



## **MEDIA RELEASE**

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### **Focus on frightening Fife for Autumn adventures**

The spooky stories of Falkland Palace and Hill of Tarvit are providing families with day trip ideas this autumn. The historic National Trust for Scotland sites feature in the latest edition of the Lidl Book of Big Adventures which is out now.

The booklet, which is created by conservation charity the National Trust for Scotland and supermarket chain Lidl, includes a whole range of accessible ideas to open up the outdoors to families, including tips on spotting red squirrels, ideas for family hikes amongst amazing autumn colour and challenging children to go on a leaf-spotting adventure.

Mark Bishop, Director of Customer & Cause at the National Trust for Scotland said: "There are lots of fun ways for families to get out and about this autumn, exploring Fife's fascinating heritage and nature."

Combining Lidl's affordable in-store range, from backpacks to picnic snacks, with the Trust's places, events and experts, The Lidl Book of Big Adventures provides everything Scottish families need to spend wholesome family time together this Autumn. As part of the scheme, Lidl is also offering a free lunch box for customers who spend over £20 in store.

The new edition of the Lidl Book of Big Adventures is available now in the retailer's 99 Scottish stores; at selected National Trust for Scotland properties; and was also distributed with the National Trust for Scotland's member magazine.

For information visit, [www.nts.org.uk/lidl](http://www.nts.org.uk/lidl).

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