

Glen to Glen

THE SCOTLAND TOURIST NEWSLETTER

Featured in each Months Newsletter

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Tourist Map

Our website now features a new Tourist Map that highlights the locations of all the places mentioned in our previous month's newsletters. The map will be updated monthly as each newsletter is archived at the end of the month. Feel free to visit glentoglen.com to check it out.

Travel Tip

Travelers to Scotland, don't forget to pack a Type G plug adapter! The three rectangular pins in a triangular pattern are the standard sockets here. Ensure your devices stay charged and ready to capture the beauty of this stunning country. It's an essential item for your journey, so be sure to grab one before you embark on your Scottish adventure

Featured Castle

Glamis Castle



Nestled amidst the picturesque Angus countryside in Scotland, Glamis Castle stands as a testament to history, grandeur, and enduring legends. As you embark on your journey through the heart of Scotland, a visit to Glamis Castle promises an enchanting experience like no other.

With roots dating back to the 14th century, Glamis Castle boasts a rich tapestry of history. It was the beloved childhood home of Queen Elizabeth, The Queen Mother, and the birthplace

Princess Margaret. Steeped in royal connections, the castle has witnessed centuries of intrigue and transformation. Explore its magnificent architecture, a harmonious blend of styles including Baroque, and admire its lush gardens that have enchanted visitors for generations.

Glamis Castle is shrouded in mystique, giving rise to captivating legends. The infamous "Monster of Glamis" story tells of a deformed child hidden within its walls, a tale that has both intrigued and spooked visitors for centuries. With its centuries-old history and secrets, Glamis Castle has inspired countless myths and ghostly tales that add to its allure.

For history buffs and curious minds, Glamis Castle's archives provide a unique opportunity to delve into the past. The archives house a treasure trove of historical material, offering insights into the castle's rich heritage and the Bowes and Lyon families who have called it home.

The castle is set in the serene Strathmore valley, surrounded by the Sidlaw Hills and the Grampian Mountains. The estate covers more than 14,000 acres, featuring meticulously maintained gardens, an arboretum with ancient trees from around the world, and the soothing presence of the Glamis Burn. This picturesque landscape offers a delightful backdrop for leisurely walks and quiet contemplation.

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Featured Adventure White Water Rafting in Scotland

Are you ready to take on the ultimate adrenaline-packed challenge amidst Scotland's breathtaking natural landscapes? Look no further than white water rafting, an adventure that will leave you with unforgettable memories and a heart full of excitement. In this edition of our Scottish Tourist Newsletter, we dive into the thrilling world of white water rafting in the heart of Scotland.

Scotland's rugged terrain and pristine rivers make it a perfect destination for white water rafting enthusiasts. Whether you're a first-time rafter or a seasoned pro, Scotland offers a range of exhilarating experiences that will get your heart racing. Here's what you need to know:

River Findhorn: Situated in the wild, untouched highlands, the River Findhorn offers an unmatched rafting experience. With rapids, drops, and stunning landscapes, it's a must-visit for adventure seekers. The unpredictable nature of the river ensures every trip is unique.

River Tummel: The River Tummel, with its rapids enhanced by the Clunie Dam, provides an action-packed adventure. The journey culminates with a thrilling two-stage drop into Loch Faskally, making it a favorite among rafters.

River Tay: Head to the River Tay near Aberfeldy for a high-volume rafting experience. The fast-flowing rapids and extensive water volume make it ideal for beginners to learn the ropes of white water rafting. Paddle through the waters of Grandtully and feel the thrill.

River Garry: Located near Fort William, the Outdoor Capital of the UK, the River Garry offers grade 3 and 4 white water rafting adventures. Scheduled dam releases ensure consistent water levels, and you may also have the chance to explore other beautiful Highland rivers.

Pinkston Watersports: For a unique experience, visit Pinkston Watersports in Glasgow City Centre. This facility boasts Scotland's only artificial white water rafting course, perfect for those looking for an urban adventure.

The beauty of white water rafting in Scotland is that it can be enjoyed year-round. In the height of summer, many rivers offer gentler grade 2 and 3 experiences with slower flows. For the



true thrill-seekers, consider visiting just after the snow melts in early spring or after heavy rainfall. These conditions create grade 4 and 5 rapids, where you must literally go with the flow through fast-moving, surging white waters.

White water rafting in Scotland is an exciting but safe activity. Safety measures are a top priority for all providers. You'll be equipped with a wetsuit, buoyancy aid, and helmet, and your adventure will be led by trained, knowledgeable guides. Before heading out on the water, you'll receive safety briefings, ensuring that you're well-prepared for your thrilling journey.

