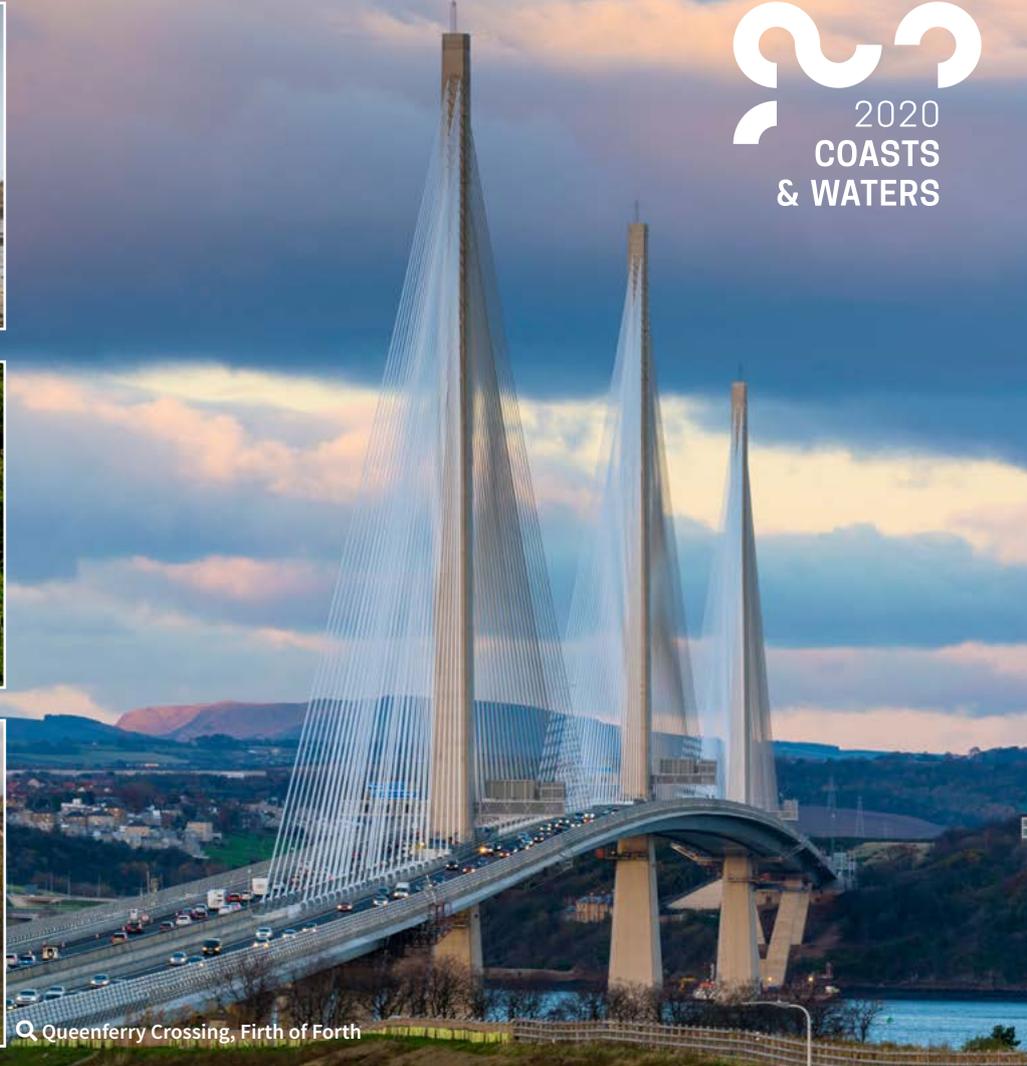


SCOTLAND'S COASTS AND WATERS 2020

Edinburgh, The Lothians, Stirling, Forth Valley & The Scottish Borders



Lying right on the Firth of Forth, **Edinburgh** is a coastal city. Venture beyond the city centre to explore the Port of Leith with its excellent bars and restaurants, or enjoy the beaches in areas such as Cramond or Portobello.

It's a city in which it's easy to get close to nature, especially along the famous Water of Leith walkway, or the small lochs adjacent to the famous Arthur's Seat.

