

**MEDIA RELEASE****The National Trust for Scotland launches Stride out for Scotland  
Charity urges people to enjoy the great outdoors while raising funds**

The National Trust for Scotland is urging people to Stride out for Scotland, enjoy our increased freedom and help the charity continue its vital work protecting the nation's most treasured places.

The charity is launching this latest initiative to encourage people to get outside and enjoy walking in some of Scotland's most beautiful and breath-taking scenery, while fundraising for its SOS appeal.

From the beginning of lockdown on the 24 March paying visits to National Trust for Scotland locations were reduced to zero with visitors limited to only free to enter natural heritage properties. The charity's main opening Easter season was completely missed. All of this, along with a 5% drop off in memberships has left the Trust in crisis with a £28 million loss in essential income. The SOS fundraising appeal hopes to raise a minimum of £2.5 million as part of its recovery plan to ensure the continued protection of the properties and cultural heritage in its care. To date the appeal has raised £2million, and the Trust is enormously grateful to those who so far have to come its aid at this time of crisis.

Stride Out For Scotland has been directly inspired by Trust members and donors, who have loved being able to explore our landscapes, gardens and walks since lockdown, and who have contacted the charity, offering to make a donation to ensure the charity can continue to care for the land, or to raise funds through sponsored walks.

The campaign encourages people to enjoy walks and trails across the country. Tailormade for people of all ages and abilities. Walks in places cared for by the Trust take in spectacular scenery, traverse Munros and sea clifftops, woodlands and breath-taking waterfalls as well as gentle paths and glorious gardens. There are walks for families, such as wildlife trails, where you may be lucky enough to spot 'Scotland's big five' - the golden eagle, red deer, red squirrel, harbour seal and otter.

Ali MacLeod, head of fundraising at the National Trust for Scotland said: "We wanted to inspire our supporters to explore and reconnect with the places they love and we protect and, if they are able to, fundraise to help ensure their on-going care and conservation.

"With our countryside places, gardens and estates now open to the public we're asking everyone who enjoys walking in our many locations to join in. After such a difficult few months, many of us are craving the restorative effects of fresh air and greenery and the Trust has plenty of that to go round

"Stride Out For Scotland will not only inspire people to enjoy the stunning places on their doorsteps but will also help raise funds for our emergency appeal. Whether you're a novice hill walker, an experienced hiker or just looking for a fun family adventures, there's a walk to suit everyone."

As well as routes, the National Trust for Scotland has published a downloadable walking pack [here](#) ([link to downloadable PDF](#)) and people can share their pics on social media, using the hashtag #NTSSOS

The National Trust for Scotland is also urging people to please maintain the Scottish Government guidelines on hand hygiene and social distancing.

**ENDS**

**Issued on behalf of the National Trust for Scotland by Frame**

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**Stride Out For Scotland – walks and trails**

**Stride Out For Scotland with family**

- **Castle Fraser Estate**

Two waymarked routes on the Castle Fraser estate are both great for an easy but enjoyable walk with the family. Miss Bristow's Trail explores the woodland and the Alton Brae Trail takes you past the flight pond – and remember to spot the dragonflies.

- **Corrieshalloch Gorge**

The two short trails that wind through this pristine wooded gorge are suitable for people of all ages. To start with, take the short, steep path from the car park to the Victorian suspension bridge that crosses the river. Do you dare to look down?

- **Brodie Castle Estate**

There are acres of countryside here for the kids to explore, and stunning walks all around the estate, pond and shrubbery. Take on one of the woodland walks to see red squirrels, or stride around the pond looking at the variety of wildfowl and dragonflies.

- **Culzean Castle Country Park**

Among the woodland, deer park and beaches of this picture-perfect country park, there are 17 miles of walking paths at your disposal, offering the perfect location to Stride Out for Scotland.

- [Glencoe woodland walk and Glencoe An Torr](#)

These two easy routes capture the essence of Glencoe – its history and wild majesty. Starting at the visitor centre, the woodland walk (30 mins) runs past ruins linked to the infamous massacre of 1692. Nearby, the charming An Torr trail leads you to the iconic Signal Rock on top of Tom a' Ghrianain (Hill of the Sun) and Clachaig Burn.

**Stride Out For Scotland with wildlife**

- **Inverewe**

Inverewe is a haven for flora and fauna. Along with an award-winning garden filled with exotic plants, you can also follow two trails – the Pinewood Trail (1.25 miles) and the Kernsary Path (8

miles). If you're lucky, you'll catch a glimpse of Scotland's 'Big Five' wildlife (red deer, red squirrels, seals, otters and golden eagles) along the way.

