

# Glen to Glen

THE SCOTLAND TOURIST NEWSLETTER

## Featured in each Months Newsletter

- Scotland Travel Tip
- Featured Castle
- Featured Adventure
- Island Adventure
- Hiking/Biking Trail
- A Must See
- A Must Eat
- Beach Lovers
- Museum Buffs
- The Whiskey Admirer
- The Beer Connoisseur
- Featured Monument



## Travel Tip

Embarking on a road trip through Scotland as a tourist is an incredible way to immerse yourself in the country's picturesque landscapes and rich history. To ensure a smooth and memorable journey, keep these tips in mind.

1. Familiarize yourself with navigating roundabouts.
2. Be prepared for single-track roads, especially in remote areas.
3. Yield to oncoming traffic at designated passing places on single-track roads.
4. Book your rental car well in advance.
5. Plan scenic stops to capture stunning vistas and explore hidden gems.
6. Take your time to adjust to driving on the left and be patient with the learning curve.

## Featured Castle

### Ardreck Castle



Steeped in history, Ardreck Castle was constructed in the 15th century by the MacLeods of Assynt, replacing its predecessor, Assynt Castle. The castle's significance reaches far beyond its architectural beauty, as it witnessed a pivotal event in Scottish history. It was here, in 1650, that the royalist James Graham, 1st Marquess of Montrose, was

handed over to the Covenanter forces, marking a turning point in the Battle of Carbisdale.

Touring Ardreck Castle today is like stepping back in time. The castle's simple rectangular keep and round staircase tower offer a glimpse into its medieval past. As you explore the ruins, you'll encounter vaulted rooms, gunports, and the remnants of a once-magnificent structure. The castle's strategic location on Loch Assynt provides a breathtaking backdrop, making it a photographer's paradise.

Visiting Ardreck Castle is not only an opportunity to immerse yourself in history but also to appreciate the natural beauty that surrounds it. The serene Loch Assynt, with its tranquil waters and rugged landscapes, adds a touch of enchantment to the experience. While Ardreck Castle offers a captivating journey into the past, it's important to note that the castle is now in a ruinous state. Some areas may be inaccessible or unsafe, and caution should be exercised during your visit. However, these very aspects lend a sense of mystery and allure to the site, allowing you to imagine the castle in its former glory.

**Location:** A837, Inchnadamph, Highlands, Sutherland, Scotland, IV27 4HL.

# Glen to Glen

## Featured Adventure

### *Downhill Zorbing in Edinburgh! An Adrenaline-Fueled Adventure*

Are you seeking an extraordinary experience that will leave you breathless and exhilarated? Look no further than downhill zorbing in Edinburgh! This thrilling activity, also known as Sphering, has taken the city by storm, offering locals and tourists alike an adrenaline-fueled adventure like no other. So, what exactly is zorbing? Picture this: you and a friend strapping yourselves into a gigantic rubber ball, feeling the anticipation build as you prepare to roll down a hill at speeds of up to 30 miles per hour. It's an exhilarating rush, akin to the invention of the wheel itself. The simplicity and brilliance of zorbing lie in the sheer excitement and enjoyment it offers. What makes zorbing in Edinburgh even more enticing is the variety of options available. If you're an adrenaline junkie seeking an extra thrill, try the Harness Zorbing, where you and a friend are securely harnessed inside the ball together. For the truly daring, there's Eclipse Zorbing, where you'll roll down the hill in pitch darkness, the blacked-out ball creating an added layer of excitement and mystery.

The joy of zorbing lies not only in the adrenaline rush but also in the unique experience it offers. Participants have described it as "truly the best thing I have ever done." You truly have to experience it to believe it. As you tumble down the glorious Scottish hillside, you'll feel the exhilaration coursing through your veins, the wind in your hair, and a smile on your face that can't be wiped away. It's a memory that will last a lifetime. However, it's important to be aware of potential downsides to zorbing. As with any extreme activity, there are inherent risks



involved. Participants should be physically fit, free from any medical conditions that could be exacerbated by the high-speed rolling, and willing to follow safety instructions to ensure a safe and enjoyable experience. It's essential to listen to the guidance provided by the experienced zorbing operators and adhere to all safety protocols.

In addition, zorbing can be a bit intense for some individuals. If you're not a fan of high speeds or if you're prone to motion sickness, zorbing might not be the best activity for you. However, for thrill-seekers and adventure enthusiasts, zorbing in Edinburgh is an absolute must-try.

