

# NURTURE

YOUR NEED FOR FREEDOM & ADVENTURE



## TOP 11 NURTURING OUTDOOR EXPERIENCES IN SCOTLAND THIS SEASON

Scotland is a country that offers many bucket list items and hidden gems as well as all the much-loved every day activities. Whether you love going out exploring on your own, with new groups of people, or with your own friends and family, we think you should nurture your sense of adventure this season and experience something new or enhance a skill you already have!

Wild Scotland has an amazing mix of activity providers, accommodation and passionate wildlife experts all geared up and ready to show you new places in Scotland, teach you some new skills and create responsible and sustainable experiences we think you'll absolutely love. What will you do?



### 1. WILD SWIMMING IN THE OUTER HEBRIDES

Join guides Norma and Neil in the crystal clear turquoise waters of the Atlantic of Lewis and Harris to learn how to safely swim in open waters. Perfect if its your first time trying wild swimming or for the more experienced sea-swimmer enjoy a swim between small islands across channels or around more rugged coastlines. Or try loch swimming and equinox dips. You'll learn best practice safety tips as well as improving your swimming techniques.

**Book with:**

- Immerse Hebrides for Outer Hebrides
- Wild Wimmin for central Scotland locations
- Dan the Merman for Argyll & isles locations

[FIND THESE OPERATORS HERE >](#)



### 2. HORSE RIDING UNDER A CANOPY OF TREES

Have you ever tried pony trekking or horse riding? So many people haven't but once they have experienced a guided session riding through some of Scotland's most stunning landscapes including rich forests and coastal paths, they become lovers of this special activity. The perfect choice for all levels of riders with various session durations and terrain options.

**Book with:**

- Highlands Unbridled
- Wilder Ways
- BlackStone Clydesdale

[FIND THESE OPERATORS HERE >](#)



### 3. FUN IN THE TREES FOR KIDS AND ADULTS

Childhood memories always include a good tree climb! Why not take it a little further and see the world from above by experiencing it at a dedicated location with higher trees, safety ropes, guides and in a setting that will give you a burst of excitement. Learn how to climb responsibly and safely whilst protecting the trees, plus have the best fun as you see things from a new height!

**Book with:**

- Wild Tree Adventures
- Tree Zone Aviemore
- Tree Zone Loch Lomond
- Wee Adventures
- In Your Element
- Craggan Outdoors

[FIND THESE OPERATORS HERE >](#)



### 4. GO ON A SAFARI IN THE SCOTTISH HIGHLANDS

Feel exhilarated as you go on a safari across the Scottish Highlands with off-road land rover experiences, inspiring walking, biking activities and even exciting loch cruises. You can have it all here in Scotland as you wildlife spot, enjoy local and seasonal produce as part of the experience, learn about folklore and heritage and see amazing scenery. An inspiring day out for all ages!

**Book with:**

- Highland Safaris
- Hidden Glen Safaris
- Highland All Terrain
- Balmoral Luxury Land Rover Safaris
- Wild West

[FIND THESE OPERATORS HERE >](#)



## 5. CANYONING & COASTSTEERING OFF RUGGED COASTLINES AND RIVER SIDES

Get your adrenaline pumping as you nurture your need for adventure with a different type of water activity! Join a guide to explore rocks and water ways by swimming, climbing or jumping to discover inaccessible environments that are fun and exhilarating! Locations include castles, cliffs, inlets, beaches and islands across Scotland. Go wild and push your exploring boundaries a little further.

### Book with:

- Ocean vertical
- The Canyoning Company
- Craggan Outdoors
- Ace Adventures & Hideaways

[FIND THESE OPERATORS HERE >](#)



## 6. STAY IN A LUXURY WIGWAM WITH OUTDOOR BATH OR RENT AN ENTIRE ISLAND

Staying in a unique type of accommodation is one of the best ways to start and end your day when out exploring Scotland. A little bit of luxury is deserved, and it can come in all shapes and sizes. From 5 star luxury hotels, to cosy wigwams, you can experience a night under the stars and be closer to nature in stunning surroundings.