The cost of your white water rafting adventure can vary depending on the provider and the duration of the experience. Typically, you can expect to pay around £50 to £90 for an adult, with most adventures lasting around 3 hours.

What to wear is simple. Under your provided wetsuit, wear a swimming costume or suit. Your feet will be protected by an old pair of trainers that are guaranteed to get wet. Bring a change of warm clothes for before and after the adventure, a towel for drying off, and a second pair of shoes for after your adventure. White water rafting in Scotland is not just an adventure; it's a journey into the heart of nature's beauty and the thrill of the unknown. With a wide range of locations, levels of difficulty, and experiences to choose from, there's something for everyone. So, if you're ready to challenge nature and create unforgettable memories with friends and family, white water rafting in Scotland is the perfect choice. Pack your sense of adventure and embark on a journey that will leave you soaked in the beauty and magic of Scotland's waters. Don't miss out on the adventure of a lifetime!

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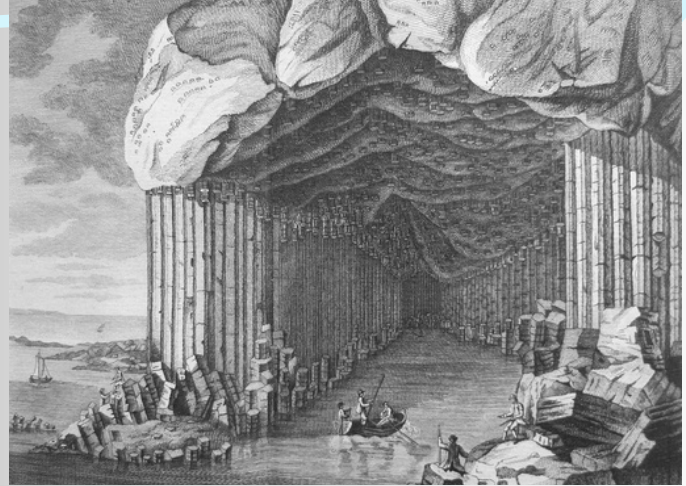
Island Adventure

Staffa

Journey to the Geological Wonder

Nestled in the captivating Inner Hebrides of Scotland lies an island like no other - Staffa. Known for its otherworldly geological formations, Staffa is a must-visit destination for travelers seeking both natural beauty and a touch of history. Join us on an exciting journey to this unique Scottish gem. Staffa's claim to fame is its mesmerizing geological formations, particularly the remarkable hexagonal basalt columns that adorn the island. These incredible columns were created by the slow cooling of lava flows, resulting in an extraordinary pattern of predominantly hexagonal shapes. The columns form the walls of sea caves and cliffs, making Staffa a geological wonderland. As you explore the island, you'll feel like you've stepped into a prehistoric world of natural artistry.

The most famous feature of Staffa is undoubtedly Fingal's Cave. This sea cave is a true masterpiece of nature, with its walls covered in the iconic hexagonal basalt columns. The cave's name, An Uamh Bhin, means "the melodious cave" in Gaelic, and its acoustics are simply enchanting. It's no wonder that this ethereal place inspired Felix Mendelssohn's Hebrides Overture. Stand in awe as you venture into the cave, where the sound of the waves resonates in harmony with the geological symphony. Staffa's allure isn't confined to its geological wonders; it boasts a fascinating history of exploration. Sir Joseph Banks's visit in the late 18th century marked the island's rise to prominence. Over the centuries, it played host to a multitude of illustrious



personalities, from Queen Victoria to Jules Verne, each captivated by its natural beauty. The island's rich history is woven into its very fabric, offering a glimpse into the past with every step you take.

While the geological formations steal the show, Staffa is also a thriving hub of wildlife. It's home to various seabird species, including puffins, fulmars, and shags, making it a birdwatcher's paradise. The surrounding waters are teeming with life, featuring seals, dolphins, and even basking sharks. Whether you're a nature enthusiast or simply seeking tranquility, Staffa offers an array of natural wonders.

Exploring Staffa is an adventure like no other. Boat trips are available from nearby locations such as Tobermory, Oban, and Mull, allowing you to experience the island's wonders up close. As you approach the island, you'll be greeted by the rugged coastline and the dramatic cliffs, setting the stage for an unforgettable journey.