So, whether you're visiting Edinburgh as a tourist or a local seeking an extraordinary day out, make sure to add downhill zorbing to your itinerary. This unique and exhilarating experience promises to leave you craving for more. Step into the giant inflatable sphere, hold your breath, and let the excitement propel you down the hillside. It's an adventure that will make your heart race, your spirit soar, and create memories that will last a lifetime. Book your zorbing experience today and get ready for an unforgettable thrill ride!

**Cost:** Depends on Tour Company ([Trip Advisor Page](#))

**Location:** South Bridge, Edinburgh EH1 1QR Scotland



# Glen to Glen

## Island Adventure

### Isle of Coll

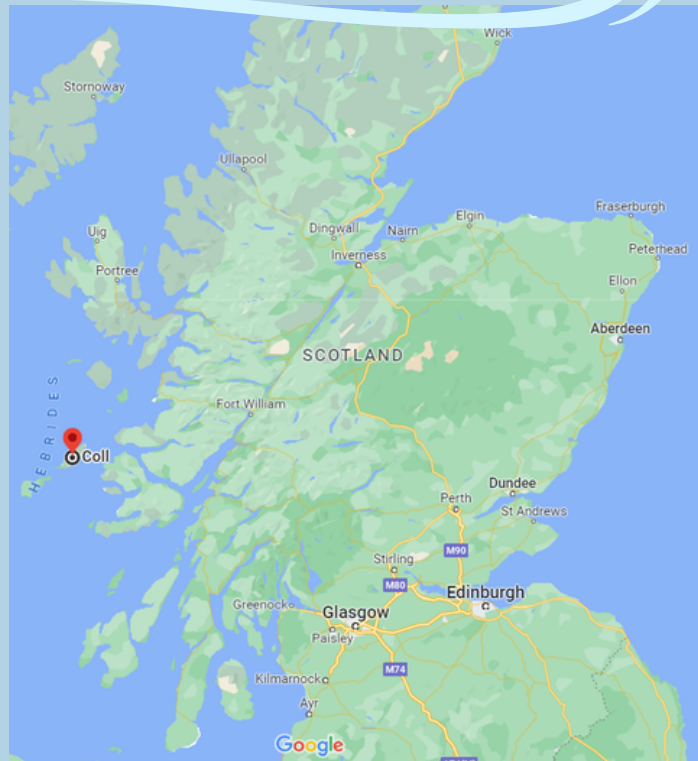
#### A Hidden Paradise in the Inner Hebrides

Welcome to the captivating island of Coll, a hidden gem nestled in the Inner Hebrides of Scotland. With its rich history, breathtaking landscapes, and warm community spirit, Coll offers a truly enchanting experience for travelers seeking an off-the-beaten-path destination.

Let's delve into the intriguing history of this remarkable island. Once a part of the Gaelic kingdom of Dál Riata, Coll witnessed the rise and fall of Norse settlements and the power struggles of noble clans. Tales of ancient battles and feuds still echo through its rugged landscapes. The remnants of Breachacha Castle, once the stronghold of the MacLeans of Coll, stand as a testament to the island's tumultuous past. Exploring these historical sites is like stepping back in time and immersing oneself in the captivating stories of old.

Visiting Coll is a true delight for nature enthusiasts. The island boasts magnificent sandy beaches that stretch as far as the eye can see, adorned with towering sand dunes. These pristine shores are perfect for leisurely walks, picnics, or simply basking in the tranquility of nature. Wildlife lovers will be thrilled by the opportunity to spot the elusive corncrake, a rare bird species thriving on Coll thanks to the island's traditional farming practices.

While Coll may be off the beaten path, it offers a wealth of activities and attractions to keep visitors entertained. Explore the charming main settlement of Arinagour, where you can soak



up the island's unique atmosphere and discover its rich Gaelic heritage. Take a stroll along the quaint streets, visit the community center An Cridhe, and mingle with the friendly locals, who will be more than happy to share their stories and recommendations.

Nature enthusiasts can embark on breathtaking hikes, traverse the windswept moors, or simply enjoy the serenity of the rugged landscapes. The RSPB reserve on Coll is a must-visit for birdwatchers, offering a chance to spot rare species in their natural habitat.

As with any destination, it's important to note that Coll has its downsides. Due to its remote location, transportation options are limited, with ferry services being the primary mode of access. However, this only adds to the island's charm, as it ensures a peaceful and untouched environment for visitors to enjoy.

A visit to Coll promises an unforgettable adventure filled with history, natural wonders, and warm hospitality. Whether you're seeking a tranquil retreat or an immersive cultural experience, this Scottish island has it all. So pack your bags, leave the hustle and bustle behind, and embark on a journey to Coll, where time seems to stand still and the beauty of nature awaits your arrival.



