

NATIONAL TRUST FOR SCOTLAND MEDIA RELEASE

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Try something new and learn something old this summer

Families across the central belt are being challenged to try something new, whilst learning about Scotland's heritage with the National Trust for Scotland this summer.

With a jam-packed events programme which kicked off at the start of July, the National Trust for Scotland is encouraging parents and children to get out and about during the summer holidays to discover some of the country's national treasures.

Families can take part in a range of fun-filled activities, including den building, bug hunts, messy art, shield making, a family funfair and much more at sites across central Scotland.

Sites vary from castles and battlefields, gardens and glens, mountains and trees, with lots of history to learn about and wildlife to spot. Popular sites include Pollok House, Falkland Palace, Newhailes, Robert Burn's Birthplace Museum, St Abb's Head, Grey Mare's Tail and Ben Lomond.

Linda Wigley, general manager for the National Trust for Scotland Edinburgh & East region, said: "Summer is the busiest time of the year for us as adults and children get to take advantage of the better weather and do something fun outdoors. Not only do families get to take part in something enjoyable but they can also learn about Scotland's heritage and how we work to protect.

"It can be an inspiring experience and a great way to encourage people to spend more time outdoors and discover more about the country they live in. This year we have organised even more events and activities that are attainable, affordable and relevant to all age ranges."

The National Trust for Scotland is Scotland's largest conservation charity with 360,000 members and growing, and is the only charity to care for both built and natural heritage.

Its full events programme can be found at www.nts.org.uk/Events. Members and non-members are welcome. Family memberships can be purchased for only £7.50 per month.

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