

Nature Spotting Coimhead Nàdar

Can you spot these amazing things in the countryside?

An lorg thu na nithean iongantach seo air an tuath?

A bird in the sky

Eun san adhar

A butterfly or bee

Dealán-dè no seillean

A wildflower

Flùr-fiadhaich

A beetle or ant

Daolag no snioghan

A stream or pond

Allt no lòn

A cloud with a fun shape

Sgòth le cumadh annasach

A feather on the ground

Ite air an talamh

A mossy rock

Creag le còinneach

A tree stump

Bun craoibhe

Animal or bird tracks

Lorgan beathaich no èoin

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Scavenger Hunt Tòrachd Taisge

See how many treasures you can collect on your countryside adventure

Faic cia mheud ulaidh a lorgas tu air do thuras don tuath

A smooth pebble

Leogan mìn

A pine cone

Duirc-ghiuthais

A fallen leaf

Duilleag chrìon

A twig

Geugag

A piece of bark

Pìos rùisg

A feather

Ite

A blade of grass taller than you!

Bileag feòir nas àirde na thu!

A dandelion or daisy

Beàrn-an-Brìde no neòinean

A snail shell

Slige seilcheig

A piece of moss

Pìos còinnich

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Exploring the Countryside

Tips for a safe and fun adventure



Rannsachadh na Tuatha

Molaidhean airson turas sàbhailte is spòrsail



Respecting the Countryside

Toirt Spèis don Àrainneachd

Respect Nature

Thoir Spèis do Nàdar

Look after the places you visit and leave them as beautiful as you found them by taking any litter home.

Bi cùramach do dh'àiteachan air a bheil thu a' tadhal, agus fàg iad mar a fhuair thu iad le bhith a' toirt do sgudal dhachaigh.

Respect Others

Thoir Spèis do Chàch

Avoid walking through fields with young animals and leave any gates as you find them.

Na bi a' coiseachd tro achaidhean sa bheil beathaichean òg agus fàg geataichean mar a fhuair thu iad.

Be safe

Bi sàbhailte

Be aware of livestock, tractors and other farm vehicles.

Bi mothachail do sprèidh, tractaran agus carbadan tuathanais eile.

**In an emergency,
stay calm and dial 999**

Safety Tips

Molaidhean Sàbhailteachd

What to wear

Aodach Freagarrach

Comfortable clothes, sturdy shoes, a hat, waterproof jacket and don't forget gloves!

Aodach cofhurtail, brògan làidir, ad, seacaid dhìonach agus na dìochuimhnich miotagan!

Essentials to carry

Nithean a tha riatanach an toirt leat

Water, snacks, a whistle, small first-aid kit and a fully charged phone.

Uisge, grèimean-bìdh, feadag, pasgan beag ciad-chobhair agus fòn air làn neart.

Stay visible

Fuirich faicsinneach

Wear bright colours and stick to marked paths.

Cuir ort dathan soilleir agus cùm ri slighean comharraichte.

For more information about visiting the countryside go to:

Airson tuilleadh fiosrachaidh mu thadhal air an tuath, theirig gu:

www.outdooraccess-scotland.scot

Navigation

Stiùireadh

Know your route

Biodh aithne agad air an t-slighe

Plan where you'll be going with a grown-up before setting off.

Planaig far am bi thu a' dol còmhla ri inbheach mus fhalbh thu.

Landmarks

Comharran-tìre

To avoid getting lost, look out for and remember landmarks like trees, rocks or buildings.

Gus nach tèid thu air chall, coimhead airson agus cuimhnich air comharran-tìre mar chraobhan, creagan agus togalaichean.

Stay together

Fuirichibh còmhla

Avoid risky areas like cliffs or rivers and always stay with the group or an adult.

Seachain àiteachan cunnartach mar chreagan no aibhnichean, agus fuirich an-còmhnaidh còmhla ris a' bhuidheann no inbheach.

**Ann an cùis-èiginn, fuirich
socair agus cuir fios gu 999**