### Book with:

- Montrave Wigwam Holidays
- Uist Forest Retreat
- The Isle of Carna
- Where Stags Roar
- Burmieston
- Bird Watchers Cabin
- Ace Adventures

[FIND THESE OPERATORS HERE >](#)



## 7. LEARN BUSHCRAFT SKILLS & HOW TO FORAGE

If you love to camp or go wandering in the great outdoors, then why not expand your skills by learning how to safely and responsibly find water, light a fire, build a shelter, forage for food, navigate effectively, track animals or craft something from nature's sources? Scotland is a playground ready to enjoy if we respect it and protect it as we explore. Make the most of it and have fun with family and friends at the same time.

### Book with:

- Wildwood Bushcraft
- Craggan Outdoors
- Primal Adventures
- Wild Discovery
- Aquila Ecology
- Wee Adventures
- Heatherly Heights
- Wilder Ways
- WanderWomen Scotland

[FIND THESE OPERATORS HERE >](#)



## 8. ENJOY STUNNING SUMMITS WITH MOUNTAINEERING SKILLS

If you are a keen walker or hiker and want to improve your climbing confidence you can book a mountaineering skills course so you can navigate Scotland's endless summits, safely and responsibly. You can get out on some of the country's most impressive climbs with highly experienced and skilled guides who are passionate and fun to explore with. They will teach you about the best equipment, how to navigate properly, what to avoid and what to look out for to make your climbs the best they can be.

### Book with:

- McKenzie Mountaineering
- James Orpwood Mountaineering
- Walkabout Scotland
- Perthshire Treks
- Climb When You're Ready
- Glenmore Lodge
- Wild Roots Highland Guiding
- Emmaus Adventure
- Wilderness Scotland
- Arc Guiding
- Hillgoers
- Ocean Vertical
- Scot Mountain Holidays

[FIND THESE OPERATORS HERE >](#)



## 9. PICK UP THE PACE AND GO ON A E-BIKING GUIDED TOUR

Reach places in Scotland you haven't before without too much extra physical effort, with the help of an e-bike! Enjoy trails and paths designed to let you see amazing scenery and experience all the joyful emotions of cycling in the great outdoors with family and friends, or join a group of others to meet new friends. Let an experienced guide take you out on an adventure that will get your spirits racing as well as your blood flowing.

### Book with:

- Progression Bikes
- eGuide Scotland
- Comrie Croft Bikes

[FIND THESE OPERATORS HERE >](#)



## 10. GO SNORKELLING NEAR OBAN

We all love the sea and a boat tour, but why not dive a little deeper and observe what lies beneath our amazing Scottish waters from wildlife, plant life and even ship wrecks? If you are new to snorkelling you can try taster sessions or enhance your skills with guided experiences. All equipment can be provided by our qualified operators, you just need to book and show up with excitement of learning a new skill and seeing Scotland from below.

### Book with:

- Puffin Dive Centre
- Basking Shark Scotland
- Red Moon Cruises
- Wreckspeditions
- Seatrek Scotland

[FIND THESE OPERATORS HERE >](#)



## 11. YOU'LL NOT BE CATCHING FLIES WITH FLY FISHING IN ASSYNT

Open up your mind to an activity that takes on a different pace, and in a very special place. With a multitude of lochs across the famous and vast Assynt landscape, you can spend a few hours or days fly fishing. Camp out under the stars, walk and photography the scenery, pause time and embrace it with loved ones or friends.

### Book with:

- Assynt Fly Fishing

[FIND THESE OPERATORS HERE >](#)

## MAKE A SUSTAINABLE CHOICE

When you book with a Wild Scotland member, you are booking with operators that commit to our 4 core principles:

- RESPONSIBILITY
- SUSTAINABILITY
- CARE
- EXCELLENCE

[LEARN MORE >](#)

Photography Credits to: Stephen Sweeney, Ocean Vertical and Basking Shark Scotland.