While disembarkation on the island is possible in calm conditions, it's important to note that Staffa lacks a true anchorage. Nevertheless, the boat trips offer excellent vantage points for capturing the island's beauty through your camera lens. Staffa's unique natural heritage is now under the careful stewardship of the National Trust for Scotland, ensuring that its geological marvels and abundant wildlife are preserved for generations to come. As you explore this captivating island, you're contributing to the preservation of its natural treasures. Staffa Island is a geological wonder that beckons adventurers, nature enthusiasts, and history buffs alike. Its mesmerizing hexagonal basalt columns, iconic Fingal's Cave, rich history, and thriving wildlife make it an enchanting destination for all.

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For the Hiker / Biker

Affric Kintail Way

Nestled within the breathtaking landscapes of the Scottish Highlands, the Affric Kintail Way offers an unforgettable adventure for avid hikers and mountain bikers. This 44-mile cross-country trail, running from Drumnadrochit on the shores of Loch Ness to Morvich in Kintail, delivers an immersive journey through some of the most enchanting and remote areas of Scotland. The Affric Kintail Way promises a rich tapestry of experiences, with rugged terrain, pristine lochs, ancient woodlands, and towering mountains, making it a must-visit destination for those seeking to explore the natural beauty of the Highlands.

The journey begins in Drumnadrochit, a charming village on the shores of the legendary Loch Ness. From this point, travelers have the option to extend their adventure by connecting to the Great Glen Way, which stretches from Inverness to Fort William. This connection allows for a coast-to-coast trek that showcases the diverse and dramatic landscapes of the region. As you set out on the Affric Kintail Way, you'll quickly discover the varied terrain that awaits. The trail meanders through forest tracks, providing a relatively straightforward start, but don't be deceived—challenges lie ahead. The route includes sections that can be wet and rough, especially daunting for cyclists. Additionally, there's a stretch of public road from Corrimony to Cannich, though a well-maintained verge ensures safety and accessibility.

Proper equipment and clothing are essential for a comfortable and safe journey. Strong footwear is a must, as you'll encounter different types of terrain. Warm and waterproof clothing is essential, as the Highland weather can change unexpectedly,



even during the summer months. A sound understanding of the Scottish Outdoor Access Code is crucial to ensure responsible and sustainable exploration.

Glen Affric, often hailed as one of Scotland's most beautiful glens, is a highlight of the route. The glen boasts stunning vistas, ancient pinewoods, and crystal-clear lochs. The journey through Glen Affric takes you through this pristine environment and into the remote upper reaches of the glen, surrounded by a collection of Munros that lure experienced mountaineers. For those seeking a unique experience, an overnight stay at the Alltbeithe Youth Hostel, one of the most isolated in the Highlands, provides a true taste of wilderness living.

As you continue, the trail rises over the main watershed, treating you to panoramic views of the surrounding landscapes. The descent leads you through the rugged and dramatic Kintail mountains, which culminate below the Five Sisters of Kintail, three of which are also Munros. The challenging terrain is rewarded with stunning scenery and a sense of accomplishment. The Affric Kintail Way is not just a trail; it's an opportunity to connect with the untamed beauty of the Scottish Highlands. Along the way, you'll encounter the rich history, pristine nature, and an indomitable spirit that defines this region. It's a journey for those who seek adventure, value nature, and wish to explore some of the most picturesque landscapes that Scotland has to offer.

Distance: 71km /44 miles

Start: Drumnadrochit, Scotland

Finish: Morvich, Scotland



Glen to Glen

A Must See

The Kelpies

Are you ready to embark on an extraordinary journey through the heart of Scotland's industrial heritage and artistic innovation? Look no further than the awe-inspiring Kelpies, Scotland's equine marvels, located near Falkirk. These colossal horse-head sculptures, soaring to a towering 30 meters, are more than just static statues; they represent the very spirit of Scotland's history, strength, and ingenuity.

The Kelpies draw their inspiration from the mythical water horses known as kelpies. As you stand before these monumental sculptures, you can feel the energy and vitality of these legendary creatures, known for their strength and endurance, as they guided the wheels of industry throughout the region. These impressive sculptures celebrate the invaluable role of heavy horses in shaping Scotland's industrial and agricultural landscape. The Kelpies not only pay tribute to the legacy of the area but also the connection between the Forth and Clyde Canal and Scotland's rich history.

Each Kelpie stands at 98 feet and weighs a staggering 300 tonnes, constructed with structural steel and adorned with stainless steel cladding. The level of engineering finesse that went into crafting these equine wonders is nothing short of remarkable. It's a testament to the harmony between nature and



industry.

