

**NATIONAL TRUST FOR SCOTLAND MEDIA RELEASE
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Endurance athlete Mark Beaumont reveals his top cycling routes in Scotland

Adventurer, world record breaker and renowned cyclist, Mark Beaumont, talks favourite routes, amazing spaces and ambitious lockdown projects in the latest 'For the Love of Scotland' podcast from the National Trust for Scotland.

The 37-year-old, who grew up in Perth and now lives with his wife and two young daughters in Edinburgh, counts a world record for cycling around the world among his achievements and should have spent this spring and summer on expeditions in Africa and the United States.

The Covid-19 pandemic put paid to those plans, but as Mark explains in the latest edition of the conservation charity's podcast, hosted by Jackie Bird, he has been able to take precious time to enjoy some incredible adventures closer to home.

From the forest routes of his boyhood, to more recent hikes into the Highlands, he explains that he has a lifelong connection with properties and places which are protected by the National Trust for Scotland.

"Growing up in Perthshire, there were some amazing places on my doorstep," said Mark. "You have Blair Atholl and Pitlochry, the likes of Killiecrankie, with its amazing wooded gorge and incredible history. There is Linn of Tummel and the Hermitage - areas where I grew up, cycling my bike.

"Today, one of my favourite events in Scotland, run by a great friend of mine, David Fox-Pitt, is up at Loch Tay, taking in Ben Lawers and the National Park up there.

"The more I visit these places, the more I take friends to see these places, the more I realise that they need preserved and looked after."

Mark continued: "Another route I love is through Dumfries and Galloway and it actually takes you through a large National Trust for Scotland space as well. For me it's a piece of forgotten Scotland, a place that people sometimes don't think to go to. It has so much, like Grey Mare's Tail, this spectacular 60-metre waterfall. And then you go out to the coastline, which is so raw and rugged in parts."

Mark's travels have taken him to 130 different countries, giving him a new perspective and appreciation of Scotland and the work of the National Trust for Scotland.

“You realise how special it is,” he said. “It's a small country, yes, but the diversity we have in terms geography and history, makes it so rich in so many ways. It's something that needs to be cherished and looked after.

“I guess, like most of us, I took Scotland for granted growing up. I've just come to realise that there is so much to be proud of and to look after. That's why I've been keen to support the National Trust for Scotland and also make an excuse, now that I live in the city rather than the countryside, to use my Trust membership and get out and visit so many of their places.

“Not simply because it's a charity worth looking after,” he added, “but also for very personal selfish reasons. I genuinely want to get out do a dot to dot, a bucket list of places to explore.”

You can listen to the full interview with Mark on the *For the love of Scotland* podcast on [Spotify](#) and [Apple Podcasts](#)

Each episode explores some of the stories and people connected with Scotland's history and best-known locations. Past editions include the challenge of 'Protecting Culloden Battlefield' and an interview with Scotland's own, Indiana Jones.

For more information on the National Trust for Scotland, go to www.nts.org.uk.

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Editor's Notes:

The National Trust for Scotland is the charity that celebrates and protects Scotland's heritage. It relies on the support of its members and donors to carry out its important work of caring for the natural and built heritage of Scotland for everyone to enjoy.

From coastlines to castles, art to architecture, wildlife to wildernesses, the National Trust for Scotland exists to protect the national and natural treasures we all love. To plan your visit today, enter your postcode at www.nts.org.uk.