# Glen to Glen

## For the Hiker / Biker

### John Muir Way

Embark on an unforgettable adventure along the renowned John Muir Way in southern Scotland. This 215-kilometer (130-mile) long-distance trail offers a unique opportunity to traverse stunning landscapes, delve into history, and connect with the legacy of the visionary conservationist, John Muir.

The history of the John Muir Way dates back to its official opening on April 21, 2014. It was established to pay tribute to John Muir, a Scottish-born naturalist who played a pivotal role in the preservation of America's national parks. Starting from Muir's birthplace in Dunbar and ending in Helensburgh, where he set sail for the United States, this trail takes you on a captivating journey across Scotland.

Whether you choose to walk or bike the John Muir Way, you are in for an adventure of a lifetime. Walking the trail allows you to immerse yourself in the breathtaking beauty of Scotland's landscapes. From the rugged moorlands to the sweeping vistas of Loch Lomond and the Trossachs mountains, every step unveils a new scenic wonder. Cyclists, too, will relish the varied terrain and the opportunity to cover greater distances while still savoring the stunning surroundings.

Along the way, you will discover an array of activities and attractions to enhance your experience. Explore the Balloch National Park Center, where you can learn about the diverse wildlife and natural wonders of the area. Immerse yourself in



history as you encounter Roman forts and walk along the Antonine Wall, a UNESCO World Heritage site. Marvel at the architectural splendor of Linlithgow Palace, once home to Mary, Queen of Scots.

The John Muir Way also grants you access to charming coastal towns and picturesque harbors. Visit South Queensferry and admire the magnificent Blackness Castle, a historic fortress perched on the shores of the Firth of Forth. Golf enthusiasts can tee off at renowned courses in North Berwick and Aberlady, while birdwatchers will be enthralled by the coastal avian havens along the route.

While the John Muir Way promises an unforgettable adventure, it's important to note a few considerations. Some sections of the trail feature rough terrain, making them more challenging for cyclists or those with limited mobility. Additionally, weather conditions in Scotland can be unpredictable, so be prepared for changing climates and bring appropriate gear. Cherish memories along the extraordinary John Muir Way.

**Distance:** 215 Km/134 Miles  
**Start:** Helensburgh, Scotland  
**Finish:** Dunbar, Scotland



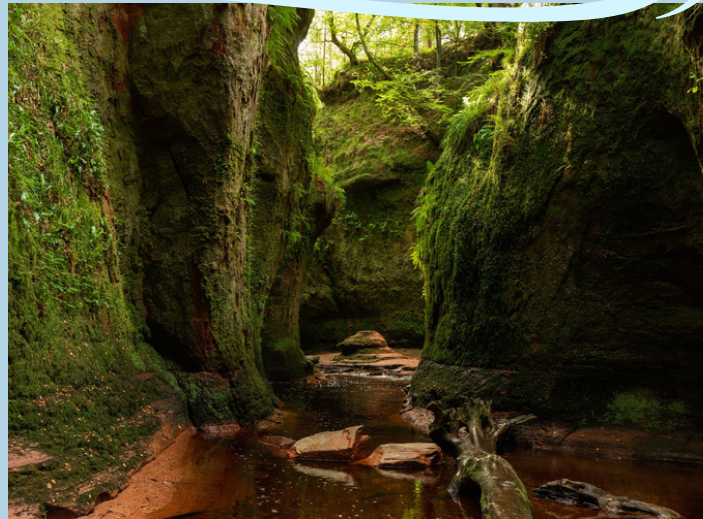
# Glen to Glen

## A Must See

### *Finnich Glen*

The history of Finnich Glen dates back centuries, with its deep red sandstone walls standing as a testament to the forces of nature. The glen's formation by the Carnock Burn adds a touch of wonder to the landscape, as if it were crafted by magical hands. One cannot help but feel a sense of awe and reverence for the ancient geology that shaped this remarkable place. Finnich Glen gained widespread recognition when it served as a filming location for the popular TV series, *Outlander*. Its appearance as St Ninian's Spring in the show catapulted the glen into the spotlight, attracting an influx of visitors eager to witness its beauty firsthand. Imagine yourself stepping into the very realm where time-traveling romance unfolded, immersing yourself in the same ambiance that captivated viewers worldwide.