Situated within The Helix, a vibrant parkland project, the Kelpies offer a unique blend of art and nature. Explore the beautifully landscaped park, and marvel at the Kelpies' presence as they guard the eastern entrance to the Forth and Clyde Canal.

Unravel the history and artistry behind the Kelpies at the dedicated visitors' center. Learn about their creation, the mythological inspiration, and the significance they hold for the Scottish people.

Since opening their gates to the public in 2014, the Kelpies have welcomed nearly one million visitors in their first year alone.

Prepare to be captivated by these remarkable sculptures, and let their powerful presence resonate with you.

A Must Eat

Petticoat Tails

Visiting Scotland is a journey through time, where history and tradition seamlessly blend with breathtaking landscapes. And when it comes to indulging in the country's culinary heritage, Petticoat Tail Shortbread is a must-try treat. These iconic triangular biscuits, aptly named for their resemblance to petticoats, offer a delicious window into Scotland's past. Imagine savoring a piece of history in the form of buttery, crumbly shortbread, each bite echoing with centuries of tradition. Whether you enjoy them in a cozy tea room, amidst the ancient stones of a castle, or while gazing at the picturesque Scottish countryside, Petticoat Tails never fail to please. Pair them with a warm cup of tea or a wee dram of Scotch whisky, and you have

the perfect Scottish moment.

Eating Petticoat Tails in Scotland is more than just a culinary experience; it's a taste of the nation's enduring charm, a delightful reminder of its rich history, and a memory you'll treasure long after your journey through this enchanting land.



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Beach Lovers

Clachtoll Beach

Are you seeking an enchanting escape amidst the rugged beauty of the Scottish Highlands? Look no further than Clachtoll Beach, a remote and picturesque destination nestled along the iconic NC500 route. This hidden gem boasts pristine white sands, turquoise waters, and breathtaking natural wonders that will leave you in awe.

As you approach Clachtoll Beach, you'll be greeted by the charming fishing settlement, where croft houses perch along the seafront, offering a glimpse into the region's coastal history. The deep green grassy verges beautifully complement the powdery white sands, creating a serene and inviting atmosphere. Geology enthusiasts will be thrilled by the mesmerizing rock formations, with Split Rock standing out as a star attraction. Nearby, you can explore Clachtoll Broch, an ancient roundhouse dating back to the Iron Age, steeped in historical significance. For outdoor enthusiasts, the area offers a myriad of hiking opportunities, including stunning Clachtoll coastal walks and the



chance to marvel at Assynt's mountain peaks silhouetted against the horizon.

And the best part? You can extend your stay at Clachtoll Beach Campsite, providing a perfect spot to unwind and soak in the beauty of the Highlands along the NC500 route.

Escape to Clachtoll Beach and immerse yourself in the untamed splendor of Scotland's rugged coastline, where natural beauty, geology, history, and outdoor adventures come together to create an unforgettable experience. Discover your own small patch of paradise at Clachtoll Beach – an unspoiled treasure that awaits your exploration.

Museum Buffs

Peterhead Prison Museum

Are you a history enthusiast looking for a unique experience in the heart of Aberdeenshire, Scotland? Look no further than the Peterhead Prison Museum! Nestled on the grounds of the former HMP Peterhead, this captivating museum offers a journey back in time, immersing visitors in the intriguing history of a once-
notorious convict prison.

The museum, which opened its doors in June 2016, provides a remarkable Audio Guided Tour of the former cells and courtrooms, transporting you to an era when Peterhead Convict Prison was at the heart of Scotland's penal system. As you explore the museum's well-preserved facilities, you'll gain insight into the daily lives of prisoners and the challenges they faced in this formidable environment.

The Peterhead Prison Museum is not just a place to learn about the past; it's also a captivating film location. It has served as the backdrop for exciting productions, adding a touch of Hollywood to its historic charm.



Burke and Hare, or the connection to Arthur Conan Doyle and Whether you're a history buff, a film enthusiast, or simply looking for an engaging and educational day out, this museum has something to offer. Come and discover the gripping stories of the past, witness the atmospheric architecture, and embrace the history of Peterhead Convict Prison. The Peterhead Prison Museum is a testament to Scotland's rich history and its enduring commitment to preserving the past for future generations. Don't miss the chance to step back in time and explore this remarkable piece of Scotland's heritage.

Location: [Peterhead, Scotland, UK](#)

Website: <https://peterheadprisonmuseum.com/>

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The Whisky Admirer BenRiach Distillery

Nestled amidst the rolling hills of Morayshire, the BenRiach Scotch Whisky Distillery stands as a testament to time-honored craftsmanship and Scottish heritage. For all the whisky aficionados and explorers alike, a visit to this hidden gem is a journey into the heart of Scotland's liquid gold.

