

A passport to adventure



Scotland.
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 Visit
Scotland™
Official Tourist Board

Your Detailed Itinerary

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Day 1 - Fife

Escape the hustle and bustle of city life and begin your Scottish adventure by heading to the Kingdom of Fife. For fascinating wildlife and quaint fishing villages, embark on the Fife Coastal Path or get out on the water at one of the top sailing and water-sport centres in the area which include Anstruther, Kinghorn and Aberdour. Golfers won't be disappointed either since Fife is home to over 45 golf courses, including the renowned Old Course in St Andrews.

Day 2 - Angus

Leaving Fife, head towards Dundee & Angus and the town of Kirriemuir, known as the 'gateway to the Glens'. You can enjoy revitalising walks through the Angus Glens of Glen Isla, Glen Prosen and Glen Clova, while the charming village of Edzell is a great starting point for exploring the heather-clad hills of Glen Lethnot and Glen Esk. Tee off on the Carnoustie championship course and enjoy sailing, windsurfing and fishing at the nearby bay.

Day 3 - Cairngorms National Park

Having spent the night in Dundee & Angus, head north towards Aviemore, a town based in the Cairngorms National Park. Bring your binoculars and camera and explore Britain's largest National Park, home to captivating flora and fauna and some of the best hillwalking in the country. At the Glenmore Lodge Outdoor Training Centre you can test your outdoor skills, and in the winter, ski down the snow-capped Cairngorm Mountain, Scotland's most popular snowsports destination.

Day 4 - Inverness and Moray

From Aviemore, head further north to Inverness, one of Scotland's seven cities. Have fun paddling in a canoe or sailing along part of the Great Glen Canoe Trail towards Fort William or, for a more challenging adventure, head towards the west coast and journey through some of the most scenic parts of Scotland on the unique Scottish Sea Kayaking Trail. You can also explore beautiful Morayshire on foot or on two wheels by following the delightful Moray Coast Trail between Forres and Cullen.

Day 5 - Fort William

Tackle parts of the Great Glen Way or Great Glen Cycle Route as you head south to Fort William. Lying in the shadow of Britain's highest mountain, Ben Nevis, the town is dubbed the 'Outdoor Capital of the UK'. No matter what time of year, the dramatic Nevis Range provides fantastic mountaineering and rock climbing experiences.

Day 6 - Loch Lomond & The Trossachs National Park

On your second last day, head towards Balloch in the Loch Lomond & The Trossachs National Park. With Loch Lomond being the UK's largest inland loch, the region is the perfect location for a large variety of water-based activities, everything from sailing and waterskiing to windsurfing and kayaking. You can even experience taking off and landing on the water with the Seaplane Tour of Loch Lomond. Hillwalkers will enjoy the towering hills of 'Rob Roy Country' and there's also a Munro or two to climb.

Day 7 - Scottish Borders

Finish your exhilarating adventure in the Scottish Borders, the land of rolling hills, sparkling rivers and over 1,500 miles of walking routes. Feel your pulse race as you tackle the trails at one of the challenging 7stanes mountain biking centres in Glentworth & Innerleithen. Adrenaline junkies can fly through the air on a thrilling zip wire at the Go Ape! treetop adventure site, while keen anglers will love the River Tweed.

Extend your trip

From Inverness on day 4, extend your trip north to explore the North Highlands. The area is a magnet for climbers and hillwalkers with legendary ascents like Beinn Eighe, Suilven and Quinag, while the fantastic tracks spread across the area make it a truly special mountain biking destination. You can also cycle the coast to coast route from Brora to Ullapool.

After day 5 in Fort William, you can travel south to Oban, catch a ferry to the Inner Hebrides and discover the wilderness that awaits there. With good transport links, island hopping is really easy - you can

enjoy a round of golf in Tobermory one day and roam the empty, sandy beaches of Coll and Tiree the next day.

Discover a fantastic range of activities across Glasgow including walking, cycling and adventure sports or go along the picturesque Clyde Valley Tourist Route, a 42-mile scenic route which takes in several historical attractions and the Falls of Clyde Wildlife Reserve. You can also follow the 134-mile John Muir Way, which officially opened in 2014 and stretches from Helensburgh in the west to Dunbar in the east.

The information contained in this publication is as supplied to VisitScotland and to the best of VisitScotland's knowledge is correct at the time of going to press. VisitScotland can accept no responsibility for any errors or omissions. Apr 2015.

VisitScotland is committed to ensuring that our natural environment and built heritage, upon which tourism is so dependent, is safeguarded for future generations to enjoy.

Cover: Sea Kayaking at bow fiddle rock near Portknockie

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The beauty of Scotland's landscape with its majestic mountains, hills, lochs, rivers and stunning coast is truly special. Boasting one of the most gorgeous natural settings in the world, the country is a fantastic destination for adventure seekers.

With miles of walking and cycling trails, adrenaline pumping sports such as white-water rafting and rock climbing, and fantastic golf and fishing, there's a great choice of activities to suit all visitors to Scotland.



1 LAND YACHTING
Experience the exhilaration of land yachting on the wonderful West Sands beach at St Andrews.



2 WHITE WATER RAFTING
Have a real adrenaline rush as you navigate the rapids of Perthshire's rivers while white-water rafting.



3 ANGUS GLENS
Take a walk around the Angus Glens to see golden eagles on the high ridges that flank the glens.



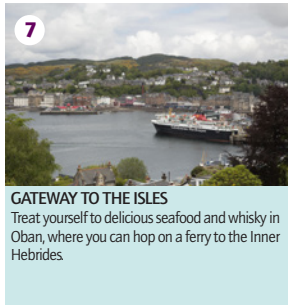
4 SCOTTISH SEA KAYAKING TRAIL
Follow the unique Scottish Sea Kayaking Trail, a challenging 500 km voyage off the west coast, stretching from Gigha in the south to the wonderful Summer Isles in the north.



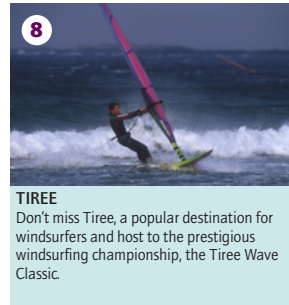
5 WEST HIGHLAND WAY
See some of Scotland's most dramatic mountain and loch scenery by following the West Highland Way.



6 LOCH LOMOND & THE TROSSACHS NATIONAL PARK
Take in the amazing scenery from one of 40 summits over 2,500 ft, and enjoy gentle forest walks and coastal trails.



7 GATEWAY TO THE ISLES
Treat yourself to delicious seafood and whisky in Oban, where you can hop on a ferry to the Inner Hebrides



8 TIREE
Don't miss Tiree, a popular destination for windsurfers and host to the prestigious windsurfing championship, the Tiree Wave Classic



9 7STANES TRAILS
The world-famous 7Stanes mountain biking centres showcase some of the very best trails in southern Scotland.



10 JOHN MUIR WAY
Savour some magnificent views and see East Lothian's natural and cultural heritage along this long distance walking route.