Visiting Finnich Glen promises an adventure like no other. As you make your way through its narrow pathways and descend the fabled Devil's Steps, you'll be transported to a world of natural wonders. The highlight of the glen, the Devil's Pulpit, awaits you—an extraordinary circular rock formation that seems to possess an air of mystery. Marvel at its unique shape and contemplate the tales and legends surrounding it. Capture the perfect



Instagram-worthy shot or simply sit in quiet contemplation, soaking in the serene atmosphere.

However, as with any popular tourist destination, Finnich Glen has faced some challenges. The surge in tourism has resulted in increased pressure on the site and its surroundings. Regrettably, some visitors have disregarded safety measures, damaging the historic stone steps and putting themselves at risk. The lack of proper parking facilities has also led to congestion along the adjacent rural road, creating inconvenience for local residents and emergency services.

**Finnich Glen is located in Stirlingshire, Scotland. It runs east from Finnich Bridge on the A809 road.**

## A Must Eat

### *Scottish Taiblet*

Are you ready to embark on a delightful culinary adventure during your visit to Scotland? Don't miss out on the delectable treat known as Scotch Taiblets! These medium-hard, sugary confections are a must-try for any sweet tooth.

Made from a heavenly combination of sugar, condensed milk, and butter, Scotch Taiblets are boiled to a soft-ball stage, creating a unique crystallized texture. Often flavored with vanilla and occasionally enriched with nut pieces, they offer a delightful burst of flavors and a satisfying crunch.

Steeped in history, these treats have been enjoyed for centuries. With roots dating back to the early 18th century, according to *The Scots Kitchen*, Scotch Taiblets have evolved from recipes using

cream to modern variations that incorporate condensed milk and butter to prevent burning during the boiling process.

You can find Scotch Taiblets in various shops, confectioneries, and local markets throughout Scotland. The traditional homemade version has a distinct granular texture, while commercially available options may use fondant for a smoother consistency.

So, indulge your senses and savor the unique flavors of Scotch Taiblets. They're a true Scottish delight.



# Glen to Glen

## Beach Lovers

### East Beach, Lossiemouth

East Beach, known for its unique blend of pebbles and sandy expanses, provides a paradise for outdoor enthusiasts. Whether you're a surfer seeking thrilling waves, a beachcomber in search of seashells, or a sun-worshiper yearning for relaxation, this beach has it all. At low tide, the vast expanse of pale golden sand beckons visitors to stroll along its shores, bask in the sun, or enjoy a picturesque picnic amidst the dunes. Nature enthusiasts will be captivated by the rich wildlife that calls East Beach home. Keep your eyes peeled for ospreys soaring above, while seals and dolphins gracefully play in the surf. The area also boasts scenic walking trails, offering breathtaking views of Spey Bay, Buckie, and the majestic Bin of Cullen in the distance.

Lossiemouth itself, with its mild climate and picturesque harbor, serves as an inviting backdrop to this coastal haven. Explore the town's charming shops and savor delicious local cuisine after a day of beachside adventures.



While East Beach offers a myriad of delights, it's important to note a few considerations. The beach can become quite busy during peak seasons, so arriving early ensures prime spots. Additionally, the presence of an RAF base nearby means occasional aircraft noise, which may be a downside for some visitors.

Location: Lossiemouth IV31 6JJ Scotland

## Museum Buffs

### The Hunterian Museum

As the oldest museum in Scotland, the Hunterian offers a captivating journey through time and a diverse range of collections.

Upon entering the museum, tourists are greeted with a treasure trove of fascinating exhibits. From the meticulously preserved anatomical specimens to the awe-inspiring Roman Scotland displays, there is something for everyone. Discover the geological wonders of Scotland, marvel at ancient Egyptian artifacts, and explore the rich heritage of scientific instruments. The museum also proudly showcases renowned artworks by Charles Rennie Mackintosh and James McNeill Whistler, providing a glimpse into their creative genius.

Visiting the Hunterian Museum is not only educational but also entertaining. You can immerse yourself in the wonders of the natural world, examine rare specimens up close, and learn about groundbreaking scientific discoveries. The museum offers a captivating experience for history enthusiasts, art lovers, and curious minds alike.



However, like any destination, it is important to consider potential downsides. Due to the extensive nature of the collections, some visitors may find the museum overwhelming. The sheer volume of exhibits can be daunting, especially for those with limited time. To make the most of your visit, it is recommended to plan ahead and prioritize the areas of interest.