Just a few minutes from Edinburgh, **East Lothian** was the childhood home of celebrated naturalist and father of the National Parks, John Muir. The area has beautiful beaches and abundant wildlife - seabirds, seals, dolphins, and even the occasional minke whale or basking shark can be spotted.

In **Midlothian**, hear the gentle babbling sounds of the River Esk as you wander through the enchanting Roslin Glen, near Rosslyn Chapel. You can board a barge at the Canal Centre at Linlithgow, **West Lothian**, and sail out along the Union Canal, constructed over 200 years ago. When linked with the Forth and Clyde Canal, this provided the opportunity for the people of the time to traverse right across Scotland by barge.

Today the impressive and unique Falkirk Wheel – the world's first revolving boat lift – carries boats between the two canals, using less power than it takes to boil a kettle of water! Be sure

to make time to stop off to see The Kelpies, two giant equine sculptures which dominate the landscape.

The Forth Rail Bridge, designated as a UNESCO World Heritage Site is an awe-inspiring example of Victorian engineering. Stop off in the charming coastal town of **South Queensferry** to admire the view of it, plus the Forth Rail Bridge and the impressive Queensferry Crossing covering the expanse of the Firth of Forth.

Visit the city of **Stirling** to trace the path of the River Forth from one of the city's highest points such as Stirling Castle or the Abbey Craig. Further north, you will find the Lake of Menteith – the only 'lake' in Scotland, since all other similar waterways in Scotland are known as 'lochs'.

The **Scottish Borders** have a number of fascinating coastal nature reserves, where visitors can enjoy the unspoiled natural environment as well as spotting the rich and varied wildlife attracted to these areas. The region also has numerous sparkling rivers which offer unlimited opportunities to enjoy pursuits such as wildlife watching, cycling, walking and exploring the history of the surrounding areas.

EDINBURGH



1
Water of Leith – The Water of Leith is one of Edinburgh's hidden treasures. It flows for 24 miles from its source in the Pentland Hills, winding its way through the heart of some of the city's most fascinating neighbourhoods, ending at the Firth of Forth in Leith. [The Water of Leith Visitor Centre](#) outlines the history of this unique landmark.



2
Duddingston Loch – At the foot of Arthur's Seat, the extinct volcano in the heart of Edinburgh, lies Holyrood Park, in the midst of which you will find Duddingston Loch, a fresh water loch rich in birdlife. It is the only natural loch in Edinburgh, and the largest in Holyrood Park. This area shows visitors a different side of the city.



3
Forth Bridges – The three Forth Bridges are an impressive sight as they span the Firth of Forth, providing transport links between Edinburgh and Fife. The magnificent railway bridge was built between 1883 and 1890, and is a UNESCO World Heritage Site. Set sail with Forth Boat Tours to view the bridges from the Firth itself.



4
Royal Yacht Britannia – Although she was a famous site across the globe as she carried the British Royal Family on a series of visits across the globe, the maritime origins of the Royal Yacht Britannia are firmly rooted in Scotland. The yacht was built in Glasgow on the River Clyde and now lies at the Port of Leith in Edinburgh where visitors can see both the crew quarters and Royal apartments.



5
The Scotch Whisky Experience – Scotland's 'Water of Life' is celebrated at the Scotch Whisky Experience, right next to Edinburgh Castle. Step into a whisky barrel and set off on a journey of discovery on the rich history of whisky making traditions in Scotland. Choose from a variety of fascinating tasting sessions, and marvel at the world's largest whisky collection.

THE LOTHIANS



1
North Berwick / Bass Rock – The lovely East Lothian town of North Berwick lies just 30 minutes drive from Edinburgh yet is a wildlife haven. Off the coast is the famous Bass Rock, the world's largest Northern Gannet colony. Call in at the [Scottish Seabird Centre](#) to find out more about the area's abundant wildlife and take a boat trip out to spot seasonal wildlife including seals, puffins and more.



2
John Muir Birthplace – John Muir, the world famous conservationist, is known as the Father of the National Parks movement. Visit his birthplace in the East Lothian town of Dunbar where you can learn about his early life and see how the beauty of this area inspired his fierce love of the natural environment.



