enjoy a cruising holiday along the famous Caledonian Canal or set sail at sea for a mini-break with a difference.

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

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