

For immediate release

Protecting Scotland with perfect picnic tips

The National Trust for Scotland's guide to a perfect picnic this summer

With Scottish school summer holidays coming to an end this month, the National Trust for Scotland is urging visitors to enjoy the warmer days, spending family time together at their most-loved places.

The conservation charity takes care of and protects almost 100 important sites across Scotland, from historic castles and country houses to national nature reserves and adventure play parks.

The Trust has a great selection of locations for a summer family picnic where you can connect with nature and make the most of those final days of the school holidays.

In no particular order, here are six Trust properties for a picnic in picturesque settings where you really stretch that lunch out all day long:

- 1. Crathes Castle, Aberdeenshire** - This handsome castle just a short drive from Aberdeen city centre makes for a stunning lunch location.
- 2. House of Dun, Montrose** - After discovering the new exhibits at this historic house, enjoy a picnic in the grounds with views out over the River Tay.
- 3. Brodie Castle, Inverness** - With a quirky, colourful history, this castle is also home to Scotland's biggest bunny sculpture!
- 4. Inverewe Gardens, Highlands** - This beautiful garden overlooks Loch Ewe where, if you're lucky, you might spot seals or otters.
- 5. Newhailes House & Gardens, Edinburgh** - With woodland walks and views across the Forth, this is the perfect place to spend an afternoon.
- 6. Culzean Country Park, Ayrshire** - This vast country park offers plenty of spots for family picnicking in woodlands, beaches and gardens.

If you do decide to make the most of these special lunch locations, it's important to make you "Love this place, leave no trace".

To help, the conservation charity's come up with 10 top tips to help everyone make the most of their trips to the great outdoors. Follow these, and you won't just have lots of family fun, but you'll be protecting the place you love too.

1. COME PREPARED WITH A PLAN B

Move on if it's too busy or car parks are full.

2. PARK WITH CARE

Please do not damage verges or obstruct other vehicles, narrow roads, passing places or field gates.

3. LEAVE NO TRACE

Take your litter home and never leave rubbish beside a full bin.

4. STAY ON PATHS TO HELP PROTECT HABITATS

By avoiding bypassing muddy patches, you'll reduce the risk of erosion spreading.

5. REMEMBER FOOTPATH ETIQUETTE

Need to let someone past? Step to one side, then step back onto the path again.

6. THINK YOU MAY NEED TO 'GO' WHILE YOU'RE OUT?

Come prepared with a bag and sealable container to take away human waste and soiled tissues safely.

7. CHOOSE YOUR CAMPING SPOT CAREFULLY

Give busy areas a rest and take as long to clear up as you take to set up.

8. USE A STOVE INSTEAD OF LIGHTING A FIRE

This will help prevent wildfires, scorched earth and tree damage.

9. KEEP DOGS UNDER CONTROL OR ON A LEAD

This ensures your dog will avoid disturbing wildlife or livestock.

10. LEAVE SOMEWHERE EVEN BETTER THAN WHEN YOU FOUND IT

Bring a litter picker and collect rubbish while you're out.

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Editor's Notes:

The National Trust for Scotland is the conservation charity that over 90 years has saved, maintained, and shared many of the country's most loved places, rich with history, heritage, nature, and culture. The charity celebrates Scotland's heritage and with almost 100 places in its care, there's a place for everyone to love.

The National Trust for Scotland relies on the support of its members and donors to carry out its important work of caring for the natural and built heritage that people from Scotland and across the world all love, ensuring its future for everyone to enjoy.

From coastlines to castles, art to architecture, wildlife to wildernesses, the National Trust for Scotland protects the national and natural treasures we all love. Support the National Trust for Scotland and help them protect the places we all love Become a member 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'.