- [Balmacara Estate](#)

There's a variety of trails and routes around this traditional crofting estate – and we look after 16 miles of the local path network. You can opt to soak up the shoreline, the brightly coloured meadows, or the pretty villages in the area. The choice is yours, just make sure you say hello to the Highland coos!

- [Crathes Castle Estate](#)

For anyone that loves wildlife, this wonderful estate has a rich variety of habitats and six waymarked trails that lead through woodland, marsh, ponds and streams. See if you can spot where the badgers, otters and red kites are hiding.

- [St Abbs Head](#)

The nature reserve is the perfect place to blow away those cobwebs experience the dramatic cliffs and fascinating wildlife, with plenty of seabirds to spot and crystal-clear waters. There are three trails for people to explore - the coastal path on the Discovery Trail and the Lighthouse Loop; and the Mire Loch Loop.

## **Stride Out For Scotland with a challenge**

For experienced walkers and those who are up for a challenge.

- **Falls of Glomach**

The Falls of Glomach (from the Gaelic word for hazy) are set in wild and windswept countryside, and have a thunderous 113m drop. To reach the Falls takes serious stamina – the easiest route starts in Morvich and is six hours there and back.

- **Grey Mare's Tail**

An excellent (but strenuous) 2.5 mile hike from Grey Mare's Tail to Loch Skeen starts at the car park. A steep path climbs up past the famous 60m-high waterfall that inspired Sir Walter Scott, and as you come over the ridge the valley unfurls beneath you. It's the Scottish outdoors at its best.

- [Goatfell](#)

The jagged ridges of Goat Fell dominate the Arran skyline. To reach the summit from the car park can take up to 5 hours (so make sure you come prepared), but the views from the peak out to Jura and Ben Lomond make the strenuous walk more than worthwhile.

## **Stride Out For Scotland in woodlands**

- [Killiecrankie](#)

This stunning woodland gorge is great for outdoor types and historians alike. Follow the signs from the visitor centre to get to Soldier's Leap, where a brave Jacobite once made a miraculous escape, and the Garry Bridge, with its heart-stopping views.

- [The Hermitage](#)

Following the 1.5-mile trail through this magical pine forest, you won't know where to look first. Douglas firs tower overhead, and there are curious caves, follies and hidden totem poles among the trees. In autumn, you can see salmon leaping up the Black Linn Falls.

- [Dollar Glen](#)

Dollar Glen is less than hour from both Glasgow and Edinburgh, and provides the perfect escape from the hustle and bustle all year round (even in winter). Tranquil paths follow two babbling burns, in the shadow of a spectacular ruined 15th-century castle.

## **Stride Out For Scotland on a Munro**

- [Mar Lodge Estate National Nature Reserve](#)

Britain's largest National Nature Reserve is home to 15 Munros, including four of the five highest mountains in Scotland. Here you'll find the mighty Ben Macdui (1,309m), along with hard-to-reach hills like An Sgarsoch (1,006m) and Carn an Fhithleir (994m) – both require around 25 miles of walking. Only the fittest need apply.

- [Torrison](#)

The mountains of Torrison are among the oldest around, dating back 750 million years. The Trust looks after five Munros here and the three main hills, Beinn Eighe (972m), Beinn Alligin (985m) and Liathach (1,054m), look over one another, which is a sight to behold.

- [Kintail & Morvich](#)

There are 10 Munros in this imposing, isolated wilderness. Munro-baggers can claim three hills in one go by conquering the iconic Five Sisters – but be warned, Kintail is only suitable for the most experienced and equipped climbers.

- [Ben Lomond](#)

Scotland's most southerly Munro stands 974m high, and with a return journey time of around 5 hours, it's one of the easiest Munros (good for Munro-bagging beginners). The walking is exhilarating, and the views across Loch Lomond and the Trossachs are unforgettable.

- [Ben Lawers National Nature Reserve](#)

Named after one of Scotland's highest Munros – Ben Lawers (1,214m) – this famous reserve teems with wildlife. There are seven Munros in all here, and they offer an exhilarating challenge to hikers, along with majestic views over Loch Tay at the summit.

- [Glencoe Munros](#)

Glencoe has eight Munros for hikers to aim for, ranging from the popular peaks of Bidean nam Bian (1,150m) to Aonach Eagach (967m), which translates to 'notched ridge' and provides one of the most thrilling and rewarding experiences for seasoned climbers.

**ENDS**