Established in 1898, BenRiach is a distillery with a storied history. Originally owned by the Chivas Brothers and now an independent distiller, it boasts a range of world-class single malt whiskies, with the BenRiach 16 Year Old and 30 Year Old leading the way.

Upon arrival, you're greeted by the tranquil beauty of the Scottish countryside, a scene that sets the mood for the experience ahead. The distillery's red-brick buildings and traditional copper pot stills evoke a sense of nostalgia, where the magic of whisky-making unfolds.

A guided tour of BenRiach takes you through the entire whisky-making process. From the malting and mashing of grains to the fermentation and distillation in traditional copper stills, each step is a sensory delight. Witness the aging process in the quiet



warehouses, where casks of whisky slumber, gaining depth and complexity over time.

The tasting experience is the highlight of any visit. Sip on their diverse range of whiskies, each a masterpiece with its unique character and flavor profile. You'll savor the notes of oak, fruit, and spice that make BenRiach whiskies truly exceptional.

Location: Lochend Industrial Estate Queen Anne Drive Newbridge
Edinburgh EH28 8PL United Kingdom

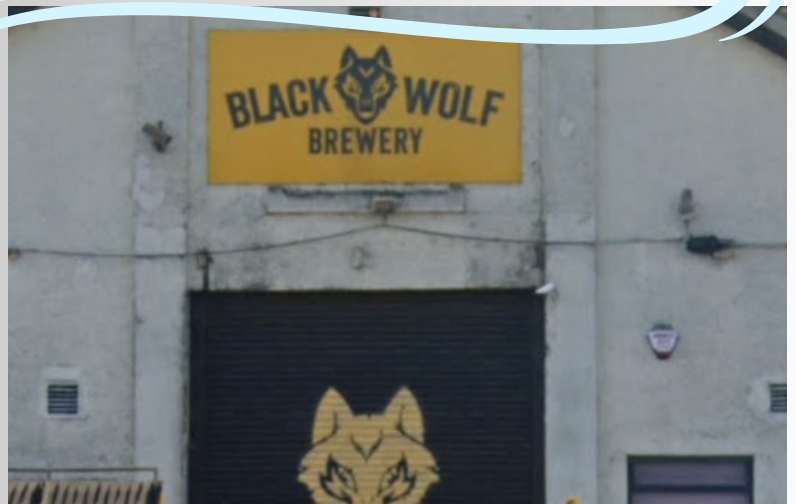
The Beer Connoisseur

Black Wolf Brewery

Are you a fan of authentic Scottish ales and beers? If so, your next destination should be the enchanting Black Wolf Brewery in Stirling, a hidden gem for beer connoisseurs and enthusiasts. Nestled in the heart of Scotland, this brewery is steeped in history and known for its award-winning brews that capture the spirit of the highlands.

Upon arrival, you'll be greeted by the captivating story of the brewery's namesake, The Black Wolf, a legendary creature said to have saved Stirling from Viking invaders centuries ago. As you raise a glass to honor this iconic wolf, you'll embark on a journey through time and taste.

The brewing process at Black Wolf is a blend of tradition and innovation, ensuring each beer is crafted to perfection. From carefully selecting the finest barley to the precise kiln temperature that imparts unique flavors to the malt, every step is a testament to the masterful art of brewing.



With a variety of beers to explore, from the award-winning Lomond Gold to the rich and robust Valente's, you'll be treated to a taste of Scotland's best. The secret to these exquisite brews lies in the brewery's yeast, carefully preserved to enhance the flavor and character of each ale.

Location: 7c Banded Industrial Estate,
Throsk, Stirling, FK7 7NP, Scotland

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Featured Monument The Scott Monument



Explore the grandeur of the Scott Monument in the heart of Edinburgh. This awe-inspiring Victorian Gothic tower, dedicated to the famous Scottish author Sir Walter Scott, stands tall at 200 feet, offering panoramic viewing platforms accessible by climbing 287 steps. From the top, soak in breathtaking views of central Edinburgh and its picturesque surroundings. Admire the intricate sculptures, including a statue of Sir Walter Scott himself, and 64 characters from his novels, brought to life by skilled Scottish artists. An enduring symbol of Scottish literature and architectural beauty, the Scott Monument is a must-visit for history enthusiasts and those seeking the best vistas of the capital.

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

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