3
Linlithgow Palace – The magnificent ruin of the grand Royal Palace is steeped in history with both James V and Mary Queen of Scots being born here. Set in its own park with an extensive loch, the area is ideal for a walk with views up to the palace.



4
Union Canal cruises – Created in 1822, the Union Canal runs between Edinburgh and Falkirk and a great way to experience it is by setting sail on a canal trip. You can charter a barge and crew with [Reunion at Ratho](#) or cruise to the Avon Viaduct from the [Linlithgow Canal Centre](#).



5
Preston Mill and Phantassie Doocot Step back in time and immerse yourself in the peaceful surroundings of this picturesque 16th Century water mill in an idyllic setting. See and hear the mill mechanisms in action and learn about the millers who worked here. Keep an eye out for otters, kingfishers and herons on the walk beside the river.

STIRLING & FORTH VALLEY



1
Falkirk Wheel – Take a ride on the world's first revolving boat lift which transports you between the Union and the Forth & Clyde Canals. This engineering wonder has become one of Scotland's most celebrated and iconic landmarks. You'll enjoy amazing views across the Forth Valley on your trip.



2
The Kelpies – The Kelpies are two impressive 30-metre-high horse head sculptures which form the centrepiece of The Helix Park near Falkirk. A kelpie is a shape-changing aquatic spirit of Scottish legend – this inspired these true feats of engineering created to a design by sculptor Andy Scott. Step inside for a guided tour.



3
Mill Glen – This impressive and beautiful glen near Tillicoultry in Clackmannanshire is partially wooded and a popular walking destination. The path opens out to a deep valley with a series of beautiful waterfalls. Several adventure companies offer visitors the opportunity to explore the glen and go canyoning through the gorge.



4
Lake of Menteith – The picturesque Lake of Menteith near Stirling is Scotland's only lake. Inchmahome Priory is found on an island in the lake, which dates from 1238 and once served as a refuge for Mary Queen of Scots as an infant, and Robert the Bruce. The area also has a range of picnic spots and a network of walking routes.



5
Dunblane – Running through the charming town of Dunblane is the Allan Water, which is spanned by a 16th century single arch bridge and offers a number of enjoyable riverside walks. It also has an impressive cathedral and a clutch of 17th century buildings including Scotland's oldest library housing a first edition of Sir Walter Scott's *The Lady of the Lake*.

SCOTTISH BORDERS



1
Mellerstain House – Considered one of Britain's finest stately homes, Mellerstain dates from the 18th century, and has a superb collection of fine art, period furniture and china. One of its most unusual features is the ornamental lake which visitors can walk around, admiring stunning views of the Cheviot Hills.



2
St Mary's Loch – St Mary's Loch is a popular beauty spot which lies in the beautiful Yarrow Valley. It's the largest natural loch in the Scottish Borders, and as well as stunning views, it also boasts a rich history. The adjacent Ettrick Forest is said to be where Sir William Wallace (Braveheart) would rally his allies prior to raids on nearby English settlements.



3
River Tweed – The River Tweed is internationally renowned and many hotels and operators along its banks can offer group experiences on and around the river. The river links historic Scottish Borders towns which lie along the 95-mile long [Tweed Cycle Way](#), such as Peebles, and the likes of Melrose and Kelso, both of which have impressive abbeys.



4
St Abb's Head National Nature Reserve – This coastal haven near [Eyemouth](#) attracts birdwatchers, nature lovers and walkers, keen to spot thousands of seabirds and be awed by the dramatic cliffs overlooking crystal-clear waters. You can learn more about the wildlife, geology and history of St Abb's Head at the Nature Centre.



5
Tweedsmuir – The area around the village of Tweedsmuir is a popular location for those who want to escape the rigours of everyday life and enjoy some walking, biking and wildlife watching. Robert Burns stayed at the Crook Inn, a 17th century drover inn, and there are giant stones which are believed to mark the site of a Druid or Pictish site.

Please note some attractions have seasonal opening hours. Please check opening times with the attraction.

For more ideas and contacts go to www.visitscotlandtraveltrade.com or email traveltrade@visitscotland.com