

## MEDIA RELEASE

### Lidl steps for springtime family walking fun

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National Trust for Scotland and Lidl have teamed up to reveal top tips for families taking their first steps into the hills this spring.

To celebrate the launch of its spring Lidl Book of Big Adventures, the conservation charity and supermarket are helping Scottish families gear up for outdoor adventures. Glencoe Operations Manager Emily Bryce and her daughter Isla (7), who are keen hillwalkers, have shared their tips on how to make it to the top as a hill-walking family. Alongside the mother and daughter duo's useful hacks, the booklet includes lots of family-friendly activities that can be enjoyed close to home, or on a mini-adventure once lockdown is lifted, including hillwalking.

**Emily says:** "If you're anything like us, you'll be eager to begin making plans for springtime family adventures."

“With fresh air likely to be at the top of everyone’s wish list this year, there has never been a better time to get outdoors and explore Scotland’s wild places.

“If you’re looking for inspiration to keep your kids amused and help channel a bit of youthful energy, then summer hillwalking in your area could be just the thing for you and your family.”

**What Isla loves about hillwalking** “I like walking up hills to get good views and have a nice rest at the top. My favourite walks would have lots of rocks to climb on and streams to play in.

“I feel really proud when I am the first to get to the top and am usually a lot faster than my mum when we walk back down.”

**Ross Millar, Regional Director at Lidl GB comments:** “We know that families are looking forward to springtime, as it means exploring the great outdoors.

“Our exclusive booklet is packed with fun activities for our customers and their little ones. Paired with great top tips from Isla and her mum, families will be geared up to take on their first of many mini-adventures.

“We hope that people have trolley loads of fun exploring Scotland’s landscapes this spring.”

### **Emily & Isla Bryce’s top tips:**

#### **1. Take small steps**

Begin with some fun low-level walks, building up the distance over time. There are loads of options at Trust places all over the country, from Crathes Castle in Aberdeenshire, to Culzean down in Ayrshire.

#### **2. Get comfortable**

When you move on to bigger walks, it can be good to start with routes the grown-ups have done before. That way you know the lay of the land and can focus on the kids not the map. Don’t feel you’ve failed if you don’t reach the top the first few times! It’s something to strive for but knowing when to head home will keep everyone happy as you build up hill stamina.

#### **3. Weather watch**

Nothing will sap enthusiasm for hillwalking more than miserable weather or clouds obscuring the views on your first few outings. Check the mountain weather forecast for your area ([www.mwis.org.uk](http://www.mwis.org.uk)) before setting out – conditions can be different up high and down in the glen. Wait for a mild spell with not too much wind, rain or heat.

#### **4. Kitted out**

Kids find it harder to regulate their temperature than adults, so be prepared to put on and take off layers lots of time! You might feel hot while climbing up but can soon

cool down when taking a break. Sturdy footwear, gloves, a hat and sunscreen are essentials too. Walking kit doesn't have to cost a fortune and our friends at Lidl have plenty to choose from at affordable prices.

## **5. Hydrate!**

Hillwalking is thirsty work, so don't scrimp on the water or juice. Refillable bottles are a good idea and a flask of something warm like soup or hot choc can provide a well-earned boost if wee ones are feeling chilly.

## **6. Snacks galore**

Little and often snack breaks are the key to getting to the top of any hill! If ever there is a time for a sweet treat it is now – whether that is a chocolate bar or fruit (dried apricots and jaffa cakes are our favourites). Giving these as a reward each time you reach a landmark, or the top of a steep stretch, can be a great motivator. Lidl have put together some ideas for us here – <https://www.lidl.co.uk/en/pages/lunchbox-tips>.

## **7. Games on-the-go**

Make time to dawdle, paddle, throw pebbles in water, count wee flowers or search for minibeasts. Games like I-Spy are good or you could bring one of the Trust's online spotters guides. Of course, the Lidl Book of Big Adventures has lots of activities you can do on the go too!

## **8. Mountain manners**

With more people than ever enjoying our hills, we need to take care of each other and the countryside we love so much. Keeping to paths helps protect busy hillsides from erosion and avoids disturbing the wildlife that thrives there. If other walkers need to pass you and your wee ones, simply step off the path, pause to let them through, then step back on to carry on.

## **9. Leave no trace**

Kids are often even more switched on about this than adults. Please come prepared with a waste bag or a sealable box to take away *all* your litter – that includes used wipes or toilet paper if you need to 'go' when you're out.

## **10. Capture the moment!**

There's nothing better than looking back at your photos on the journey home or when tucked up in bed, noticing how everyone's cheeks got rosier and steps a little less springy as the walk went on. Tag #ForTheLoveofScotland so we can see your achievements on our social media too.

### **Isla's top tips**

- I like to carry my own rucksack with some toys and my own food to eat but you need to be careful not to pack too many heavy things or it is not very comfortable after a while.

- After you have been for quite a few walks you feel less tired when you go up steep bits.
- Be really careful not to drop any litter as it looks horrible and can hurt animals if they eat it or get stuck in it. I have my own litter picker and sometimes when we go for walks we take it to pick up the rubbish we see.

Lidl Book of Big Adventures is available now at selected National Trust for Scotland properties and Lidl stores across Scotland. Find out more at [www.nts.org.uk/lidl](http://www.nts.org.uk/lidl).

**ENDS**

### **Notes for editors**

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.

### **About Lidl GB**

Since establishing itself in Great Britain in 1994, Lidl has experienced continuous growth and today has over 25,000 employees, over 800 stores and 13 distribution centres in England, Scotland and Wales. As part of the Schwarz retail group, Lidl is one of Europe's leading organisations in the food retail industry. With a presence in 32 countries around the world, the supermarket, which has more than 287,000 employees globally, currently operates approximately 10,800 stores and more than 160 distribution centres in 29 countries globally. The family supermarket takes pride in providing its customers with the highest quality products at the lowest possible prices throughout Great Britain, from Kirkwall to the Isle of Wight. Social responsibility and sustainability are at the core of the company's daily operations, with the company placing a strong emphasis on its responsibility for people, society and the environment. Lidl GB is passionate about working with British producers and sources two thirds of its products from British suppliers.

The Schwarz Group (Kaufland, Lidl) has been Europe's largest food retailer since 2014 and generated a turnover of €104.3 billion in financial year 2018.

For more information about Lidl GB visit <https://corporate.lidl.co.uk/>