

NATIONAL TRUST FOR SCOTLAND MEDIA RELEASE

10 March 2021

Big adventures for every type of mum on Mother's Day

From mindfulness and movie sets to the great outdoors

If the past year has taught us anything, it's that Scotland is a nation full of Super Mums.

And over the past 12 months, they've worked harder than ever.

Now, for a second year running, we're celebrating another Mother's Day in lockdown and need to take a creative approach to saying thank you, in a way that fits with the current restrictions.

Travel restrictions will keep us close to home again this year, but the National Trust for Scotland has a host of properties and places which offer an adventure for every kind of mum, in every corner of Scotland.

Whether they are a sporty type, a fan of history, a reader or keen gardener, Scotland's national conservation charity has a place for them on Mother's Day.

The Adventurer

If your Mum has somehow managed to fit an intense training schedule into her life in lockdown, she may fancy heading for the great outdoors. Whether it's a walk, run or cycle, **Pollok House** and the surrounding country park in Glasgow is a paradise of paths and tracks. For those lucky enough to live nearby, **Mar Lodge Estate** in the Cairngorms offers one of the country's most spectacular escapes and has footpaths for people of all abilities and ages, ranging from a half hour stroll to a 19-mile hike through a stunning mountain pass.

The Mindfulness Mum

No one will begrudge your Mum some solitude and peace and quiet on a day like this and, when visiting **the Hermitage** in Perthshire, it will feel like she has escaped to another world. Strolling through peaceful paths among towering firs, she may even manage to forget the chaos left behind at home.

The Book Lover

Alloway is the heartland of Scotland's bard, the location of the cottage where Robert Burns was born and of the **Auld Kirk** and **Brig O' Doon**, which feature in Tam O'Shanter. The neighbouring museum is closed at the moment, but you can stroll along **the Poet's Path**, lined with statues depicting his works and go on a Burns walking tour through the village. South, in Dumfries and Galloway, you have **Grey Mare's Tail**, an excellent (if taxing) 2.5-mile hike which takes in the 60m-high waterfall that inspired Sir Walter Scott.

The Gardener

The first green shoots and buds are now appearing although it's still just a little bit early to see Spring in bloom. However, the Trust cares for magical gardens which offer something for all seasons. **Inverewe** in Wester Ross continues to amaze visitors with its extraordinary range of plants, flowers and trees (among them a giant redwood!). **Leith Hall** in Aberdeenshire has waymarked trails and a beautiful garden, with its zig-zag paths, spiral-cut lawns, a moon gate and lichen steps. And you'll spot snowdrops at **Inveresk Lodge** in Musselburgh.

The Historian

Is spoilt for choice when it comes to National Trust for Scotland properties. Your best bet would be to go to the charity's website, nts.org.uk and put your hometown or postcode into the location finder. This will tell you the properties and locations that are closest to you. The Trust also has a series of outdoor Hidden History Trails, signposted routes created for outdoor walkers during the pandemic. At **Ben Lomond** you can follow in the footsteps of Rob Roy McGregor or see the ghostly traces of medieval settlements on **Ben Lawers**, with other trails dotted around the country.

The TV and movie buff

Scotland has featured in countless classic movies. But sometimes you encounter a location that surprises you. **Castle Fraser** and its surrounding grounds and gardens in Inverurie provided the backdrop for Helen Mirren and her Oscar-winning portrayal of Elizabeth II in *The Queen*. The dramatic cliffs which feature in the classic *Whisky Galore* are not in the Western Isles, where the book and movie is set, but are St Abb's Head Nature Reserve in the east. **St Abb's Head** also appears in the Marvel superhero movie, *Avengers: Endgame* as New Asgard, the seaside town Thor retires to.

The Harry Potter fan

Glencoe was the location of Hagrid's hut and the Hogwarts covered bridge in *Harry Potter and the Prisoner of Azkaban* (2004). The area was also used in *The Goblet of Fire*, *The Order of the Phoenix*, *The Half-Blood Prince* and *The Deathly Hallows – Part 2*. If you live in the Highlands the jewel in the crown for all Potter fans is, however, Glenfinnan. Renowned for its viaduct and iconic train track, which featured in three movies, there is also the **Glenfinnan Monument** which overlooks Loch Sheil, the area used as the 'backdrop' for Hogwarts and its surrounds. This is also the location of the Black Lake in *The Prisoner of Azkaban*, *The Goblet of Fire* and *The Half-Blood Prince*.

The Outlander Fan

Is your Mum one of Sam Heughan's 'Heughligans'? Multiple Trust locations have featured in the TV series, **Falkland Palace** and **Preston Mill** are among those unfortunately closed to the public. The best locations to visit at the moment are **Culloden Battlefield**, the scene of the dramatic closing episodes in the first series and the historic **Burgh of Culross**, which stars as the fictional village of Cranesmuir. Glencoe is another stunning outdoor location used in the series or, if you are in Glasgow or Edinburgh, you can visit the grounds of **Pollok** and **Newhailes**. The former not only served as the grounds of the fictional Castle Leoch – but as the French countryside in season two.

Caring for countryside costs the conservation charity millions each year. Supporters are being asked to donate to help the Trust help nature, now and in the future. Find out more at: www.nts.org.uk/help-nature.

Please observe Scottish Government Covid-19 guidelines from the Scottish Government and visit nts.org.uk for the latest information and opening times at each Trust property.

ENDS

**Issued on behalf of National Trust for Scotland by Frame PR. For media enquiries contact: Gregor Kyle, 07415 537 087, gregor.kyle@framecreates.co.uk
Katie Brunsmann, 07944 429 213, katie.brunsmann@framecreates.co.uk**

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.

We would be grateful if, when referring to the National Trust for Scotland that our name is not shortened to 'the National Trust'. We are an independent organisation, separate from the National Trust. The National Trust for Scotland is commonly shortened to NTS or 'the Trust'.