Location: The Hunterian Museum University Avenue Glasgow, G12 8QQ Scotland

Website: <https://hunterianmuseum.org/>

# Glen to Glen

## *The Whiskey Admirer* *Eden Mill Distillery*

Nestled in the charming town of St Andrews, Scotland, the Eden Mill Distillery awaits whisky enthusiasts with open doors and a captivating history. Situated on the banks of the scenic Eden Estuary, this distillery stands as a testament to the art of whisky production and offers visitors an exceptional experience. Originally a whisky distillery operated by the esteemed Haig Family in the 19th century, Eden Mill has now emerged as a leading destination for whisky connoisseurs. Since its revival in 2012, it has become Scotland's first combined distillery and microbrewery, producing an impressive range of whiskies and other spirits.

Immerse yourself in the rich heritage of Eden Mill Distillery as you explore the fascinating history of the site. From the remnants of the original distillery to the intricate whisky-making process, every step reveals the dedication and craftsmanship behind their exquisite spirits.

A visit to Eden Mill Distillery is an opportunity to taste the culmination of centuries of tradition and expertise. Sample their diverse range of blended whiskies and single malt scotches, each



boasting distinct flavors and aromas that showcase the unique character of the region.

While planning your visit, it's important to note that Eden Mill Distillery can get quite busy, particularly during peak tourist seasons. Consider booking in advance or opting for quieter weekdays to ensure a more intimate experience. Additionally, some areas of the distillery may be restricted for safety reasons, as it remains an active production facility.

**Location:** 96 Main Street, St. Andrews KY16 0US Scotland

## *The Beer Connoisseur* *Tempest Brewing Company*

Nestled in the charming town of Kelso, in the picturesque Scottish Borders. With its fascinating history and dedication to crafting exceptional brews, a visit to Tempest is a must for beer lovers and curious tourists alike.

Founded in 2010 by Gavin Meiklejohn, a talented chef with a passion for brewing, Tempest Brewing Co emerged from the desire to satisfy local demand for exceptional, locally brewed beer. Gavin's expertise gained from his experiences in New Zealand and Canada shaped the brewery's philosophy of brewing bold and flavorful beers while maintaining a true-to-style attitude.

Immerse yourself in Tempest's story as you explore their ten barrel plant, ingeniously housed in repurposed old dairy buildings. Witness the refurbishment of UK brewing equipment and discover how their brewing process brings together ingredients sourced from the UK, Germany, New Zealand, and



North America.

The brewery's commitment to variety and innovation is evident in their monthly rotating offerings, ensuring every visit brings new and exciting flavors to taste. Whether you're a fan of classic ales or crave the zing of a craft lager, Tempest has something to tantalize your taste buds.

**Location:** 1&2, Block 11 Tweedbank Industrial Estate, Tweedbank, Galashiels TD1 3RS, United Kingdom

# Glen to Glen

## Featured Monument The Russell Head



Uncover the fascinating history of the Russell Head at Provost Skene's House, Aberdeen's oldest surviving townhouse. This peculiar metal effigy, once mounted on George Russell's bakery, served as a unique solution to address a troublesome neighbor's complaints about bakery odors. Now, nearly a century later, the grotesque sculpture with a fixed scream expression finds its home at the southeast corner of Provost Skene's House. Explore this historic museum, which underwent a major refurbishment in 2019, and witness the intriguing Russell Head—a testament to one man's creative response to a neighborhood dispute. Admission is free, and no advance booking is required.

## About Us

Welcome to "Glen to Glen," your premier destination for exploring the enchanting landscapes and rich heritage of Scotland. Our newsletter is your gateway to discovering the hidden gems and unforgettable experiences that await you. Immerse yourself in the mystique of ancient castles, savor the flavors of traditional Scottish cuisine, and delve into the captivating tales of Scottish folklore. Whether you're drawn to the rugged beauty of the Highlands or the vibrant city life, "Glen to Glen" will guide you through the diverse wonders that make Scotland a truly remarkable and memorable destination. Get ready to embark on an extraordinary journey through the heart and soul of Scotland.

Check out our Companion  
Newsletter

## Scottish Clan Connection

MONTHLY NEWSLETTER

FROM BAGTOWNCLANS.COM

Featuring New Each Month:

- Scottish Clan News
- A Clan Myth or Legend
- A Featured Clan Castle
- A Famous Clan Feud
- A Famous Scottish Clansman
- Upcoming Events
- Historic Clan Battle
- Historic Clan Artifact
- Featured Clan Crest
- And More!

*Click to Subscribe*

Website:  
[www.glentoglen.com](http://www.glentoglen.com)

email:  
[info@glentoglen.com](mailto:info@glentoglen.com)

